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Health Parameters in Color

An annual wellness exam, including lab tests, vital signs, and other health risk assessments, offers valuable insight into your physical health and risk for chronic diseases. Tracking labs, blood pressure, weight, and other key indicators each year helps you and your healthcare team understand changes over time and catch potential issues early.

The great news is that lifestyle choices have a significant impact on how you score on these assessments and your risk of chronic disease. Your healthcare provider can talk to you more about how you can use the six pillars of lifestyle medicine - a whole food, plant-predominant eating pattern, physical activity, restorative sleep, stress management, avoidance of risky substances and positive social connections - to improve your risk status and potentially reverse chronic diseases.

People with the best physical health are most likely to be in the green zone on all of the charts. Risk of chronic disease increases as more numbers fall into the yellow and red zones.



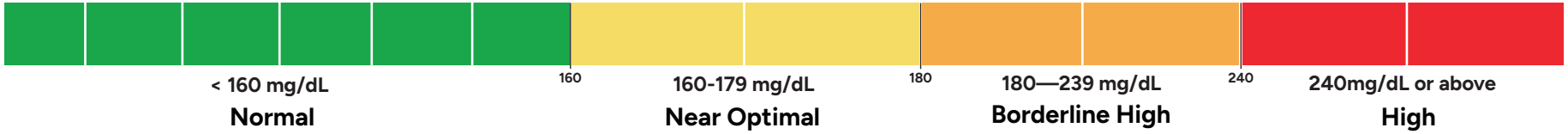
Disclaimer: This tool is meant to be read and interpreted by a clinical team member who can support the explanation of results and guide any modifiable actions that can be taken toward better health.

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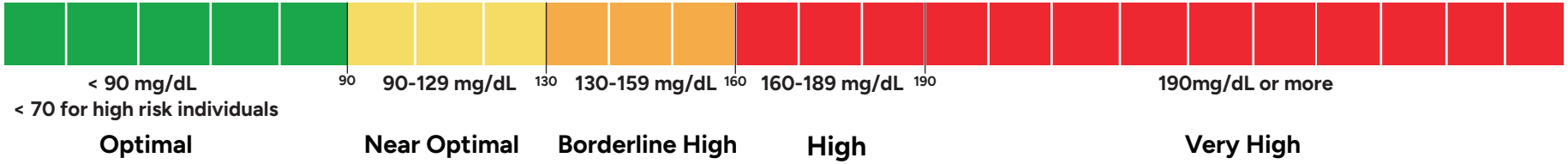
Lipid Panel

This group of tests measures the amount of cholesterol and other fats in your blood and helps predict your risk for heart disease and stroke.

Total Cholesterol - Excess cholesterol in our arteries leads to plaque buildup (atherosclerosis), setting the stage for coronary artery disease (narrowed or blocked arteries). Blood cholesterol levels can be improved through healthy eating and regular physical activity.



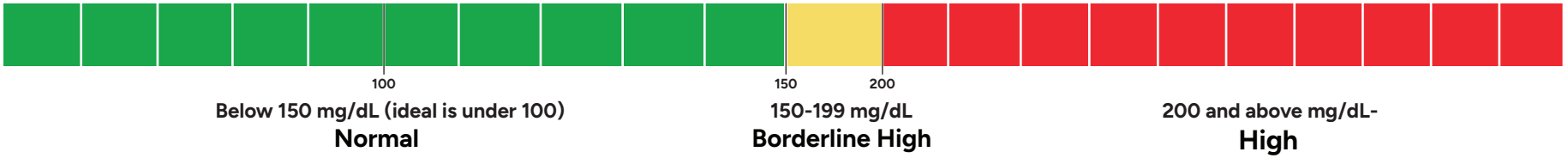
LDL - ("harmful" cholesterol) is the type of cholesterol that builds up on artery walls and increases risk of heart disease. High LDL is especially dangerous if you have a disease that may damage the blood vessels (e.g. high blood pressure, diabetes).



HDL - ("healthy" cholesterol) protects against heart disease by removing unhealthy cholesterol from the blood and keeping it from building up in the arteries. HDL can be increased with exercise.



Triglycerides - are a type of fat in your body. Elevated triglycerides may be a risk factor for atherosclerosis. Highly elevated levels may also cause fatty liver disease and pancreatitis. Triglycerides can be improved through healthy eating and regular physical activity.



**Tool adapted from Beth Motley's, MD original blood lipid chart.[1]

To assess risk for heart disease using a variety of factors, visit: https://www.cardiosmart.org/heart-disease-risk-calculator/home
Reference ranges sourced from references 2-6.

