

Count Yourself Healthy

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Health Report Card

What would your Health Report Card look like?

Psychology : 4.0 – works well with others
Phys. Ed. : 4.0 – All-City
Home Ec. : 4.0 – works well with veggies
Sociology : 4.0 – Completed D.A.R.E.
Biology : 4.0 – Lab work exceptional
Driver's Ed: 4.0 – works well in traffic

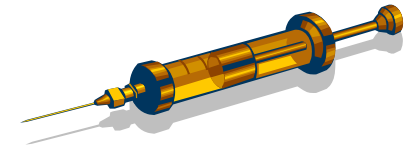
Just as there are specific measurements to award grades, there is also a number value for both Biometric and Lifestyle goals so that you can....

COUNT YOURSELF HEALTHY



Biometric Value Goals

- Weight/BMI
- Waist & Waist:Hip Ratio
- Blood Pressure
- Glucose
- Triglycerides
- Total Cholesterol
 - HDL
 - LDL
 - Ratio



Lifestyle/Health Values

- Nutrition
- Physical Activity
- Alcohol Intake
- Tobacco Use
- Auto Safety





Biometric

Weight/BMI

Metropolitan Life Insurance Chart

100 lbs. per 60 inches

5 lbs. per inch after...

Body Mass Index

19-25 = Optimal goal

Waist Circumference:

Men: <40

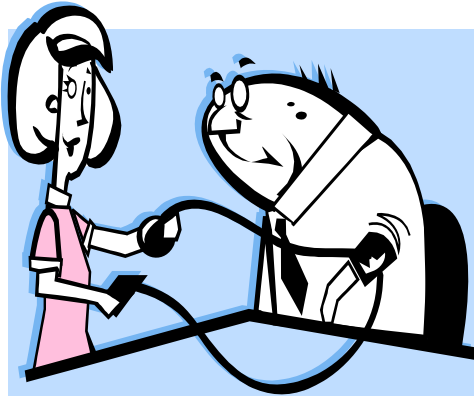
Women: <35

Waist:Hip Ratio

Divide waist measurement
by hip measurement:

< 1.0 optimal





Blood Pressure

Systolic	Diastolic	Category
<130	<85	Normal
130-139	85-89	High Normal
140-159	90-99	Mild High
160-179	100-109	Moderate High
180-209	110-119	Severe High

GLUCOSE: Blood Sugars (fasting)

>70 < 100

- 3 x > 126 may result in Type II Diabetes diagnosis
- Reading < 50 Retest ASAP

TRIGLYCERIDES: Lipids (sugary fats)

< 150

- Account for 95% of stored fats in tissue



CHOLESTEROL

Desired values:

Total Cholesterol < 200

HDL > 50

LDL < 100 is optimal

Ratio: < 4.0

2.9 - 3.9 1 x more likely to have heart disease

4.0 - 4.9 2 x more likely to have heart disease

5.0 or > 3 x more likely to have heart disease



Nutrition

FRUITS:	3 - ½ Cup Servings per day
VEGGIES:	4 - ½ Cup Servings per day
GRAINS:	5 - ½ Cups or slices
DAIRY:	3 - 1 Cup servings

* To maintain your weight, calories needed are 11 (female)
12 (male) x current weight

Physical Activity

Cardio

- 30 Min. x 6-7 days = Heart Health
- 60 Min. x 6-7 days = Weight Loss
- 60 - 90 Min. x 6-7 days = Weight Maintenance

Strength

- 2 or 3 times per week of resistance training

Flexibility

- Daily! Stretch whenever, wherever



- Alcohol
 < 1- 8 per week



- Tobacco
 ≤ 0

yes, that means in any form. 1 = risk*



* Good news, stop now and get healthier in hours

AUTO:

- Seatbelts - Always
- Speed Limit - not >5 miles over the speed limit
- Cell phones - hands free, pull over & never text



Health Report Card

___ Weight/BMI

___ Waist

___ Blood Pressure

___ Triglyceride

___ Glucose

___ Cholesterol

___ Nutrition

___ Physical Activity

___ Tobacco

___ Alcohol

___ Auto

Improve your score and...

COUNT YOURSELF HEALTHY!