Know Your Numbers

Appt date: _____

Fasting: ☐ Yes ☐ No

Name: _____ Height: _____ Weight: _____

Lipids and Glucose	Desirable	Moderate	Undesirable	Your results
Total Cholesterol: measure of the total amount of cholesterol, both HDL and LDL in your blood at a given time. Fasting not required.	↓ 199 mg/dL	200 – 239 mg/dL	240 mg/dL and ↑	
HDL (High Density Lipoproteins): the ***"good"*** cholesterol, and the higher the better!	↑ 60 mg/dL	40 – 59 mg/dL	40 mg/dL or ↓ Males 45 mg/dL or ↓ Females	
LDL (Low Density Lipoproteins): the ***"bad"*** cholesterol.	↓ 129 mg/dL	130 – 159 mg/dL	160 mg/dL and ↑	
Triglycerides: the chemical form in which most fat exists in food as well as in your body.	↓ 149 mg/dL	150 – 199 mg/dL	200 mg/dL and ↑	
Blood Glucose: the amount of sugar in your blood.	↓ 99 mg/dL fasting ↓ 139 mg/dL non-fast		↑ 100 mg/dL fasting ↑ 140 mg/dL non-fast	

Blood Pressure is the measurement of how the blood flows from the heart through the veins and arteries. **Systolic Pressure** is the pressure when the heart is pumping. **Diastolic Pressure** is the pressure that happens between heart beats.

BP Ranges	Systolic	Diastolic
Hypertension	greater than 140	greater than 90
Pre-hypertension	121 – 139	81 – 89
Normal	less than 120	less than 80
Your BP		

BMI and Waist Circumference

Body Mass Index (BMI) is a number calculated from a person's weight and height. BMI provides a reliable indicator of body fatness for most people and is used to screen for weight categories that may lead to health problems.

Normal weight	18.5 – 24.9	**Overweight**	25 – 29.9	**Obese**	30 or greater	**Your BMI**	

If your results are an **undesirable** value, please follow-up with your provider, or the Health and Wellness Center 503.373.8550.

BMI	Normal				Overweight					Obese										Extremely Obese
HEIGHT	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
4' 10"	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191
4' 11"	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198
5' 0"	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204
5' 1"	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211
5' 2"	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218
5' 3"	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225
5' 4"	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232
5' 5"	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240
5' 6"	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247
5' 7"	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255
5' 8"	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262
5' 9"	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270
5' 10"	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278
5' 11"	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286
6' 0"	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294
6' 1"	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302
6' 2"	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311
6' 3"	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319

WEIGHT