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Blood Pressure

Blood pressure is the force of blood pushing against your artery walls. High blood pressure increases your risk for heart disease, heart attack, and stroke. The good news is that many people can lower their blood pressure or keep it in a healthy range by making lifestyle changes, like exercising, eating a healthy diet, managing stress, avoiding smoking and alcohol, and maintaining a healthy weight.

Blood Pressure Categories

American Heart Association.

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

©American Heart Association. DS-16580 8/20

heart.org/bplevels

** Chart resourced from The 2017 American College of Cardiology (ACC)/American Heart Association (AHA) Guideline for the Prevention, Evaluation and Management of High Blood Pressure found here: DS-16580 BP Rainbow Chart 2020 (heart.org)[7]

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A1C & Blood Glucose

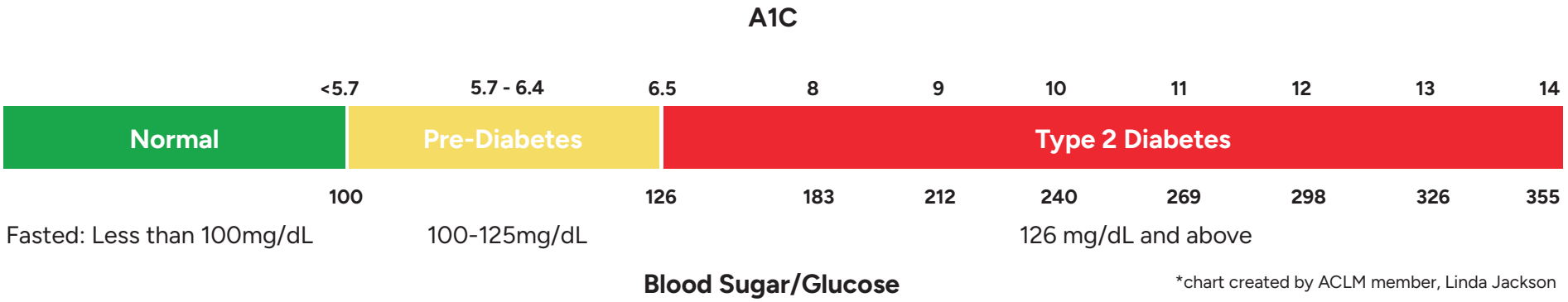


*chart created by ACLM member, Linda Jackson

What's the difference between A1c and blood glucose?

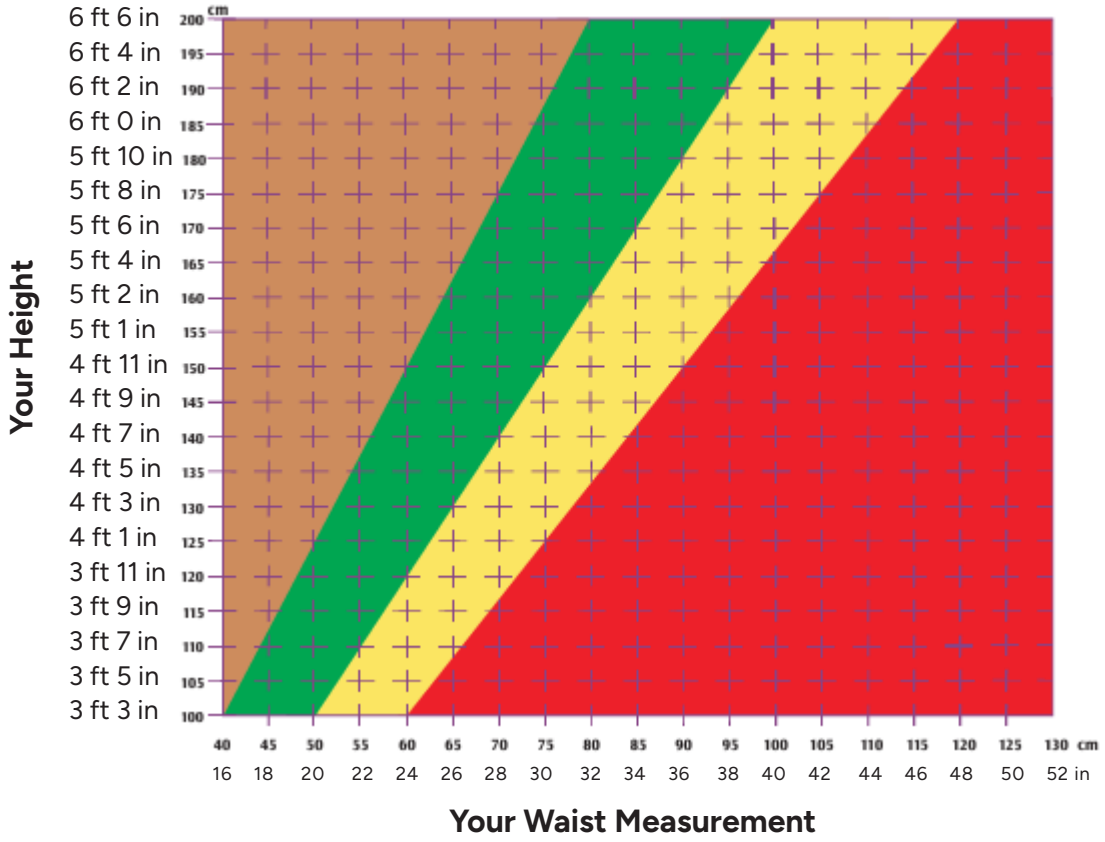
Blood glucose is your blood sugar level at one moment in time, like a snapshot.
Hemoglobin A1c is more like a "three-month average" of your blood sugar. It shows how much sugar has been sticking to your red blood cells over time. Both tests are important: blood glucose shows what's happening right now, and A1c shows the bigger picture of how your body has been handling sugar over the past few months.

