



Biometrics provide a numerical snapshot of your health and help health care professionals understand disease risks by comparing your numbers to what is considered typical or healthy. Some biometrics are easy to calculate, such as weight and height; others may require a trip to the doctor or blood lab, such as cholesterol or hemoglobin A1c. Knowing and watching your numbers can be a key way to monitor your success while eating a low-fat, plant-based diet.

Body Mass Index

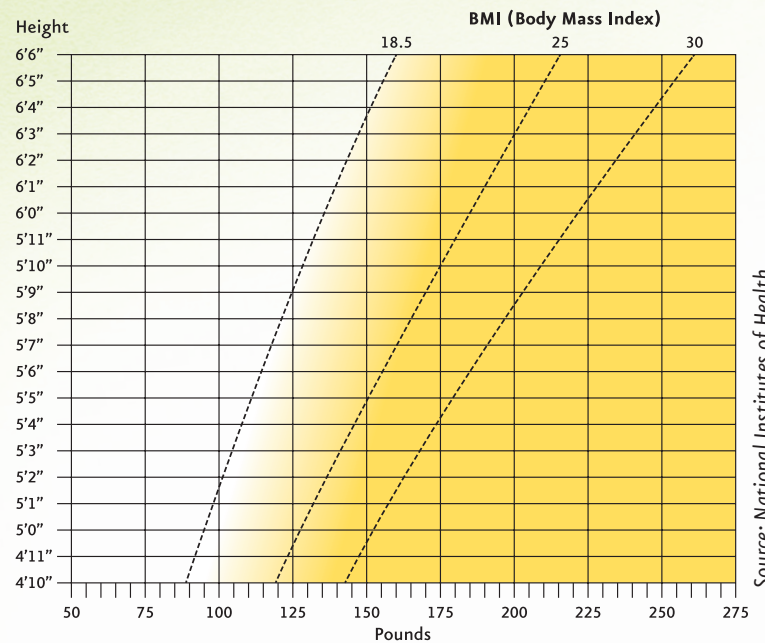
My BMI is _____

Body mass index (BMI), based on weight (kilograms) and height (meters), is used to assess health risk.

To measure your BMI, divide your weight in kilograms (pounds divided by 2.2) by your height in meters (inches times 0.0254), squared.

BMI = kg/m ²	Range of weight
< 18.5	Underweight
18.5 to 24.9	Normal or healthy weight
25.0 to 29.9	Overweight
≥ 30.0	Obese

Source: Centers for Disease Control and Prevention



Waist Circumference

My waist circumference is _____

According to the Centers for Disease Control and Prevention, waist circumference may be signaling trouble if the following are true:

- A man whose waist circumference is more than 40 inches
- A nonpregnant woman whose waist circumference is more than 35 inches

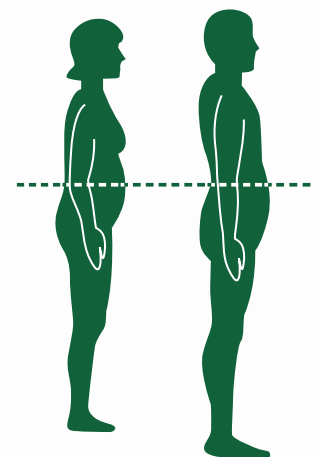
Excessive abdominal fat increases your risk for developing obesity-related conditions, such as type 2 diabetes, high blood cholesterol, high triglycerides, high blood pressure, and coronary artery disease.

Properly Measuring Your Waist

To measure your waist circumference, place a flexible measuring tape around your bare abdomen just above your hip bone. The tape should be snug but not tight. Exhale before measuring.

Note: Assessing waist circumference with these criteria is for adult men and nonpregnant women only.

Sources: Centers for Disease Control and Prevention and Department of Health and Human Services



Hemoglobin A1c

My A1c is _____

Hemoglobin A1c represents an average measurement of blood sugar over a few months. It is used as an indicator of risk for diabetes.

Source: National Institute of Diabetes and Digestive and Kidney Diseases

Normal level without diabetes	< 5.7%
Common treatment target for people with diabetes	≤ 7%
Two separate tests indicates diabetes	≥ 6.5%
Indicates prediabetes	5.7% to 6.4%

Blood Pressure

My blood pressure is _____

Blood Pressure Categories

Blood pressure is measured in millimeters of mercury, which is abbreviated as mm Hg.

You will hear two numbers related to your blood pressure:

1. Systolic represents the pressure in your blood vessels when your heart beats.
2. Diastolic represents the pressure in your vessels when your heart rests between beats.

Source: Centers for Disease Control and Prevention

Blood Pressure Category	Systolic mm Hg (upper #)		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
Hypertensive Crisis (Emergency care needed)	Higher than 180	or	Higher than 110

Cholesterol

My total cholesterol is _____

Total Cholesterol Level	Category
Less than 200 mg/dL	Desirable level that puts you at lower risk for coronary heart disease.
200 to 239 mg/dL	Borderline high
240 mg/dL and above	High blood cholesterol. A person with this level has more than twice the risk of coronary heart disease as someone whose cholesterol is below 200 mg/dL.

My HDL level is _____

HDL Cholesterol Level	Category
Less than 40 mg/dL (for men) Less than 50 mg/dL (for women)	Low HDL cholesterol. A major risk factor for heart disease.
60 mg/dL and above	High HDL cholesterol. An HDL of 60 mg/dL and above is considered protective against heart disease.

My LDL level is _____

LDL Cholesterol Level	Category
Less than 100 mg/dL	Optimal
100 to 129 mg/dL	Near or above optimal
130 to 159 mg/dL	Borderline high
160 to 189 mg/dL	High
190 mg/dL and above	Very high

My triglyceride level is _____

Triglyceride Level	Category
Less than 150 mg/dL	Normal
150–199 mg/dL	Borderline high
200–499 mg/dL	High
500 mg/dL and above	Very high