Know your 5

Blood pressure
Cholesterol
BMI
Weight
Blood sugar

GET HEALTHY LIVE WELL
Know your 5

- Blood pressure
- Cholesterol
- Weight
- Blood sugar
- BMI
Get Your Healthy On by Knowing Your 5

Blood Pressure + Cholesterol + Blood Sugar + BMI + Weight

These 5 numbers are your key health indicators. Knowing them is important because they can help you improve your health, even control or prevent diabetes, heart disease and some cancers. Talk with your doctor and set goals for your 5. Then stay on top of them. It’s as easy as hopping on a scale regularly, checking your blood pressure at the pharmacy and routinely visiting your primary care provider for blood work. By doing so, you’ll reduce your risk of developing heart disease and other serious illnesses. Make knowing your 5 the first step in getting your healthy on.
If you have Medicare, Medicaid or a private health plan purchased after March 23, 2010, you may be entitled to one annual wellness visit with a primary care provider. The cost of the visit is covered at 100 percent by your insurer — with no co-pay or co-insurance, and regardless of whether you’ve met your annual insurance deductible — which means that the visit should cost you nothing out-of-pocket.*

Depending on your health insurance plan and your age, your annual wellness visit may include:

- Abdominal aortic aneurysm (AAA) one-time screening for men of specified ages who have ever smoked
- Counseling on aspirin use to prevent cardiovascular disease for men and women of certain ages
- Blood pressure screening for all adults
- Cancer screenings, including mammograms and colonoscopies
- Cholesterol screening for adults of certain ages or at higher risk
- Counseling on such topics as quitting tobacco, losing weight, eating healthfully, treating depression and reducing alcohol use
- Counseling, screening and vaccines to ensure healthy pregnancies
- Depression screening
- Type 2 diabetes screening for adults with high blood pressure
- Diet counseling for adults at higher risk for chronic disease
• HIV screening for everyone ages 15 to 65, as well as other ages at increased risk
• Immunization vaccines for adults (doses, recommended ages and recommended populations vary):
  ▪ Hepatitis A
  ▪ Hepatitis B
  ▪ Herpes zoster
  ▪ Human papillomavirus
  ▪ Influenza (flu shot)
• Immunization vaccines for children, including:
  ▪ Measles, mumps and rubella (MMR)
  ▪ Meningococcal (meningitis)
  ▪ Pneumococcal (pneumonia)
  ▪ Tetanus, diphtheria and pertussis (Tdap)
  ▪ Varicella (chicken pox)
• Regular well-baby and well-child visits, from birth to age 21

These visits are your opportunity to Know Your 5 and more. Make sure when scheduling your screening that your provider’s staff knows you want a wellness visit and ask if any special preparations must be made on your part for the visit (fasting may be necessary for cholesterol screenings, for instance).

Once you have the results of your tests, speak with your primary care provider about your 5. Write them down in this book and discuss ways you can control them.

* This applies only when these services are delivered by a network provider.

Source: Healthcare.gov
Cholesterol
**Cholesterol** is a waxy, fat-like substance found in all cells of the body and in some foods we eat. The body makes all of the cholesterol it needs, using it to make hormones, vitamin D and substances that help it to digest foods.

**Low-density lipoprotein (LDL),** or “bad cholesterol,” is the main source of cholesterol build-up in the arteries. The higher your LDL, the greater your chance of developing heart disease.

**High-density lipoprotein (HDL),** or “good cholesterol,” transports cholesterol from other parts of the body back to the liver and helps keep cholesterol from building up in the arteries, lowering the risk of developing heart disease.

**TC/HDL ratio** is the relationship between total cholesterol and HDL cholesterol. It is important in determining a person’s risk for heart disease. The lower the ratio, the lower the risk.

**Triglycerides** are another form of fat in your blood. They provide cells with energy to function. Elevated levels may increase the risk of atherosclerosis (hardening of the arteries), heart disease and stroke.

<table>
<thead>
<tr>
<th>Blood Lipids</th>
<th>Low Risk</th>
<th>High Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total cholesterol (mg/dl)</td>
<td>&lt;200</td>
<td>≥240</td>
</tr>
<tr>
<td>HDL-cholesterol (mg/dl)</td>
<td>&gt;60</td>
<td>&lt;40</td>
</tr>
<tr>
<td>LDL-cholesterol (mg/dl)</td>
<td>&lt;130</td>
<td>≥160</td>
</tr>
<tr>
<td>TC/HDL ratio</td>
<td>&lt;3.5</td>
<td>&gt;5.0</td>
</tr>
<tr>
<td>Triglycerides</td>
<td>&lt;150</td>
<td>&gt;200</td>
</tr>
</tbody>
</table>

*Source: National Cholesterol Education Program*
What’s Your Cholesterol?

