



TAKE CHARGE OF YOUR HEALTH

You can take steps right now to improve your health and life:

- Be more physically active.
- Don't use tobacco products.
- Eat healthy.
- Know your numbers.

For information on ways to accomplish these steps, visit www.GetHealthyClarkCounty.org. On this website you will find information about nutrition, physical activity, tobacco control, and many other health topics, as well as free online health programs.

www.gethealthyclarkcounty.org

GET MOVING. EAT BETTER. LIVE TOBACCO-FREE.



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KNOW YOUR NUMBERS

Your **BLOOD PRESSURE**, **BLOOD SUGAR**, and **CHOLESTEROL** numbers are key indicators of your risk for diabetes and cardiovascular diseases such as heart attack and stroke. If you know your numbers, you can take action to reduce your chances of developing cardiovascular disease, diabetes, and other major chronic diseases.

BLOOD PRESSURE

Blood pressure measures the amount of force it takes your heart to pump blood through your body. High blood pressure (or “hypertension”) increases your risk of heart attack, stroke, and kidney disease. High blood pressure can also damage your brain, eyes, and arteries.

Are you at risk for high blood pressure?

YOUR BACKGROUND

- You're over age 60.
- A parent, brother, or sister has high blood pressure or heart disease.
- You're African American or Hispanic.

YOUR HEALTH HISTORY

- You're overweight.
- You have unhealthy cholesterol levels.
- You have diabetes.
- You have heart disease or kidney disease.

YOUR LIFESTYLE

- You smoke.
- You rarely exercise.
- You often eat salty, fried, or greasy foods.
- You drink two or more alcoholic drinks a day.

A blood pressure reading is always given in two numbers: the systolic (top number) and diastolic pressures (bottom number). Both are important.

Category	Systolic* (top number)	AND	Diastolic* (bottom number)
Normal	Less than 120	AND	Less than 80
Elevated	120-129	AND	Less than 80
High BP Stage 1	130-139	OR	80-89
High BP Stage 2	140 or higher	OR	90 or higher
Hypertensive Crisis	Higher than 180	AND /OR	Higher than 120

BLOOD SUGAR

Glucose is sugar stored in the blood (“blood sugar”) as your body's main source of energy. If your glucose is too high, you may have diabetes. Diabetes is nothing to take lightly because it can lead to heart disease, stroke, kidney disease, and even blindness.

Are you at risk for type 2 diabetes?

YOUR BACKGROUND

- You're age 45 or older.
- A parent, brother, or sister has type 2 diabetes.
- You belong to certain racial or ethnic groups: African Americans, Hispanic/Latino, American Indians, and some Asian Americans and Pacific Islanders.

YOUR HEALTH HISTORY

- You're overweight.
- You developed diabetes while pregnant (gestational diabetes).

YOUR LIFESTYLE

- You rarely exercise.

A fasting blood sugar test is most commonly used to diagnose type 2 diabetes. Ask your doctor or health care provider if your blood sugar levels are normal.

Category	Levels
Normal	≤ 99mg/dl
Prediabetes	100-125mg/dl
Diabetes	Greater or equal to 126 mg/dl

* These levels are guidelines, not a diagnosis.
Ask your doctor or health care provider what levels are right for you.

CHOLESTEROL

Probably the most familiar heart disease risk factor, cholesterol is a type of fat that is an essential nutrient for your body. However, too much cholesterol floating in your bloodstream can increase your risk for cardiovascular diseases, such as heart attack and stroke.

Total Cholesterol*	HDL “Good” Cholesterol	LDL “Bad” Cholesterol
Less than 200mg/dl DESIRABLE LEVEL	Greater than >40mg/dl for men, greater than >50mg/dl for women	<100mg/dl or <70mg/dl for someone with heart disease
200 to 239mg/dl BORDERLINE HIGH LEVEL		
240mg/dl and above HIGH BLOOD CHOLESTEROL		

HEALTHY VEINS AND ARTERIES ALLOW FOR BLOOD TO FLOW FREELY THROUGHOUT THE BODY

A VEIN OR ARTERY CLOGGED WITH CHOLESTEROL RESTRICTS BLOOD FLOW

