

# Know Your Risk Factors

## Metabolic Syndrome

## How to Determine Your Risk Levels

### *Do You Have Healthy Numbers?*

It's important to know if your numbers fall within the healthy range for the four measurable metabolic risk factors.

1

**Triglycerides** have a normal range of less than 150 milligrams per deciliter (mg/dL), or 8.3 millimoles per liter (mmol/L).

2

**HDL cholesterol** level should be at least 40 mg/dL or 2.2 mmol/L, with 60 mg/dL / 3.3 mmol/L considered preventative against heart disease.

3

A healthy **blood pressure** is a top number (systolic) below 120 millimeters of mercury (mm Hg) and a bottom number (diastolic) below 80 mm Hg.

4

For someone without diabetes, a **healthy fasting blood sugar level** should be under 100 mg/dL / 5.6 mmol/L.

## Research Worksheet

To determine your personal risk levels, simply visit your doctor. After you have a little blood drawn and a blood pressure test is performed, fill in the fields below:

**My triglyceride level:** \_\_\_\_\_

**My HDL cholesterol level:** \_\_\_\_\_

**My blood pressure:** \_\_\_\_\_

**My (fasting) blood sugar level:** \_\_\_\_\_

No matter where your numbers fall, it's a great idea to talk to your doctor about your results and changes you can make to live a healthier lifestyle.

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### Employer Activity Tracking

Please complete the following information and submit it to your employer to receive credit for this activity:

Name:

Date:

Did you schedule or confirm a doctor's appointment?

YES     NO

If no, are you otherwise aware of your metabolic syndrome risk level?

YES     NO