Reference ranges sourced from references 8-10

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Waist to Height Ratio

Statistical evidence supports that WHtR (waist to height ratio) is a better predictor of cardiovascular, diabetes and stroke risk than the body mass index (BMI).[6] Use the chart below to determine your range.



No need to decrease waist circumference

Waist circumference is considered to be in a healthy range

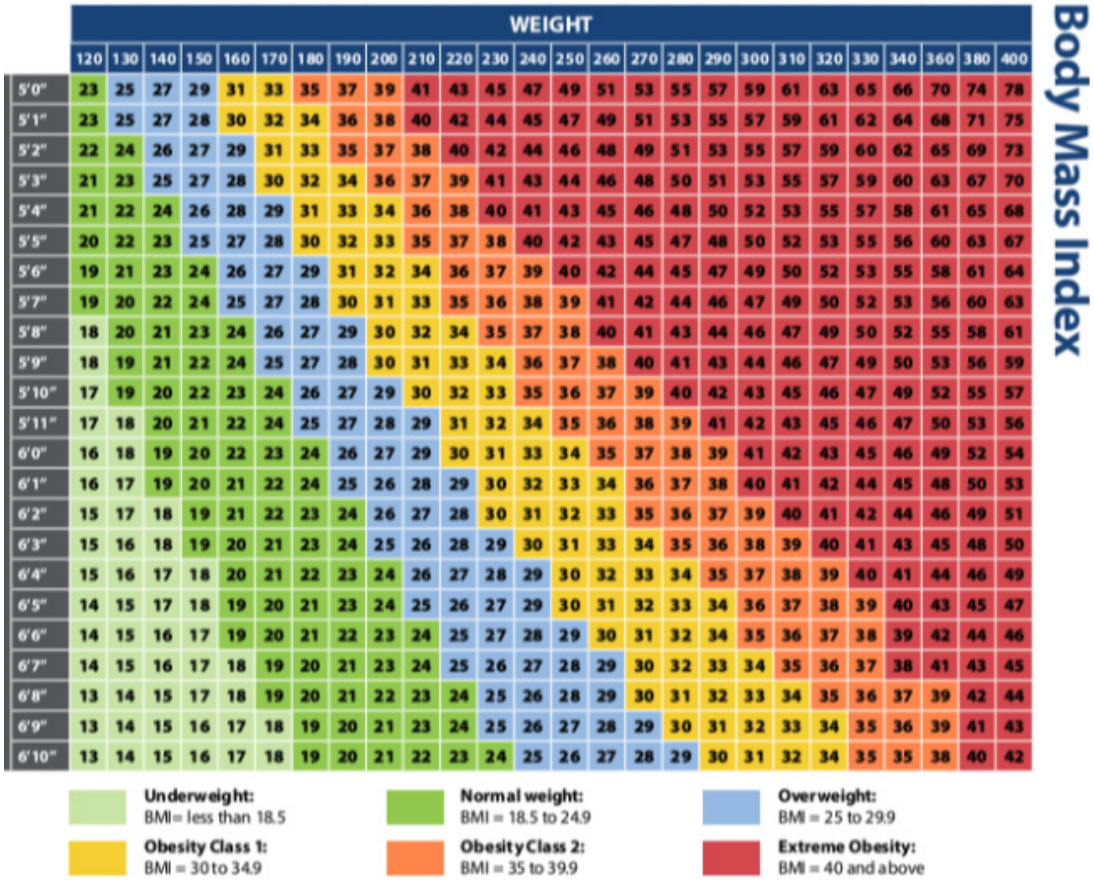
Waist circumference may increase your risk for chronic conditions