Analysis of a simple blood draw can determine how much cholesterol you have in your blood. Cholesterol screenings are available through most primary care providers. To find a primary care provider near you, call 770.214.CARE.

Once you know your total cholesterol, HDL, LDL and triglycerides, speak to your primary care provider about ways you can keep those numbers under control.

**Keep a record.**

My total cholesterol is: ____________

My HDL cholesterol is: ____________

My LDL cholesterol is: ____________

My triglycerides are: ____________

Date of cholesterol analysis: ____________

---

**Risk Factors for High Blood Cholesterol**

- Cigarette smoking
- High blood pressure (140/90 mmHg or higher, or taking medication for blood pressure)
- Low HDL cholesterol (less than 40 mg/dL)
- Family history of early heart disease in a father or brother before age 55; heart disease in a mother or sister before age 65
- Age (men 45 years or older, women 55 years or older)

**To reduce your risk:**

- Quit smoking, reduce your weight if you are overweight, exercise and consume a diet rich in fruits, vegetables and whole grains but low in saturated fats.
- Keep your daily dietary cholesterol intake below 300 mg.
- Increase fiber and Omega 3 intake
- Reduce intake of sugary foods
High Cholesterol? Screen Your Kids, Too.

Elevated cholesterol levels aren’t always owed to lifestyle; sometimes, it’s genetic.

The American Academy of Pediatrics (AAP) now recommends cholesterol screening for all children ages 9 to 11, and again at ages 17 to 21. Because high levels of cholesterol can cause long-term damage to the body’s cardiovascular system, leading to increased risk for heart attack and stroke, medical providers are realizing that it’s important to tackle high blood cholesterol as early as possible.

Ask your child’s primary care provider about cholesterol screening. Since he or she shares your genes (and likely your lifestyle and eating habits), he or she also may benefit from early cholesterol screenings.
Blood Sugar
Know Your Blood Sugar

**Glucose** is the main sugar in the blood that provides energy needed to perform everyday activities. When glucose levels are elevated or uncontrolled, this may lead to a disease called diabetes.

**Insulin** is produced by the pancreas throughout the day. Insulin is a hormone that is needed to convert sugar, starches and other foods into energy.

**Diabetes** is a group of diseases characterized by high blood glucose levels that result from defects in the body’s ability to produce and/or use insulin. Left uncontrolled, diabetes can lead to heart, eye, kidney or nerve damage.

**Type 2 diabetes** is the most common form of diabetes. This occurs either when the body does not produce enough insulin or the cells ignore the insulin. Typically, changing your lifestyle can prevent or reverse type 2 diabetes.

**Type 1 diabetes** is usually diagnosed before the age of 25 and was previously known as juvenile diabetes. In type 1 diabetes, the body does not produce insulin and requires insulin injections or an insulin pump.

<table>
<thead>
<tr>
<th>Category</th>
<th>Fasting</th>
<th>Non-Fasting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>70-99 mg/dl</td>
<td>&lt;140 mg/dl</td>
</tr>
<tr>
<td>Prediabetes</td>
<td>100-125 mg/dl</td>
<td>140-200 mg/dl</td>
</tr>
<tr>
<td>Diabetes</td>
<td>Over 126 mg/dl</td>
<td>Over 200 mg/dl</td>
</tr>
</tbody>
</table>

*Source: American College of Sports Medicine*
**Defeat Diabetes Now**

Whether you have prediabetes, have been diagnosed with type 2 diabetes or have risk factors for diabetes, Get Healthy, Live Well has a program that can help. Visit www.GetHealthyLiveWell.org to learn more about the National Diabetes Prevention Program, the Living Well with Diabetes Program and other offerings and opportunities from Get Healthy, Live Well!

**Keep a record.**

My blood sugar is: _______________
Date of analysis: _______________

**You are at risk if you:**

1. Are 45 or older
2. Have a family history of diabetes
3. Are overweight
4. Have high blood pressure (at or above 140/90)
5. Are Native American, Hispanic, African-American or Pacific Islander
6. Have a history of diabetes during pregnancy
7. Are a woman who has had a baby weighing more than nine pounds at birth

**To reduce your risk:**

1. Engage in at least 150 minutes of moderate cardiovascular exercise or physical activity weekly.
2. Eat smaller, more frequent meals and reduce your caloric intake to prevent weight gain.
3. Reduce your weight to within acceptable levels.
FACT No. 1: More than one-in-three adults in the United States has prediabetes.

This means they have higher than normal blood sugar, but not high enough to be true diabetes. Within 10 years, many people with prediabetes will develop type 2 diabetes.

