

HEALTH INITIATIVE

KNOW YOUR NUMBERS



Name: _____

Age: _____ Height: _____ Weight: _____

My Results	Test	Results
	<u>Total Cholesterol</u>	Optimal: Less than 200mg/dl Borderline High: 200 – 239 mg/dL High: 240 mg/dL or higher
	<u>HDL</u>	Optimal: 60mg/dl and above (the higher the better) Borderline: 40 – 59 mg/dL Low: Less than 40 mg/dL
	<u>LDL</u>	Optimal: Less than 100mg/dl Near Optimal: 100 – 129 mg/dL Borderline High: 130 -159 mg/dL High: 160 mg/dL or higher
	<u>Triglycerides</u>	Optimal: Less than 150mg/dl Borderline High: 150 -199 mg/dL High: 200 – 499 mg/dL Very High: 500 mg/dL/ or higher
	<u>Glucose</u>	<u>Fasting</u> Optimal: 65-99mg/dL Pre-Diabetes: 100-125mg/dL Diabetes: 126 mg/dL or higher <u>Non- Fasting</u> Non-Diabetic: Less than 140mg/dL Diabetes: Less than 200 mg/dL
	<u>Blood Pressure</u>	Optimal: Less Than 120/80 mg/dL Prehypertension: 120/80 mg/dL – 139/89 mg/dL Hypertension 140/90 mg/dL or higher
	<u>BMI</u>	Low: Less than 18.5 Desirable: 18.5 -24.9 High or Pre – Obese 25 – 29 Very High or Obese: 30 - More
AS OF:		