



Are You WellAware Do you know your numbers?

According to a 2007 Wood County Health Assessment, 30% of county residents maintain a healthy weight. However, 70% were classified as either overweight or obese. These statistics were derived from certain numbers that can be measured. Do you know what your numbers are?

One may ask the question, *what numbers are you referring to when you ask me if I know my numbers and why are they important.* Taking care of your health is never an easy task. Many different factors impact health including stress, illness, being a care-giver, and nutrition. All of these factors can impact “your numbers.”

By “*knowing your numbers,*” you will be able to be “wellaware” of your health status. What health numbers should you know?

- Blood pressure
- Total Cholesterol
- HDL cholesterol (considered the good guys)
- LDL cholesterol (considered the bad guys)
- Glucose (blood sugar)
- Height
- Weight
- Body Mass Index

High blood pressure is something that you can not see or feel and is considered the silent killer because you could have it for many years without even knowing you have it..... until it may be too late. The same thing applies to high cholesterol; you do not have any signs or symptoms to alert you that it is high until something happens.

The new classification chart for the some of the numbers that keep you WellAware are listed below.

Recommended values:

Variable	Value Ranges
Blood Pressure	<120/80 Normal
	120-139/80-89 Pre-hypertension
	>140/90 Stage 1 hypertension
	>160/115 Stage 2 hypertension
Cholesterol	<200 Normal
	200-239 Borderline High
	>240 High
HDL Cholesterol	>60 High
	<40 Low
Glucose (non-fasting)	<150 Normal
	>150 High

Sources: US Department of Health and Human Services-The seventh report of the National Committee on Prevention, Detection, Evaluation and Treatment of Blood Pressure, Guide to Clinical Preventive Services, second edition, 1996. National Cholesterol Education Program, ATP III Guidelines at a Glance, May 2001.



Your Important Health Care Numbers –What do they measure?

The following are brief definitions of what is measured to give you your important health numbers.

Blood Pressure – Blood is carried from your heart to all the organs of your body by way of your arteries. Blood pressure is the force of the blood pushing against the walls of the arteries. When your heart beats, it pumps the blood out of the heart and into the arteries. The blood pressure is the highest when your heart beats and this is called the systolic pressure. When the heart is at rest and between the times your heart beats, the blood pressure drops and this is called the diastolic pressure. Your blood pressure consists of two numbers with the top number being the systolic pressure and the bottom number being the diastolic. For example: 110/74 shows the systolic pressure is 110 and the diastolic is 74. Each time you have your blood pressure taken, ask for your numbers.

Cholesterol – Cholesterol is a soft and waxy substance found among the lipids located in your bloodstream and also in the cells of your body. It is important to form cell membranes. However, a high level of cholesterol in the blood, can stick to the walls of the arteries which is called plaque buildup and can narrow or block the arteries thus causing heart attack or stroke. Total Cholesterol is a measure of LDL cholesterol, HDL cholesterol and your triglycerides.

LDL– since cholesterol can not dissolve in the blood; it has to be transported to and from the cells by lipoproteins. Low density lipoprotein or LDL is known as the “bad guy”. Too much in the blood stream builds up on the inner walls of the arteries. Think of it as a dump truck dumping garbage in your arteries.

HDL or the high density lipoprotein is considered the” good guy” because high levels of this seems to protract against heart attack and is thought to carry cholesterol away from the arteries back to the liver where it is then passed from the body.

Blood Sugar (Glucose) – Blood sugar also called glucose is in your blood. It comes from carbohydrate foods and is the main source of energy for the body. The hormone insulin is produced by the pancreas and released into the bloodstream to control the sugar level in the blood. If the sugar or glucose level in the blood goes too high and remains

high, over time damage is done to the eyes, kidneys, nerves and the blood vessels (especially in the kidneys, heart and brain).

Height and weight are measures that have been tracked since the day we were born. **Body Mass Index** – is a number that is calculated from your height and weight and may be an indicator of body fatness. It does not measure fat directly but is used as an inexpensive way of assessing overweight and obesity.

Being WellAware of your numbers and what they measure is the first step in putting together your plan to get healthier or stay healthy.

To help you know your numbers, **WellAware** is bringing to BGSU a chance for you to know your numbers. Stay tuned to more information and the when and where you can learn more about your numbers.