However, a healthy lifestyle can help the body become better at using glucose so it doesn’t build up in the blood. Research shows that people with prediabetes can reduce their risk for full diabetes by more than half when they lose 5 to 7 percent of their body weight by exercising and eating right.

FACT No. 2: Prediabetes puts the heart at risk.

Research has shown that people with prediabetes have a higher risk for heart disease. Specifically, they are more likely to have atherosclerosis than those with normal blood sugar levels. Your risk further increases if you develop diabetes.

FACT No. 3: People with prediabetes rarely have symptoms.

It’s a good idea to see your doctor and get your blood sugar tested if you are age 45 or older. Younger people may want to ask their doctor about testing if they are overweight and have at least one other risk factor for diabetes. These include:

- Not exercising regularly
- Being African-American, Asian-American or Hispanic
- Low HDL, or “good,” cholesterol or high triglyceride levels
3

Blood Pressure
Blood pressure is the force of the blood against the walls of the arteries.

Systolic blood pressure is the force of the blood against the walls of the arteries when the heart contracts.

Diastolic blood pressure is the force of the blood against the walls of the arteries when the heart relaxes.

Hypertension is when blood pressure stays elevated over time. It is often referred to as the “silent killer” because it typically has no symptoms. People with diabetes or kidney disease should pay close attention to their blood pressure levels.

A hypertensive crisis is a severe increase in blood pressure that can lead to a stroke. Extremely high blood pressure — a top number (systolic pressure) of 180 or higher or a bottom number (diastolic pressure) of 120 — can damage blood vessels. If this is the first reading, wait five minutes and retake your blood pressure. If the second reading is as high or higher, seek immediate medical help.

<table>
<thead>
<tr>
<th>Category</th>
<th>Systolic</th>
<th>Diastolic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>&lt;120</td>
<td>&lt;80</td>
</tr>
<tr>
<td>Pre-hypertension</td>
<td>120-139</td>
<td>80-89</td>
</tr>
<tr>
<td>Stage 1 hypertension</td>
<td>140-159</td>
<td>90-99</td>
</tr>
<tr>
<td>Stage 2 hypertension</td>
<td>≥160</td>
<td>≥100</td>
</tr>
</tbody>
</table>

*Source: American College of Sports Medicine*
You are at risk if you:

- Have a family history of hypertension
- Are male and/or of advanced age
- Do not participate in regular physical activity
- Have poor nutritional habits, which includes too much salt intake
- Are overweight or obese
- Smoke or drink excessively
- Experience stress
- Have sleep apnea

To reduce your risk:

- Eat a better diet, including reducing daily sodium intake to under 2,400 mg.
- Engage in at least 150 minutes of moderate cardiovascular exercise or physical activity weekly.
- Maintain a healthy weight.
- Drink alcohol only in moderation.
- Take prescribed medications as directed.
- Learn to manage stress effectively.
- Avoid tobacco smoke.
Ready to Battle Back Against High Blood Pressure?

Get Healthy, Live Well has a number of opportunities to help you get a handle on your blood pressure. Visit www.GetHealthyLiveWell.org to learn more about the DASH diet — the Dietary Approach to Stop Hypertension — and find out how going for 30 minutes of exercise each day can get you well on your way to lowering your blood pressure, losing weight and more.

Keep a record.
My blood pressure is: ________________
Date of analysis: ________________

Have High Blood Pressure? You’re Not Alone.

High blood pressure? You might have hypertension. Get the facts.

Wise men, musketeers and stooges: If these famous trios lived in the U.S. today, one of each would have hypertension — and at least one of those three wouldn’t know it.

A total of 67 million Americans now have high blood pressure, according to the Centers for Disease Control and Prevention (CDC). Fewer than half have their hypertension under control, and many aren’t even aware they have it.

High blood pressure multiplies your risk of dying from heart disease by three and your risk of dying from stroke by four. To keep yours down, eat less sodium, maintain a healthy weight and follow your doctor’s orders about medications.
Know Your

Weight and BMI

Being **overweight** or **obese** is a primary risk factor for many chronic health conditions, including hypertension, high cholesterol, type 2 diabetes, coronary heart disease, stroke, osteoarthritis, sleep apnea, respiratory problems and certain types of cancer.

**Weight** is the most basic metric for health, but it doesn’t tell the complete picture. Periodically stepping on a set of scales may be unpleasant for many, but it’s essential for keeping you accountable as you adopt a healthier, more active life.

**Body mass index (BMI)** is a risk ratio of an adult’s weight and height. BMI can also be measured in children, though the metrics are different.

**Waist circumference** is highly correlated with obesity-related diseases. Those who carry most of their fat around their mid-section have been shown to be at greater risk for weight-related illnesses.

**Waist-to-hip ratio (WHR)** is used as a tool to educate individuals on their risk of developing serious health conditions.

