

Know Your Numbers

Your Most Vital Statistic

Know Your Numbers

- This presentation is meant to be educational.
- The goal of this presentation is to help you become a better health care consumer.
- Always ask your doctor if you do not understand your lab results and/or what you are supposed to do about your numbers.



Important Numbers

Important Numbers we already know:

- PIN numbers
- Telephone Numbers
- Bank account numbers
- SSN
- Lock combinations
- Birth dates & anniversaries



Lipid Profile

- Total cholesterol
- Triglycerides
- HDL cholesterol
- LDL cholesterol

Total Cholesterol

Your total cholesterol is calculated as follows:

$LDL + HDL + VLDL \text{ (triglycerides/5)}$

$145(LDL) + 40(HDL) + 175/5(VLDL) = 220$

Bob's total cholesterol is 220

Total Cholesterol

What is high cholesterol?

- What does it mean if it was 220?
- What does it mean if it was 185?
- What does it mean if it was 255?

Total Cholesterol

- Less than 200 mg/dL: Desirable
- 200-239 mg/dL: Borderline
- 240+ mg/dL: High

Triglycerides

What is a high triglyceride?

- What does it mean if they were 175?
- What does it mean if they were 300?
- What does it mean if they were 510?

Triglycerides

- Less than 150 mg/dL: Desirable
- 150-199 mg/dL: Borderline high
- 200-499 mg/dL: High
- 500+ mg/dL: Very high

HDL Cholesterol

What is a low HDL?

- What does it mean if it was 35?
- What does it mean if it was 55?
- What does it mean if it was 75?

HDL Cholesterol

- Less than 40 mg/dL (men): Low
- Less than 50 mg/dL (women): Low
- 40-59 mg/dL: Borderline
- 60+ mg/dL: Optimal

LDL Cholesterol

What is a high LDL?

- What does it mean if it was 145?
- What does it mean if it was 95?
- What does it mean if it was 180?

LDL Cholesterol

- Less than 100 mg/dL Optimal
- 100-129 mg/dL Near optimal
- 130-159 mg/dL Borderline high
- 160-189 mg/dL High
- 190+ mg/dL Very high

Abnormal Cholesterol

Cholesterol is considered abnormal when:

- Total cholesterol is 200 mg/dL or higher.
- HDL or "good" cholesterol level is less than 40 mg/dL.
- LDL or "bad" cholesterol is 160 mg/dL or higher -- with 190 and above being very high. However, the lower the LDL, the better.

What Else Do I Need to Know?

- A sudden heart attack may not be "sudden" at all, but be caused by years of living with high cholesterol and extra fats stored by the body.
- You also need to know your "healthy" HDL cholesterol and "lousy" LDL cholesterol numbers. High total cholesterol, high LDL, or low HDL means you need to take immediate action to prevent a possible heart attack or stroke.
- There are no definite symptoms of high cholesterol. That's why it's important to see your doctor and know your cholesterol numbers.

What Can I Do?

To improve your lipid profile:

- Lose Weight
- Be Physically Active
- Decrease Fat Intake
- Decrease Dietary Cholesterol Intake
- Increase Fiber Intake
- Schedule Routine Check-Ups and Follow-Up



Blood Pressure

High blood pressure is also called hypertension.

High blood pressure can increase your risk for disease of the arteries, heart, brain, kidneys, and eyes).

High blood pressure can be controlled.

Blood Pressure Target

- Blood pressure measures the amount of force it takes your heart to pump blood through your body.
 - High blood pressure (or "hypertension") increases your risk of heart attack, stroke, and kidney disease.
 - High blood pressure damages your brain, eyes and arteries, too. Your blood pressure should be less than 120 over 80.
- You may have no symptoms of high blood pressure.
- Anyone can have high blood pressure. Check with your doctor to know your blood pressure numbers.

Blood Pressure Levels

- < 120/80 Optimal
- 120-139 / 80-89 Pre-hypertension
- 140-159 / 90-99 Stage 1 hypertension
- 160+ / 100+ Stage 2 hypertension



What Can I Do?

To reduce your blood pressure:

- Lose Weight
- Be Physically Active
- Reduce Sodium Intake
- Schedule Routine Check-Ups and Follow-Up



Blood Sugar

A fasting blood sugar test (not eating or drinking anything, but water for at least 8 hours) is most commonly used to diagnose type 2 diabetes.

- An optimal fasting blood sugar is less than 100 mg/dL.
- Prediabetes is a fasting blood sugar of 100 to 125 mg/dL.
- A fasting blood sugar of 126 mg/dL or greater indicates diabetes.



