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Know your Numbers

healthy kids.....healthy futures

Do you know your numbers?

No one knows who will develop type 2 diabetes and who will not. But certain risk factors can greatly increase your chances of developing the disease.

When should I be concerned?

When you know your numbers, you take the first step in leading a more healthy lifestyle.

Cholesterol

- LDL (low density lipoprotein) < 100mg/dl
- HDL (high density lipoprotein) > 45mg/dl
- Triglycerides <150
- Total 75-169mg/dl (Children)

Body Mass Index (BMI)

- Under Weight <18.5
- Normal <25.0
- Overweight <30.0
- Obese >30.0

Blood Pressure

- Normal <120/80
- At Risk <140/90
- High Blood Pressure >140/90

Blood Glucose (fasting)

- Normal <100
- Pre-diabetes 100-125
- Diabetes >125

Other Risk Factors:

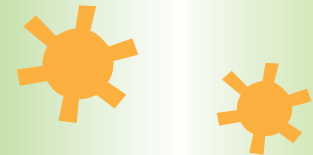
- Family History
- Gestational Diabetes
- Age
- Race
- Physical Activity Level
- Smoking
- Healthy Eating Habits

So What...

Mortality rates among Type 2 diabetics is twice as high as non-diabetics.

The per-capita cost of healthcare in the U.S. is five times higher for diabetics than for the general population.

Diabetics tend to use the emergency room twice as much as those without diabetes.



Computing Body Mass Index

$$\text{BMI} = \frac{\text{Weight (in pounds)} \times 703}{\text{Height} \times \text{Height (in inches)}}$$

Example: Weight = 85 pounds
 Height = 45 inches

$$\text{BMI} = \frac{85 \times 703}{45 \times 45} = \frac{59,755}{2,025} = 29.5$$

