Know Your NUMBERS

Know the numbers that are key indicators of your health.

**Blood Pressure**- High blood pressure can indicate risk for heart or kidney failure, aneurysms, or hardening of the arteries—even if you have no symptoms. Yours should be less than 120/80.

**Total Cholesterol**- High cholesterol means a high risk for heart disease. Ideal total cholesterol level is less than 200, with HDL ("good") cholesterol greater than 50 and LDL ("bad") less than 100 and Triglycerides below 150.

**Blood Sugar**- Keeping blood sugar, Glucose, levels normal (less than 100) is an effective way to prevent diabetes or reduce its complications.

**Body Mass Index**- BMI is a measure of body fat based on your height in relation to weight. Unless you have a significant percentage of muscle weight, your BMI should fall between 18.5 and 24.9.  

**Body Fat %**- A person's total body fat percentage is the total weight of the person's fat divided by the person's weight. The resulting number reflects both essential fat and storage fat. Recommendations for women are 19–30% and 9-20% for men.

**Waist/Hip Ratio**- Your health is not only affected by how much body fat you have, but also by where most of the fat is located on your body. Research shows that people with "apple-shaped" bodies (with more weight around the waist) face more health risks than those with "pear-shaped" bodies who carry more weight around the hips. Men should be below 0.95 and women below 0.80.

Visit [http://www.wellness.uci.edu/facultystaff/knowyournumbers.html](http://www.wellness.uci.edu/facultystaff/knowyournumbers.html) for more information.