Know Your Numbers: A Guide to Understanding Your Health Status

Presented by CIGNA Employee Assistance Program
Seminar Goals

■ Learn about the major health indicators of blood pressure, Body Mass Index (BMI), glucose and cholesterol

■ Understand how to monitor and manage your ‘numbers’

■ Gain resources for learning more about health management and preventive care

■ Learn about the benefits of the Employee Assistance Program (EAP)
Being Healthy is a Choice

- In the United States, almost half the deaths that result from the 10 leading causes of death are caused by unhealthy behavior.¹

- 25% of health care costs are due caused by habits we can change— including high stress, tobacco use, body weight, activity levels, and nutritional habits.²

- Conditions such as high blood pressure, Type 2 diabetes, high cholesterol and obesity can be prevented or reversed by preventive care and healthy lifestyle choices.
Risk Factors

Risk factors you can control

■ High blood pressure
■ Abnormal cholesterol
■ Tobacco use
■ Glucose levels
■ Overweight
■ Physical inactivity

Risk factors beyond your control

■ Age
■ Family history
■ Genetics
Blood Pressure

- Nearly one in three U.S. adults has high blood pressure. 28% of people with high blood pressure don't know they have it.

- High blood pressure can cause heart attacks, stroke and kidney failure.

- High blood pressure is easily detected and usually controllable.

- Age contributes significantly to your risk for high blood pressure.

*American Heart Association*
## What is a Healthy Blood Pressure Level?

<table>
<thead>
<tr>
<th>Category</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>Less than 120/80</td>
</tr>
<tr>
<td>Pre-hypertension</td>
<td>Between 120/80 and 139/89</td>
</tr>
<tr>
<td>Hypertension</td>
<td>140/90 or higher</td>
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</tbody>
</table>

*National Heart, Lung and Blood Institute*
Body Mass Index (BMI)

- “BMI” is a reliable method of screening for weight categories that may lead to health problems.
- BMI is just one factor related to health risk status.
- BMI Calculator at www.cdc.gov/HealthyLiving
Glucose

- Glucose level indicates the amount of sugar in your bloodstream.
- A high glucose level may indicate diabetes or pre-diabetes.
- Tests can be fasting or non-fasting.
- Fasting level should be between 70-100 mg/dl.
- Non-fasting level should be under 200 mg/dl.

American Diabetes Association
Cholesterol

- A waxy, fat-like substance found in certain foods.
- High levels of cholesterol can lead to heart disease or cause a heart attack or stroke.
- High cholesterol levels can be caused by diet, overweight, heredity, age, smoking and inactivity.
- Total cholesterol level should be less than 200 mg/dl.
  - HDL (good cholesterol) > 40
  - LDL (bad cholesterol) < 100
  - Triglycerides < 150
- Many people can reach their LDL & HDL goals through therapeutic lifestyle changes to their diet, physical activity and weight. However, some individuals may also need medication.

www.health.nih.gov

National Institutes of Health
How Do I Find Out My Risk Factors or Numbers?

- Annual physical with your doctor
- Worksite health screenings
- Take a Health Assessment
What Can You Do?

Your lifestyle greatly influences your health. Making simple lifestyle changes can make a big difference.

- Follow a healthy diet low in saturated fats and sodium, and rich in fruits, vegetables and whole grains (DASH Diet).
- Increase activity level with the goal being at least 30 minutes of moderate activity 5 days per week.
- Reduce alcohol intake to 1-2 drinks per day or less.
- Eliminate tobacco use.
What Can You Do? (continued)

- Learn to read food labels so that you will be able to determine how much (and what kind) of fat, sodium and other ingredients are in the foods you are eating.
- Take medications as prescribed by your doctor.
- Keep up with recommended screenings.
- Practice healthy stress management.
Resources

- American Heart Association  www.americanheart.org
- Centers for Disease Control  www.cdc.gov
- American Diabetes Association  www.diabetes.org
- National Institutes of Health  www.nih.gov
- Dietary Guidelines:  www.health.gov/dietaryguidelines
Benefits of the Employee Assistance Program (EAP)

- Face to Face Sessions
- Confidential
- Prepaid
- Unlimited Telephonic consultation
- Available 24 hours a day, 7 days a week
- Household benefit
- Work/Life Support such as eldercare, childcare and pet care.
- Financial Services
- Legal Services
References

1 Health Behavior Change in Managed Care: A Status Report, 2005

