

Health Screening Numbers

| Blood Pressure Category | Systolic mm Hg (upper #) | and | Diastolic mm Hg (lower #) |
|---|--------------------------|-----|---------------------------|
| Normal | less than 120 | and | less than 80 |
| Prehypertension | 120 – 139 | or | 80 – 89 |
| High Blood Pressure (Hypertension) Stage 1 | 140 – 159 | or | 90 – 99 |
| High Blood Pressure (Hypertension) Stage 2 | 160 or higher | or | 100 or higher |
| <u>Hypertensive Crisis</u> (Emergency care needed) | Higher than 180 | or | Higher than 110 |

| Age | 18-25 | 26-35 | 36-45 | 46-55 | 56-65 | 65+ |
|---------------|-------|-------|-------|-------|-------|-------|
| Athlete | 49-55 | 49-54 | 50-56 | 50-57 | 51-56 | 50-55 |
| Excellent | 56-61 | 55-61 | 57-62 | 58-63 | 57-61 | 56-61 |
| Good | 62-65 | 62-65 | 63-66 | 64-67 | 62-67 | 62-65 |
| Above Average | 66-69 | 66-70 | 67-70 | 68-71 | 68-71 | 66-69 |
| Average | 70-73 | 71-74 | 71-75 | 72-76 | 72-75 | 70-73 |
| Below Average | 74-81 | 75-81 | 76-82 | 77-83 | 76-81 | 74-79 |
| Poor | 82+ | 82+ | 83+ | 84+ | 82+ | 80+ |

| National Cholesterol Education Program Cholesterol Guidelines | | | |
|--|---------------|-----------------|----------------|
| | Desirable | Borderline High | High |
| Total Cholesterol | Less than 200 | 200 - 239 | 240 and higher |
| LDL Cholesterol (the "bad" cholesterol) | Less than 130 | 130 - 159 | 160 and higher |
| HDL Cholesterol (the "good" cholesterol) | 50 and higher | 40 - 49 | Less than 40 |
| Triglycerides | Less than 200 | 200 - 399 | 400 and higher |

| Types of test | Normal diabetes | Pre diabetes | Type 1 or 2 diabetes |
|---------------------------------------|-----------------|----------------|----------------------|
| Simple blood sugar level test | 80-100 mg/dl | 100 -199 mg/dl | >200 mg/dl |
| Fasting blood sugar level test | 80-100 mg/dl | 100 -125 mg/dl | >126 mg/d |
| Oral-glucose-tolerance-test | <140 mg/dl | 140 -199 mg/dl | >200 mg/dl |
| A1C Test | 4- 6 % | - | > 7 % |