



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.



Office of Chronic Disease Prevention & Health Promotion

P.O. Box 3902 | Las Vegas, NV 89127
 702.759.1270 | 702.759.1416 fax
gethealthy@snhd.org
www.GetHealthyClarkCounty.org

This publication was supported by the Nevada State Department of Health and Human Services through Grant Number 5 NU58DP006624-05-00 from Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Department nor Centers for Disease Control and Prevention (CDC).

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/OR | 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