Waist circumference is considered to increase risk or chronic disease; work with your clinician to take action

The Ashwell ® Shape Chart based on waist-to-height ratio. (Copyright is held by Margaret Ashwell)[12]

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Body Mass Index (BMI)



Body Mass Index	WEIGHT																								
	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	310	320	330	340	360	380	400
5'0"	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59	61	63	65	66	70	74	78
5'1"	23	25	27	28	30	32	34	36	38	40	42	44	45	47	49	51	53	55	57	59	61	62	64	68	71	75
5'2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51	53	55	57	59	60	62	65	69	73
5'3"	21	23	25	27	28	30	32	34	36	37	39	41	43	44	46	48	50	51	53	55	57	59	60	63	67	70
5'4"	21	22	24	26	28	29	31	33	34	36	38	40	41	43	45	46	48	50	52	53	55	57	58	61	65	68
5'5"	20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47	48	50	52	53	55	56	60	63	67
5'6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47	49	50	52	53	55	58	61	64
5'7"	19	20	22	24	25	27	28	30	31	33	35	36	38	39	41	42	44	46	47	49	50	52	53	56	60	63
5'8"	18	20	21	23	24	26	27	29	30	32	34	35	37	38	40	41	43	44	46	47	49	50	52	55	58	61
5'9"	18	19	21	22	24	25	27	28	30	31	33	34	36	37	38	40	41	43	44	46	47	49	50	53	56	59
5'10"	17	19	20	22	23	24	26	27	29	30	32	33	35	36	37	39	40	42	43	45	46	47	49	52	55	57
5'11"	17	18	20	21	22	24	25	27	28	29	31	32	34	35	36	38	39	41	42	43	45	46	47	50	53	56
6'0"	16	18	19	20	22	23	24	26	27	29	30	31	33	34	35	37	38	39	41	42	43	45	46	49	52	54
6'1"	16	17	19	20	21	22	24	25	26	28	29	30	32	33	34	36	37	38	40	41	42	44	45	48	50	53
6'2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36	37	39	40	41	42	44	46	49	51
6'3"	15	16	18	19	20	21	23	24	25	26	28	29	30	31	33	34	35	36	38	39	40	41	43	45	48	50
6'4"	15	16	17	18	20	21	22	23	24	26	27	28	29	30	32	33	34	35	37	38	39	40	41	44	46	49
6'5"	14	15	17	18	19	20	21	23	24	25	26	27	29	30	31	32	33	34	36	37	38	39	40	43	45	47
6'6"	14	15	16	17	19	20	21	22	23	24	25	27	28	29	30	31	32	34	35	36	37	38	39	42	44	46
6'7"	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	32	33	34	35	36	37	38	41	43	45
6'8"	13	14	15	17	18	19	20	21	22	23	24	25	26	28	29	30	31	32	33	34	35	36	37	39	42	44
6'9"	13	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	31	32	33	34	35	36	39	41	43
6'10"	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	34	35	35	38	40	42

Underweight: BMI = less than 18.5
Normal weight: BMI = 18.5 to 24.9
Overweight: BMI = 25 to 29.9
Obesity Class 1: BMI = 30 to 34.9
Obesity Class 2: BMI = 35 to 39.9
Extreme Obesity: BMI = 40 and above

Body Mass Index (BMI) is a number based on your height and weight that helps estimate if you are in a healthy weight range. A higher BMI can increase your risk for conditions like heart disease, high blood pressure, type 2 diabetes, and certain cancers.

For adults aged 20 years and older, use CDC's Adult BMI Calculator to calculate BMI and the corresponding BMI category.

For children and teens aged 2 through 19 years, use CDC's Child and Teen BMI Calculator. The tool calculates BMI, BMI percentile, and BMI category. In addition, the calculator plots BMI percentile on CDC's growth charts.[13]

Chart gathered from reference 14

References