



Know Your Numbers

Criteria for Diagnosis of Diabetes		
Category	A1C%	Fasting Blood Glucose
Normal	4.0-5.6%	99 or lower
Pre-Diabetes	5.7-6.4%	100-125 mg/dl
Diabetes	6.5% or higher	126 or higher

Blood Pressure-Diagnosis of Hypertension		
	Systolic	Diastolic
Normal	119 or less	Less than 80
Elevated	120-129	Less than 80
Stage 1 Hypertension	130-139	80-90
State 2 Hypertension	140 or higher	90 or higher
Hypertension Crisis	Higher than 180	Higher than 120

Cholesterol/Lipids					
Condition	Optimal	Bord erlin e	Unhealthy	Very Unhealthy	Target for Diabeti cs
Total Cholesterol	Less than 200	200-239	240		Less than 200
LDL	Less than 100	130-159	160-189	190 and above	Less than 100

HDL	60 or higher	40-59	Below 40		40-50 or higher
Triglycerides	Less than 150	150-199	200-499	500	Less than 150

Body Mass Index (BMI)						
Body Mass Index				Waist Circumference		
19-24.9		Healthy Weight		Men		40 Inches +
25-29		Overweight		Women		35 inches +
30+		Obese				

From The Dutchess County Board of Health