Blood Sugar

- Glucose is sugar stored in the blood as your body's main source of energy.
 - If your glucose is too high or too low, you may have diabetes.
 - The average blood sugar range is between 80 and 100.
- Diabetes can strike anyone of any age, but it is more common in non-white populations.
 - Symptoms involve frequent urination, extreme hunger, thirst, unusual weight loss, increased fatigue, or blurry vision.
- If you have been diagnosed with diabetes, you need to have your A1C number checked.
 - Your A1C number tells you how well you're controlling your blood sugar over time. Your A1C should be less than 7.
- Left untreated, diabetes can lead to heart disease, blindness, amputation of arms or legs, and kidney disease. To take steps against diabetes early, see your doctor and know your numbers.

Glucose

What is high blood sugar?

- What does it mean if it was 95?
- What does it mean if it was 114?
- What does it mean if it was 130?

Fasting Glucose

- A fasting blood glucose of 70-99 mg/dL is Optimal
- A fasting blood glucose of 100-125 mg/dL is Pre-Diabetes
- A fasting blood glucose of 126+ mg/dL indicates Diabetes



Glucose

What can you do if your blood glucose is 110?

Delay the onset of type 2 diabetes by:

- Losing at least 7% body weight
- Being physically active 30 minutes 5 days weekly
- Schedule Routine Check-Ups and Follow-Up Visits

Body Mass Index

BMI uses a person's weight and height to gauge total body fat.

- A BMI of 18.5 to 24.9 is ideal.
- A BMI of 25 to 29.9 is overweight.
- A BMI of 30 or more indicates obesity.
- A BMI of 40 or more indicates morbid obesity, which increases a person's risk of death from any cause by 50% to 150%, according to The Cleveland Clinic.

Body Mass Index

Body mass index (BMI) measures your weight in relation to your height.

- It should be 25 or less.
- A BMI over 25 means you are overweight, and a number over 30 means you are obese.
 - Extra weight can lead to high cholesterol, heart disease, diabetes, and other chronic illnesses.
- Check with your doctor to determine your BMI, then take action to control your weight.

Take Charge Of Your Health

You can take steps now to improve your health and life:

- Control your weight
- Be more physically active
- Don't use tobacco products
- Eat healthy foods
- Get adequate sleep
- Reduce Alcohol Intake
- Get Regular Health Screenings
- Increase Omega 3 Fatty Acid Intake
- Limit Caffeine Intake
- Talk with your doctor about medications, and if prescribed, take them as recommended

... and Know Your Numbers!



In Conclusion

- Know what your numbers mean and pay attention to the “optimal numbers” compared to your numbers.
- If you think you need to be checked for something, such as blood glucose because diabetes runs in your family, ask your doctor.
- Ask questions and get answers you understand.
- If medicines are prescribe, do not stop or change unless you discuss with your doctor.
- Keep appointments.
- Keep a file with your blood work, other important health numbers and reports for your own reference and to show other doctors who might be treating you.

Healthy Directions

Central State University cares about your health and wants to provide you with resources to help you live better both inside and outside of work.

That's why we offer a voluntary wellness program for **all benefits-eligible employees** called **Healthy Directions**.

You can receive ***a premium reduction*** simply for having your annual preventive physical with a primary care physician, completing a lab-test blood draw, being tobacco free and completing Rally through UHC.

Healthy Directions Wellness Program packets are available at <http://centralstate.trihealth.com/>.

This packet contains complete instructions and the forms needed to help you get started with Healthy Directions.



Healthy Directions

The goal of Healthy Directions is to connect employees with their primary care physician

The 4 components of the program are:

- Getting an annual physical

- Knowing biometric numbers

- Being tobacco-free

- Complete Rally (UHC) Assessment

Healthy Directions Wellness Program packets are available at <http://centralstate.trihealth.com/>.



Action Steps

1. Complete the Healthy Directions Registration & Consent Form.
2. Have an annual preventive physical with your primary care physician.
(11/14/15 – 10/21/16)
3. Have your PCP complete the Biometric Measures & Physical Confirmation form.
4. Complete the Tobacco Affidavit. (If you use tobacco products, please enroll in the TC 123 program by September, 23, 2016)
5. Complete the Rally (UHC) Assessment
6. Turn in completed Healthy Directions paperwork to TriHealth by **October 21, 2016**, **No Exceptions.**



Submit Packet

How to submit your completed packet

- Scan and email to healthydirectionspcp@trihealth.com
- Secure fax 513-852-3166
- Mail to Healthy Directions at 11129 Kenwood Road, Cincinnati Ohio 45242

Please turn in all forms at one time

Please make copies before sending forms to TriHealth

If you do not get a confirmation phone call or email from TriHealth, assume your paperwork was not received!