

# Know your numbers

We need to know and understand the importance of certain vital "Wellbeing Numbers" in our lives. Not knowing these numbers can put you at risk of developing heart disease, diabetes and cancer. If you have not had these numbers regularly measured by a then why not let one of our wellbeing coaches undertake these checks for you? All the results are available immediately using the very latest diagnostic instruments and for blood checks only a finger prick blood sample is required.

## Blood Pressure

Blood pressure is essentially the force of the blood flow through the arteries. Taking steps to keep blood pressure within the recommended ranges can reduce your risk of heart disease.

1:        Systolic:..... mmHg                      Diastolic:..... mmHg  
 2:        Systolic:..... mmHg                      Diastolic:..... mmHg

### Recommended range

Blood pressure	Status
120/80	Optimal
<130/85	Normal
130/85 to 139/89 mmHg	High normal
>140/90	High

**Ref: Guidelines for management of hypertension: report of the fourth working party of the British Hypertension Society, 2004**

## Cholesterol

Cholesterol is one of the two fats, which circulate in our bloodstream. Although our bodies make some cholesterol, another source is our diet. Too much cholesterol in the bloodstream can result in a build up of fatty deposits on the walls of the blood vessels.

Measuring the amounts of cholesterol in the bloodstream gives some indication of the risk of developing narrowing of the arteries from a build up **of** these fatty deposits. We also measure so called "good" cholesterol (HDL)

Total Cholesterol:..... mmol                      HDL:..... mmol

### Recommended range

Risk	Total cholesterol mmol/L	HDL mmol/L
Desirable	< 5	> 1
Borderline	5 – 6.2	–
Higher risk	> 6.2	–

**Ref: Joint British Recommendations on prevention of coronary heart disease in practice: summary. BMJ**

## Blood Sugar

Blood sugar, or glucose, is a measure of how much sugar is being carried in the bloodstream. Too much glucose in the blood is caused by a deficiency in the hormone insulin and may result in the condition known as diabetes.

Blood sugar:..... mmol

### Recommended range

Blood Sugar (mmol)	Risk level
4-7	Desirable
7-11	Uncertain
>11	Possibly diabetic

**Ref: Diabetes UK 2003**

### Body Mass Index (BMI)

This tells you if you are overweight or even obese. It is calculated by measuring your weight (in Kilogram's) divided by your height (in metres) (squared) i.e.  $Wt / Ht \times Ht$

Height.....metres      Weight.....kgs.      BMI.....

#### Recommended range

BMI	Category
Less than 18.5	Underweight
18.5 – 24.9	Normal Weight
25 –29.9	Overweight
30 –39.9	Obese
40 plus	Extremely obese

*Ref: World Health Organisation Obesity (1997)*

### Waist Measurement

This measurement is very important in relationship to your weight because it indicates where your fat is on your body. It is important because excess weight around the tummy "apple shaped" people have a higher risk of heart disease and cancer than those who are "pear shaped"

Waist size.....ins/cms      (Note – not clothing waist size!)

#### Recommended range

Waist Size		
Men	Women	Risk
Less than 37 inches (94cm)	Less than 32 inches (80cm)	Low
Between 37" (94cm) and 40" (102cm)	Between 32" (80cm) and 35" (88cm)	Medium
More than 40 inches (102 cm)	More than 35 inches (88cm)	Higher

*Ref: Tackling Obesity Faculty of Public Health Medicine (2000) Professor Lean*

### Other important wellbeing numbers

How many portions of fruit / vegetables do you eat per day.....?

How many glasses of water do you drink per day.....?

How many caffeinated drinks (coffee, tea, cola) do you have per day.....?

How many units of alcohol do you drink per day..... per week.....

How many hours do you sleep per night.....?

What is your daily salt intake?

How many minutes per day do you dedicate to physical activity e.g. brisk walking.....?

How many cigarettes/cigars do you smoke.....?

How often do you visit your dentist.....?

How often do you have a regular health check.....?

For more information on **Know Your Numbers** contact: [admin@hwbuk.com](mailto:admin@hwbuk.com)

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