

Know Your BMI

Date:	BMI:	Date:	BMI:

Know Your Glucose

Date:	Glucose:	Date:	Glucose:

Know Your Cholesterol

Date:	LDL-C:	Date:	LDL-C:

List your current medications and dosages here: _____

How can you have a better life?

Here's how you can take charge of your health for a better life:

- Control your weight
- Increase your physical activity
- Don't use tobacco products
- Eat healthy foods
- Know Your Numbers!

Mississippi's Chronic Disease Burden

Cardiovascular disease, diabetes and obesity are lifelong health problems that can take a serious toll on your health.

Cardiovascular Disease

These diseases are the leading causes of death in Mississippi:

- Heart disease
- Stroke

Diabetes

This disease is a dangerous condition when left untreated. It can lead to heart disease, blindness, arm and leg amputations, and kidney disease. Therefore it is important to see your doctor and know your blood sugar numbers.

Obesity

This is a contributing risk factor for many chronic diseases. Mississippi has one of the highest rates in the United States.

It's your health: Don't take chances

You can minimize your risk of developing a chronic disease by "knowing your numbers" and making a few simple changes in your life.

Stop tobacco use

Tobacco use is a leading contributor to the development of cardiovascular disease. It also affects healthy teeth and gums.

Start exercising

Exercise is good for the body, and can help you reduce your risk of developing a chronic disease.

Eat a healthy, balanced diet

Eating a healthy diet decreases your risk of developing high blood pressure, high cholesterol and diabetes.

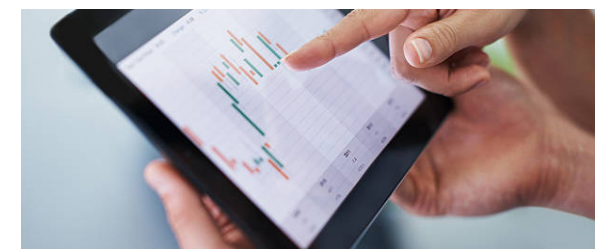
For more information, contact the Office of Preventive Health and Health Equity at 601-206-1559 or 601-206-1720.

Visit us at our website:
www.HealthyMS.com



Know Your Numbers

For a Better Life



MISSISSIPPI STATE DEPARTMENT OF HEALTH





What numbers should you know?

Your cholesterol, blood pressure, blood sugar and body mass index numbers are key indicators of your risk level for having a major illness.

If you know these numbers, you can take action to reduce your chances of developing heart disease, diabetes, and many other chronic illnesses.

Know your numbers and take charge for a better life!

Cholesterol Target: Less than 200

Sometimes the body makes and stores extra fats and cholesterol. A “sudden” heart attack may not really be sudden at all, but caused by years of living with high cholesterol. The normal range is 200 or less for total cholesterol.

You also need to know your “healthy” HDL cholesterol and “lousy” LDL cholesterol numbers. A high total LDL, or a low HDL cholesterol number means that you need to take immediate action to prevent potential threats to your health such as a heart attack or stroke.

There are no definite symptoms of high cholesterol. That’s why it is important to see your doctor and know your cholesterol numbers.

Blood Pressure Target: Less than 120/80

Blood pressure is the amount of force it takes for your heart to pump blood through your body. Your blood pressure normally rises and falls throughout the day, but it can increase your risk of having a heart attack or stroke if it stays high for a long time. A normal pressure is less than 120/80 mmHg.

High blood pressure is called the “silent killer” because many people don’t realize they have it. The only way to detect whether or not you have high blood pressure is to have it measured by a doctor or health professional. It is quick and painless.

Talk with your doctor about the best ways to reduce your risk for high blood pressure.

Blood Sugar Target: Fasting 80–99

Glucose is sugar in the blood that is the body’s main source of energy. For most adults, a normal fasting blood sugar range is 80 to 99.

One out of three people in Mississippi with diabetes don’t know they have it, or are not being treated. Diabetes can strike people of any age. Diabetes is more common in non-white populations. Symptoms may include frequent urination, excessive thirst, extreme hunger, unusual weight loss, increased fatigue, irritability, or blurry vision. If your fasting blood sugar is 126 or greater, you might be diagnosed with diabetes. A fasting blood sugar from 100 to 125 means that you may develop diabetes in the future, and you should take steps to prevent its development.

If you have been diagnosed with diabetes, you also need to have your A1C number checked. Your A1C tells how well you are controlling your blood sugar over a three-month period of time. Your A1C should be less than seven.

Body Mass Index Target: Less than 25

Body mass index (BMI) is a measure of your weight in relation to your height and should be less than 25. A BMI of 25 means you are overweight, and a BMI over 30 means you are obese. Extra weight can lead to high cholesterol, heart disease, diabetes, and many other chronic illnesses.

Check with your doctor to determine your BMI, then take action to control your weight.

Know Your Numbers

Know Your Blood Pressure

Date:	BP:	Date:	BP:

Personal Information

Name: _____ Phone: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Doctor: _____ Phone: _____
 Food/Medication Allergies: _____

Emergency Contact:
 Name: _____ Phone: _____
 Name: _____ Phone: _____