<table>
<thead>
<tr>
<th>Body Mass Index</th>
<th>Normal</th>
<th>Overweight</th>
<th>Obese</th>
</tr>
</thead>
<tbody>
<tr>
<td>18.5-24.9</td>
<td>25-29.9</td>
<td>≥30</td>
<td></td>
</tr>
</tbody>
</table>
To achieve a healthy weight:
• Engage in at least of 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity weekly.
• Engage in muscle strengthening activity on two or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms).
• Go for five servings of fruits and vegetables a day, and increase your consumption of whole grains and lean meats.
• Eat five or six small meals spaced evenly throughout the day rather than two or three large ones.
• Limit consumption of alcohol, fried foods and simple sugars such as candy and regular sodas.

What’s Your BMI?
To find out where you fall on the spectrum from underweight to obese, use the BMI calculator at www.GetHealthyLiveWell.org. Enter your age, height and weight, and you’ll see where you stand.

Keep a record.
My weight is: _______________________
My BMI is: _______________________
Date of weigh-in: ___________________
Extra Weight Affects More Than You Think

You probably know that excess weight is hard on the heart, but what you may not know is that being overweight or obese takes a toll on other parts of the body, too.

Obesity increases your risk for not only heart disease, but also certain cancers, type 2 diabetes, arthritis, stroke and many other health problems. Some research indicates obesity also may affect your brain and your offspring.

Studies have found that excess fat around the waist might lead to an increased risk for dementia later in life. In another study, published in the British Medical Journal, researchers found that being obese during midlife also increases the risk for dementia in later years.

What’s more, parents who are obese may pass health problems onto their children. A study reported in the journal Gastroenterology found that fathers who become obese at an early age were more likely to have children with abnormal liver tests. A genetic cause for the father’s obesity may be linked to a genetic cause for liver disease. In addition, women who are obese during pregnancy are more likely to have babies born with birth defects.

Numbers not ideal? Losing just 5 to 10 percent of your body weight may lower your risk for health problems. Ditch fad diets and “miracle” weight-loss products — they don’t work in the long-term. Instead, ask your doctor to help you develop a plan for safe and effective weight loss. The tools and resources at www.GetHealthyLiveWell.org can help.
Reduce Your Risk Factors

Now that you know your 5, you can focus on reducing your risk factors for chronic disease. Change is difficult, but having the right tools can and will increase your chances for success. Setting short-term and long-term goals, overcoming barriers and having a strong support system are keys to successful behavioral change.

There are risk factors that cannot be changed, including age, gender, family history and ethnicity. However, by focusing on lifestyle factors that are within your control, you can reduce your risk. Proper nutrition, regular exercise, maintaining a healthy weight, quitting tobacco, reducing alcohol consumption and managing stress are just some of the healthy habits you can develop to keep your 5 under control.

Identify three risk factors that have the biggest impact on your health. Choose one of these factors on which to focus and begin your lifestyle change for the better. Then, move on to the next and the next as you succeed.

Key risk factors:
1. 
2. 
3. 
4. 
5. 
6. 

The highest priority risk factor on which I’ll focus is:

I will improve this risk factor by doing the following three things:
1. 
2. 
3. 
4. 
5. 
6. 

I will improve this risk factor by doing the following three things:
1. 
2. 
3. 
4. 
5. 
6. 

I will improve this risk factor by doing the following three things:
1. 
2. 
3. 
4. 
5. 
6.
For More Information
Learn how to reduce your risk factors for chronic disease with the help of these well-regarded web resources:

**Tanner Health System**
www.tanner.org

**American Diabetes Association**
www.diabetes.org

**United States Department of Agriculture**
www.choosemyplate.gov

**American Cancer Society**
www.cancer.org

**National Heart, Lung and Blood Institute**
www.nhlbi.nih.gov

**Centers for Disease Control and Prevention**
www.cdc.gov

**American Heart Association**
www.americanheart.org

Barriers that may hinder my success are:
1. 
2. 
3. 

I will overcome these barriers by doing the following:
1. 
2. 
3. 

My action plan start date is: 

Signed: 

23
About Get Healthy, Live Well

Tanner Health System’s Get Healthy, Live Well initiative is a multi-sector coalition engaging people, ideas and resources across multiple settings to help the residents of Carroll, Haralson and Heard counties lead healthier, more active lives.

Get Healthy, Live Well is supported by more than 160 local, state and national partners and more than 550 volunteers. Through its website, www.GetHealthyLiveWell.org, you can access a host of health information, including healthy recipes, health calculators, calorie and fitness trackers, volunteer opportunities, news and articles to give you the information, support and encouragement you need to make lasting, meaningful change.

BE WELL | EAT HEALTHY | GET FIT

www.GetHealthyLiveWell.org