













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.





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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.

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.

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.

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)	Diastolic* (bottom number)
Normal	Less than A	ND Less than
Elevated	120-129 A	Less than
High BP Stage 1	130-139 c	 pr 80-89
High BP Stage 2	140 or higher	90 or higher
Hypertensive Crisis		ND Higher DR than 120

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).

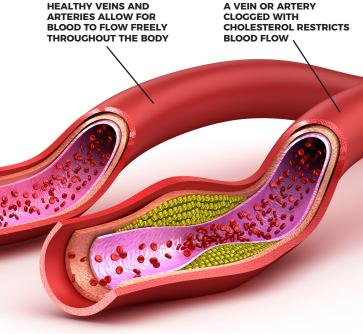
YOUR LIFESTYLE

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
	Section Control

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



^{*} These levels are guidelines, not a diagnosis.

Ask your doctor or health care provider what levels are right for you.