

What Do Your Numbers Mean?

Getting test results and data from your healthcare provider can be confusing. It's important to understand the numbers from your tests and know the healthy ranges for each group.

Lipid Panel

Total Cholesterol: The total of all the types of cholesterol in your blood.

< 200mg/dl - desirable

LDL: Low density lipoprotein is referred to as "Bad Cholesterol" and is actually a carrier for cholesterol through the bloodstream. It has a bad reputation because it is more likely to contribute to plaque buildup in the arteries.

<100mg/dl - optimal

100-129mg/dl - near optimal

130-159mg/dl - borderline high

160-189mg/dl - high

190mg/dl - very high

HDL: High density lipoprotein is referred to as "Good Cholesterol" and is also a carrier for cholesterol through the bloodstream. HDL is considered protective against heart disease and stroke.

Men: HDL > 40 mg/dl - desirable

Women: HDL > 50 mg/dl - desirable

Triglycerides: This is a type of blood fat that your body uses for energy. High amounts of triglycerides may lead to increased risk for heart disease and may be a sign of metabolic syndrome.

< 150 mg/dl - desirable (fasting)



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Blood Sugar

Blood Sugar (AKA glucose): This is a measurement that helps determine your risk for diabetes. Ideally, it should be taken when you are fasting for at least 12 hours.

- < 99 mg/dl - desirable
- 100-125 mg/dl - pre-diabetes
- > 126 mg/dl - diabetes

Hemoglobin A1c

The A1c test measure your average blood sugar for the past 2-3 months.

- < 5.7% - normal
- 5.7-6.4% - pre-diabetes
- > 6.5% - diabetes

BMI

BMI: This is a measurement of weight in relation to your height. It can determine if you are carrying excess weight, which can put you at greater health risks. However, BMI does not take into account actual body composition can be inaccurate for those who are very muscular or athletic.

- < 18.5 - underweight
- 18.5-24.9 - normal weight
- 25.0-29.9 - overweight
- > 30.0 - obese

Blood Pressure

Systolic: This is the top number and measures the pressure in your vessels when you heart is contracting.

Diastolic: This is the bottom number and measures the pressure in your vessels when your heart is at rest.

- < 120/80 - desirable
- 120-139/<80 - elevated BP
- 140-159/90-99 - stage 1 hypertension
- >160/ >100 - stage 2 hypertension

In most cases, lifestyle changes can make a difference in your numbers!

- Get more active
- Balance your diet with more vegetables, fruits, whole grains, lean proteins, and healthy fats
- Learn to manage your stress
- Get enough rest
- Get help! - If you don't have a regular doctor, get one!
- Also, engage with a Crossover Coach to help improve your lifestyle.

