

# Know Your Numbers

Kentucky Retirement Systems has developed the following “Know Your Numbers” educational information to raise awareness of your heart-healthy numbers.

Your blood pressure, cholesterol, glucose and Body Mass Index (BMI) measurements – or “your numbers” – are key indicators of cardiac health. By learning what your current numbers are, what your targets should be, and then working to reach or maintain those targets, you can lessen your chance of developing heart disease.

## **Blood Pressure**

Your heart pumps oxygen-rich blood to all parts of the body. Blood pressure is the force at which blood presses against your artery walls. It is recorded as two numbers

**120** Number when heart is pumping (systolic)

**80** Number when heart is resting (diastolic)

A blood pressure consistently above 120/80 is considered “pre” hypertension (high blood pressure). Blood pressure higher than 140/90 is considered to be “high blood pressure.”

If you fit into either one of these categories, you should talk with your physician about a plan to reduce your risk of heart disease, stroke, kidney damage and other complications.

## **Know Your Number**

Checking your blood pressure is painless and fast.



### **Blood Pressure Screening Results**

Systolic	Diastolic	Classification	Recommended Follow Up
<120	<80	Normal	Recheck every 2 years
120-130	80-90	Prehypertension	Lifestyle Changes: 1 Year recheck
140-159	90-99	Hypertension Stage 1	Follow-up with PCP Recheck every 2 months
>160	>100	Hypertension Stage 2	Follow up with PCP within 1 month
>180	>110	Severe Hypertension	Follow up with PCP immediately

## Body Mass Index (BMI)

Body Mass Index (BMI) is a tool for indicating weight status in adults. It is a measure of weight to height. Here is a chart that gives the BMI for various weights and heights.

BMI (kg/m <sup>2</sup> )	19	20	21	22	23	24	25	26	27	28	29	30	35	40
Height (in.)	Weight (lb.)													
58	91	96	100	105	110	115	119	124	129	134	138	143	167	191
59	94	99	104	109	114	119	124	128	133	138	143	148	173	198
60	97	102	107	112	118	123	128	133	138	143	148	153	179	204
61	100	106	111	116	122	127	132	137	143	148	153	158	185	211
62	104	109	115	120	126	131	136	142	147	153	158	164	191	218
63	107	113	118	124	130	135	141	146	152	158	163	169	197	225
64	110	116	122	128	134	140	145	151	157	163	169	174	204	232
65	114	120	126	132	138	144	150	156	162	168	174	180	210	240
66	118	124	130	136	142	148	155	161	167	173	179	186	216	247
67	121	127	134	140	146	153	159	166	172	178	185	191	223	255
68	125	131	138	144	151	158	164	171	177	184	190	197	230	262
69	128	135	142	149	155	162	169	176	182	189	196	203	236	270
70	132	139	146	153	160	167	174	181	188	195	202	207	243	278
71	136	143	150	157	165	172	179	186	193	200	208	215	250	286
72	140	147	154	162	169	177	184	191	199	206	213	221	258	294
73	144	151	159	166	174	182	189	197	204	212	219	227	265	302
74	148	155	163	171	179	186	194	202	210	218	225	233	272	311
75	152	160	168	176	184	192	200	208	216	224	232	240	279	319
76	156	164	172	180	189	197	205	213	221	230	238	246	287	328

Body weight in pounds according to height and body mass index.

### What Does Your BMI Mean?

BMI = 18.5 – 24.9 Normal Weight. Good for you! Try not to gain weight.

BMI = 25-29.9 Overweight. You should strongly consider losing weight, especially if you have two or more risk factors for heart disease and your waist measurement is high (over 35" for women, over 40" for men). If you have questions, ask your doctor about risk factors for heart disease and what weight loss plan might be right for you.

BMI = 30 or greater. You need to lose weight. Lose weight slowly – about ½ to 1 pound a week. Talk with your doctor or a nutritionist if you need help.





## **Cholesterol**

Cholesterol is a fat-like substance that travels in the blood. A limited amount of it is needed by your body to function.

Cholesterol comes from two sources: your body and the foods you eat. Your body makes all the cholesterol it needs.

You can't "feel" high cholesterol, but when there is too much of it in your body, it needs to be treated. Over time, excess cholesterol may build up in your blood vessels. This narrows your blood vessels and reduces blood flow to the heart. That's why high cholesterol can lead to serious health problems.

## **Know Your Numbers!**

A simple blood test by your doctor will help you see where you stand.

	Total Cholesterol Level
Target	Less than 200 mg/dL
Borderline High	200-239 mg/dL
High	240 mg/dL and above

## **Glucose (Sugar)**

Glucose provides your body with the energy it needs to function properly. When your glucose gets too high, you may have pre-diabetes or diabetes which requires ongoing care.

Any of the following conditions can increase your risk of getting diabetes. If you:

- Are over the age of 45
- Are overweight
- Do not exercise regularly
- Have a parent or sibling with diabetes
- A woman who has given birth to a baby weighing more than 9 pounds
- Are African American, Hispanic American/Latino, Native American, Asian American or Pacific Islander

## **Know Your Numbers!**

Some of the more common symptoms of diabetes are extreme thirst, frequent urination, increased hunger, fatigue, blurry vision and unplanned weight loss or gain. A simple blood test by your doctor will help you see where you stand.

	Blood Glucose Level (on an empty stomach)
Target	Less than 100 mg/dL
Pre-Diabetes	100-125 mg/dL
Diabetes	126 mg/dL and above (on two tests on different days)