

KNOW YOUR NUMBERS

Knowing your numbers will allow you to forge a path to a healthier life and can help lower your health care costs

men

(recommended ranges)

glucose < 100 mg/dL

blood pressure < 120/80 mm Hg

Total cholesterol < 200 mg /dL

HDL cholesterol > 50 mg/dL

LDL cholesterol < 100 mg/dL

Triglycerides < 150 mg/dL

Waist circumference < 35 inches

BMI < 25 kg/m

women

(recommended ranges)

glucose < 100 mg/dL

blood pressure < 120/80 mm Hg

Total cholesterol < 200 mg /dL

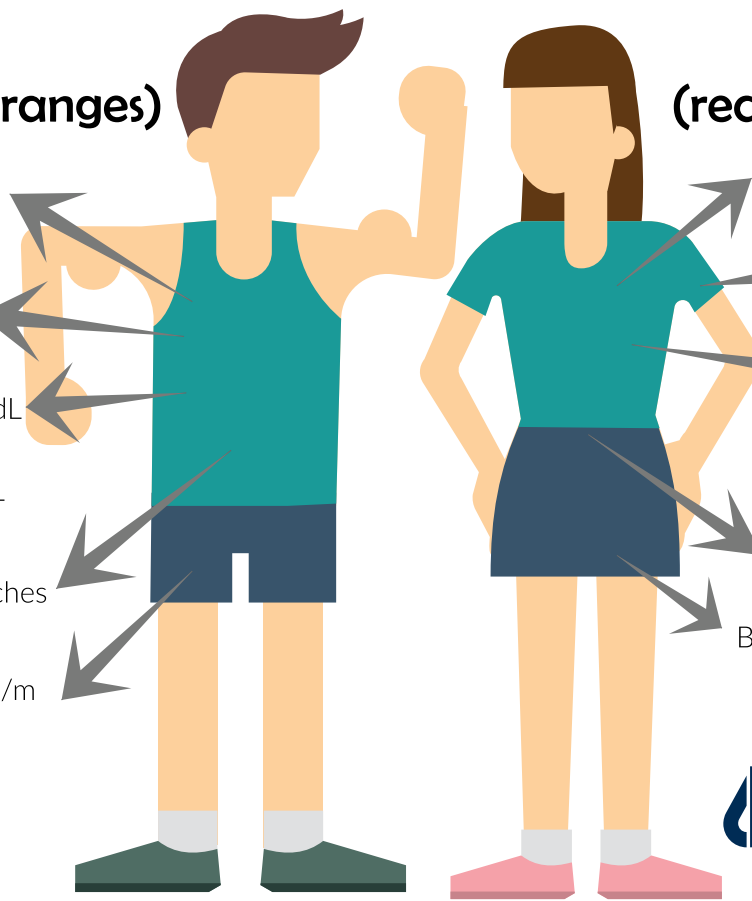
HDL cholesterol > 50 mg/dL

LDL cholesterol < 100 mg/dL

Triglycerides < 150 mg/dL

Waist circumference < 30 inches

BMI < 25 kg/m



Kaweah Delta
HEALTH CARE DISTRICT

More than medicine. Life.