



Health Tip: Know Your Numbers



BMI (body mass index)



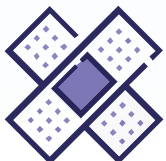
Blood Pressure Stages



Cholesterol and Triglyceride Levels in adults



Blood Glucose Chart



A1C Target Levels

Health metrics are important to know because they're risk factors for developing diabetes, stroke and cardiovascular conditions. Do you know your numbers? By knowing your numbers, you are able to compare them to healthy national numbers. The Know Your Numbers campaign encourages people to learn their numbers related to cholesterol, blood pressure, blood sugar, weight and body mass index (BMI) and is designed to encourage people to make healthier lifestyle choices.

Many people do not understand the full meaning of their numbers that reflect one's current state of health, but knowledge is power. By understanding and comparing these numbers to the national normal numbers, such power is given to begin making healthier lifestyle choices.

Tips to help you stay on top of your health

One of the first steps to improving your health is knowing your important health numbers. These numbers include knowing your body mass index, blood pressure, cholesterol and glucose numbers.

Blood Glucose Chart

Mg/DL	Fasting	After Eating	2-3 Hours After Eating
Normal	80 - 100	< 140	120 - 140
Impaired Glucose	101 - 125	140 - 199	140 - 160
High	126 +	> 200	200 +

Blood Pressure Stages

Stage	Systolic	Diastolic
Normal	Less than 120	Less than 80
Elevated	120 - 129	Less than 80
Hypertension Stage I	130 - 139	80 - 89
Hypertension Stage II	140 or higher	90 or higher
Hypertensive Crisis	Higher than 180	Higher than 120

Cholesterol and Triglyceride Levels

	Total	HDL	LDL	Triglycerides
High	240 or higher	n/a	160 or higher	200 or higher
Borderline	200 - 239	n/a	130 - 159	150 - 199
Good	less than 200	40 or higher	less than 100	less than 150
Low	n/a	less than 40	n/a	n/a

BMI (body mass index)

Category	BMI range - kg/m ²
Severe Thinness	< 16
Moderate Thinness	16 - 17
Mild Thinness	17 - 18.5
Normal	18.5 - 25
Overweight	25 - 30
Obese Class I	30 - 35
Obese Class II	35 - 40
Obese Class III	> 40

A1C Target Levels

Normal	Prediabetes	Diabetes
< 5.6	5.7 - 6.4	6.5 +



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Weight Management (BMI)



Try these tips to help manage your weight and stay active.

- Add motion to your day. Schedule time for physical activity and stick to it. Any physical activity, even for a short time, is a good thing.
- Have healthy snacks on hand. Look for snacks that are low in added sugar and salt, like fresh fruit or hummus with sliced veggies.
- Reduce screen time and time spent sitting. Turn off the devices and take a walk, try a new sport with your family, or create a playlist of favorite songs and have a dance contest.
- Use a food diary to track your meals. Whether you use an app on your phone or write it down, track your meals to help you discover changes to help you lose weight.

Blood Pressure Management



Lower your blood pressure by following these steps.

- Reduce Sodium in your Diet. Even a small reduction in the sodium in your diet can improve your heart health and reduce blood pressure
- Limit the amount of alcohol you drink. Drinking more than moderate amounts of alcohol can raise blood pressure by several points. It can also reduce the effectiveness of blood pressure medications.
- Quit Smoking. Each cigarette you smoke increases your blood pressure for many minutes after you finish. Stopping smoking helps your blood pressure return to normal. Quitting smoking can reduce your risk of heart disease and improve your overall health. People who quit smoking may live longer than people who never quit smoking.
- Cut Back on Caffeine. To see if caffeine raises your blood pressure, check your pressure within 30 minutes of drinking a caffeinated beverage. If your blood pressure increases by 5 to 10 mm Hg, you may be sensitive to the blood pressure raising effects of caffeine. Talk to your doctor about the effects of caffeine on your blood pressure.

Cholesterol Management



Ways to Raise Your HDL Cholesterol

- Choose better fats. The healthier choices are mono-unsaturated and polyunsaturated fats. You'll find these in plants, nuts, and fish like salmon or tuna. And, like everything you eat, keep your portion sizes small. Fats pack a lot of calories in small amounts.
- Alcohol in moderation. Drinking moderate amounts of alcohol is linked to higher HDL levels.
- Stop smoking. Kicking the cigarette habit can raise your HDL level.

Foods that will lower your LDL/Triglycerides

- Dark Chocolate. Dark chocolate contains flavonoids, antioxidants that help lower LDL levels. Just make sure to eat in moderation, as chocolate is also high in saturated fat and sugar. You can also use dark, unsweetened cocoa powder in your cooking to get similar heart-healthy effects
- Avocados. They give you oleic acid, which helps lower the bad cholesterol in your bloodstream. Try putting a few slices on your turkey sandwich or add them to a salad. Avocado oil, which has a subtle, sweet flavor, can also be used in place of other oils in cooking.
- Nuts. Nuts are high in polyunsaturated fatty acids, so almonds, walnuts, or pistachios can help reduce your LDL levels. Try sprinkling them on your salad or eat them right out of hand as a snack.
- Fish. Fish like salmon, albacore tuna, sardines, and halibut are all rich in omega-3 fatty acids, which reduce triglycerides in the blood. Aim for 8 ounces of fish a week and bake or grill the fish -- don't fry it -- to keep it healthy.

Glucose Management



Foods that help Lower Blood Sugar levels

- Seafood. Seafood, including fish and shellfish, offers a valuable source of protein, healthy fats, vitamins, minerals, and antioxidants that may help regulate blood sugar levels.
- Pumpkin and Pumpkin seeds. Pumpkin seeds are packed with healthy fats and proteins, making them an excellent choice for blood sugar control as well.
- Flax seeds. Flax seeds are rich in fiber and healthy fats and well known for their health benefits. Specifically, flax seeds may help reduce blood sugar levels.
- Beans and Lentils. Beans and lentils are rich in nutrients, such as magnesium, fiber, and protein, that can help lower blood sugar. They're particularly high in soluble fiber and resistant starch, which help slow digestion and may improve blood sugar response after meals.
- Citrus Fruit. Citrus fruits are considered low glycemic fruits because they don't affect blood sugar as much as other types of fruits like watermelon and pineapple.