Biometric Screening Results

Date: _____ / _____ / _____

Blood Pressure

Blood pressure measures the pressure exerted on blood vessel walls by blood as the heart contracts and relaxes. It is measured in millimeters of mercury (mm Hg). When blood pressure is elevated, blood vessel walls can become weak, which increases the risk for heart attack and stroke. Blood pressure is influenced by many factors and can fluctuate throughout the day. One elevated measurement is not a diagnosis of hypertension but indicates that blood pressure should be monitored on a regular basis.

Your blood pressure today is: _____ / _____ mm Hg

Systolic: the first, or top, number is the systolic reading and represents the pressure on blood vessel walls when the heart contracts or "beats."

Diastolic: the second, or bottom, number is the diastolic reading and represents the pressure on blood vessel walls when the heart is relaxed or between "beats."

	✔ Normal	⚠ Elevated	🚫 Hypertension Stage 1	🚫 Hypertension Stage 2
Systolic	< 120 mm Hg	120 - 129 mm Hg	130 - 139 mm Hg	≥ 140 mm Hg
Diastolic	< 80 mm Hg	< 80 mm Hg	80 - 89 mm Hg	≥ 90 mm Hg

Your highest systolic <u>or</u> diastolic category measurement indicates your blood pressure risk status.

Heart Rate / Pulse

Heart rate, or pulse, is the number of times your heart beats per minute. For an adult, a normal resting heart rate ranges from 60 to 100 beats per minute (bpm). For athletes, a normal heart rate may be as low as 40 bpm. A lower heart rate generally implies more efficient heart function and better cardiovascular fitness.

Your pulse today is: _____ bpm

Weight, Body Fat & Body Mass Index (BMI)

Excess body fat in relation to lean tissue can increase the likelihood of a variety of illnesses and disorders. Fat carried mainly in the abdomen also increases the risk of developing health problems.

Weight	Waist Circumference	Hip Circumference	Body Fat %	Body Mass Index

Waist and hip circumference are used to identify weight distribution. Excess weight distribution in the abdominal area has been associated with increased risk of developing heart disease and type 2 diabetes.

Body fat percentage is a useful indicator of body composition. It is used to identify excess fat tissue which often leads to an increased risk of developing chronic disease.

Body Mass Index (BMI) is a calculation based on height and weight. BMI can be used to screen for weight categories that may lead to health problems, but it is not diagnostic of the body fat or health of an individual.

Waist Circumference		
Risk:	Women	Men
Average	≤ 35 in.	≤ 40 in.
High	> 35 in.	> 40 in.

Waist to Hip Ratio		
Risk:	Women	Men
Low	≤ 0.8	≤ 0.95
Moderate	>0.8- ≤0.85	>0.95- ≤1
High	> 0.85	> 1

Body Fat Classifications (%)		
	Women	Men
Essential	10 - ≤13	2 - ≤ 5
Athletes	>13 - ≤20	>5 - ≤13
Fitness	>20 - ≤24	>13 - ≤17
Average	>24 - ≤31	>17 - ≤24
Overweight	>31	> 24

BMI Ranges (kg/m^2)	
Underweight	< 18.5
Normal	18.5 - < 25
Overweight	25 - < 30
Obese	30 - < 35
Clinically Obese	35 - < 40
Morbidly Obese	≥ 40

Lipid Panel

Total Cholesterol: Cholesterol is a soft, waxy substance made in the liver and is used for things like hormone production and even our basic cell structure. The body makes all the cholesterol it needs, but it is also found in the foods we eat. Your total blood cholesterol is a measure of LDL, HDL, and other lipid components.

✔ Desirable	⚠ Borderline	🚫 High Risk
< 200 mg/dL	200-240 mg/dL	> 240 mg/dL

Your total cholesterol today is: _____ mg/dL

High-Density Lipoprotein (HDL): HDL is also known as "good" cholesterol. It is made up primarily of proteins and contains a relatively small amount of cholesterol. HDL removes bad cholesterol from the blood and blood vessel walls and transports it to the liver, which breaks it down for removal from the body. High levels of HDL have been shown to protect against heart disease. The higher your HDL number, the better for your health.

	✔ Desirable	⚠ Borderline	🚫 High Risk
F	> 50 mg/dL	35-50 mg/dL	< 35 mg/dL
M	> 45 mg/dL	35-45 mg/dL	< 35 mg/dL

Your HDL cholesterol today is: _____ mg/dL

Triglycerides: Triglycerides are the chemical form in which most fat exists in food and the body. Excess calories, alcohol, and sugars are converted into triglycerides and stored in fat cells in the body. A high blood triglyceride level has been linked to heart disease in some people.

✔ Desirable	⚠ Borderline	🚫 High Risk
< 150 mg/dL	150-199 mg/dL	> 200 mg/dL

Your triglyceride level today is: _____ mg/dL

Low-Density Lipoprotein (LDL): LDL is known as "bad" cholesterol. It is made up primarily of cholesterol and contains a relatively small amount of protein. This excess cholesterol sticks to blood vessel walls forming lesions called plaques that can grow to eventually impede blood flow through the vessels. An excess of LDL is a major risk factor for cardiovascular conditions. The lower your LDL number, the better for your health.

✔ Desirable	⚠ Borderline	🚫 High Risk
< 100 mg/dL	100-160 mg/dL	> 160 mg/dL

Your LDL cholesterol today is: _____ mg/dL

Blood Glucose and Hemoglobin A1C

Blood Glucose: Carbohydrates we eat are broken down into a simple sugar called glucose. Glucose is used by cells for energy. Glucose use by our cells depends on the availability of insulin, a hormone produced by the pancreas, which transports glucose into cells. Diabetes is diagnosed when the pancreas is unable to produce enough insulin or the body's cells stop responding to insulin, resulting in an increased level of blood glucose in the blood.

Hemoglobin A1C: Hemoglobin A1C is a blood test that shows your average blood glucose level over the past two to three months. This measurement can help to determine how well your blood glucose is controlled.

Average blood glucose (BG) is listed in mg/dL and A1C as a percentage (%).

	✔ Normal	⚠ Impaired	🚫 Diabetic
Fasting BG	< 100	≥100 - < 126	≥ 126
Non-Fasting BG	< 140	≥140 - < 200	≥ 200

	✔ Normal	⚠ Impaired	🚫 Diabetic
A1C	< 5.7	≥ 5.7 - < 6.5	≥ 6.5
Avg. BG	< 117	≥ 117- < 140	≥ 140

Your blood glucose today is: _____ mg/dL   **Your A1C today is: _____ %**

Metabolic Syndrome

Metabolic syndrome is a combination of conditions occurring together that increase the risk for heart disease, stroke, and diabetes. A person who has metabolic syndrome is twice as likely to develop heart disease and five times as likely to develop diabetes as someone who does not have metabolic syndrome. Your healthcare provider may diagnose metabolic syndrome when three or more of the following conditions exist simultaneously:

The following are present today:

Waist >35" (F) or >40" (M)	Triglycerides ≥150mg/dL	HDL <50mg/dL (F) or <40mg/dL (M)	Blood pressure ≥ 130/85 mm Hg	Fasting glucose ≥100 mg/dL

Values on this handout are general guidelines. Individual goals may vary, based on diagnosed conditions.