

Know Your Numbers

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GOAL: Individuals understand the importance of knowing their health numbers & how to improve health numbers through lifestyle change.



Visit your healthcare provider regularly.



- ▶ * Health screenings and nutrition recommendations are not diagnostic or treatment based and should not take the place of visits to a medical professional.

Important Health Numbers

- ▶ Cholesterol
- ▶ Triglycerides
- ▶ Blood Pressure
- ▶ Glucose (Blood sugar)
- ▶ Body Mass Index (BMI)
- ▶ Waist Circumference

Total Cholesterol

Total cholesterol	
Less than 200 mg/dL	Desirable
200–239 mg/dL	Borderline High
240 mg/dL and over	High

Smoking, lack of exercise, foods containing saturated fat & trans fats and obesity can raise cholesterol.

Types of Cholesterol

- ▶ LDL (Bad Cholesterol)



LDL (Bad Cholesterol) LOW	
Less than 130 mg/dL	Ideal
130–159 mg/dL	Borderline high
160 mg/dL and over	High

LDL can be lowered by diet

Types of Cholesterol

- ▶ HDL (Good Cholesterol)



HDL (Good Cholesterol) HIGH	
60 mg/dL and over	Ideal, protective
40–50 mg/dL	Higher the better
Less than 40 mg/dL	Major risk factor

- ▶ HDL increases with aerobic exercise


Foods to decrease cholesterol

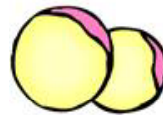
- ▶ **Less saturated fat**
 - ▶ Low-fat dairy products
 - ▶ Olive oil vs butter
 - ▶ Lean cuts of red meat, skinless chicken, pork and fish.
- ▶ **Less trans fat**
 - ▶ Eat minimally processed foods. Limit packaged snack foods.
- ▶ **Increase dietary fiber**
 - ▶ 2 tablespoons flax seed
 - ▶ 100% whole wheat bread products
 - ▶ Cereals with 5+ grams dietary fiber per serving
 - ▶ Veggies!
 - ▶ Fiber added to many snack foods.
- ★ Weight loss can decrease cholesterol levels

Limit saturated fat and trans fats

Eat more whole grains!

Triglycerides (fat in the blood)

Triglyceride Levels	
Less than 150 mg/dL	Normal 
150–199 mg/dL	Borderline
200 mg/dL and above	High



Fat Cells

Foods to eat that can lower triglycerides

- ▶ Less saturated & trans fat, alcohol
- ▶ Switch fats to Omega-3 fats

- ▶ Fatty fish
- ▶ Walnuts
- ▶ Fortified Eggs
- ▶ Fish oil supplements*
- ▶ (1000–4000 mg per day)
- ▶ Flaxseed



- ▶ * consult healthcare provider before beginning

Blood Pressure

Blood Pressure Ranges	
120/80 or below	desirable
121/81 - 139/89	borderline high
140/90 or above	high



Reducing Blood Pressure

- ▶ Increase exercise
- ▶ Lose weight
- ▶ DASH diet. Dietary Approaches to Stop Hypertension <http://www.dashdietoregon.org/>
- ▶ More potassium rich foods; Low-fat dairy, yogurt, bananas, oranges, cantaloupe, potatoes, salt substitutes.
- ▶ More nuts and fish instead of beef, pork, chicken



Fasting Blood Glucose

- ▶ 70–99 mg/dL Desirable
- ▶ 100–125mg/dL Pre–diabetes
- ▶ 126 mg/dL and above Diabetes


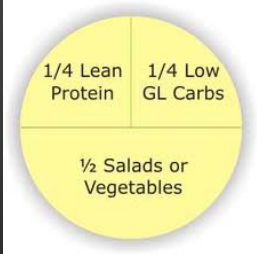




Foods to eat to help control blood sugar

- ▶ Carbohydrate + protein
- ▶ Smaller meals throughout the day
- ▶ Work with physician and dietitian for personalized plan

- ▶ Prevention of Type 2 diabetes = healthy weight



Meal

Snack

Meal: ½ plate veggie, lean meat, whole grain, fat free milk
 Snack: Fruit + Protein

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Body Mass Index (BMI)



BMI	Weight Status	Example 5'9"
Below 18.5	Underweight	124#
18.5 -24.9 Ideal	Ideal weight	125-168#
25-30 Overweight	Overweight	169-202#
30 and up	Obese	203 #

▶ <http://www.cdc.gov/healthyweight/assessing/bmi/>

Waist Circumference

- ▶ Men 40 inches or less
- ▶ Women 35 inches or less



Follow a healthy eating pattern

- ▶ For a nutrition plan specific to you, visit with a registered dietitian (RD). RDs are food and nutrition experts that base recommendations on science.
- ▶ Find a dietitian www.eatright.org



Get recommended amounts of physical activity

- ▶ 150 minutes aerobic activity per week
&
- ▶ Strength training at least two days per week

GOOD NEWS!!

10 minute intervals of moderate physical effort are just as effective as longer bouts of exercise. *Source: CDC*



Questions

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