

KNOW YOUR NUMBERS

*An Easy Way to Promote
Wellness*



As an employer, you can help improve the health of your employees and create healthier communities by promoting physical activity in your workplace and surrounding community.

If you don't know where to start - this toolkit can help.

This is a project of Leadership Medina County Signature Class of 2023 and Living Well Medina County.

Toolkit Contents

This toolkit is organized in 4 areas:

- Blood Pressure
- Blood Sugar
- Cholesterol
- Resources

Each section has a Fact Sheet and 4 weekly email/social media facts to send to staff

Let your employees know that you care about their health and well being.

All of these items, as well as an overall brochure, can be downloaded from www.medinahealth.org/KnowYourNumbers

**IDEAL NUMBERS
FOR MOST ADULTS**
(CONSULT YOUR HEALTHCARE PROVIDER)

BLOOD PRESSURE
120/80 mm Hg

BLOOD SUGAR (WHEN FASTING)
100 mg/dL
A1C Test 5.6 or lower

**TOTAL CHOLESTEROL/
HDL (GOOD CHOLESTEROL)**
Get your cholesterol checked and talk to your Healthcare Provider about your numbers

**IDEAL NUMBERS
FOR MOST ADULTS**
(CONSULT YOUR HEALTHCARE PROVIDER)

BLOOD PRESSURE
120/80 mm Hg

BLOOD SUGAR (WHEN FASTING)
100 mg/dL
A1C Test 5.6 or lower

**TOTAL CHOLESTEROL/
HDL (GOOD CHOLESTEROL)**
Get your cholesterol checked and talk to your Healthcare Provider about your numbers

LOCAL RESOURCES:
MEDINA COUNTY
HEALTH DEPARTMENT
PHONE: (303) 722-9348
medinahealth.org/knownumbers
FREE CLINIC OF
MEDINA COUNTY
PHONE: (303) 744-9308

Sources: The American Heart Association, The Centers for Disease Control & Prevention, The Cleveland Clinic.

**KNOW YOUR
NUMBERS**

Know your risk for heart disease.
Have your numbers checked by a Healthcare Provider.

THE DESIGN TO BE HEALTHIER - WE CAN HELP YOU CAN MAKE THE DIFFERENCE

CHOLESTEROL

Cholesterol is the waxy substance made by your liver that travels through your blood. It is needed for your body to perform functions such as making hormones and digesting fatty foods. Your body also produces cholesterol from the foods you eat and can result in too much "bad" cholesterol, making it hard for blood to circulate. High cholesterol, if left untreated, increases the risk of heart disease or stroke.

High Cholesterol has no signs or symptoms. Those with total cholesterol above 200 mg/dL are considered to have high cholesterol and are recommended to get it checked at least once every year or should consult with a Healthcare Provider to determine the frequency.

Risk factors for high cholesterol include obesity, diabetes, smoking/tobacco use, and age. Risk factors also include family history, which you cannot change.

The more risk factors you have, the greater your chance of developing heart disease; it's important that you manage the risk factors that can be changed, such as lifestyle choices. Lower your risk or control already high cholesterol, by adopting a heart-healthy diet, eliminating smoking/tobacco use, maintaining healthy body weight, exercising, and taking cholesterol-lowering medications as prescribed.

BLOOD PRESSURE

Blood Pressure is the amount of force your blood uses to get through your arteries and high blood pressure can put you at risk for stroke, heart failure, kidney failure, and other medical problems, if left untreated.

The Silent Killer, high blood pressure often has few or no obvious symptoms. Those with blood pressure below 120/80 mm Hg are recommended to get it checked at least once every 2 years, starting at age 20. Those with higher blood pressure should consult with a health care provider to determine the frequency.

You may be born with certain risk factors that cannot be changed, such as gender and heredity. The more of these risk factors you have, the greater your chance of developing heart disease. Since you can't do anything about these risk factors, it's important that you manage the risk factors that can be changed, such as through lifestyle choices.

BLOOD SUGAR

Blood Sugar is the amount of sugar in your blood. High blood sugar if left untreated can increase your risk of serious and sometimes fatal health complications, including heart disease, stroke, eye, and kidney damage and even Alzheimer's and dementia.

More than 1 in 3 American adults have pre-diabetes, and 80% don't know they have it. Pre-diabetes is a health condition where blood sugar levels are higher than normal, and has few, if no, clear symptoms. Those with certain risk factors for developing high blood sugar should consult with a Healthcare Provider to determine the frequency of blood sugar testing.

Risk factors include obesity, and physical activity, which you can control. Risk factors you cannot control include age, ethnicity and race, family history and sex.

Manage your risk factors of developing high blood sugar by making healthy lifestyle choices. Adopt a healthy heart diet, exercise, reduce stress, and consult your Healthcare Provider to lower your risk.

This is a project of Leadership Medina County Signature Class of 2023 and Living Well Medina County.

Special thank you to Brunswick High School students who assisted with the development of the logo.

Blood Pressure

Blood Pressure is the amount of force your blood uses to get through your arteries and high blood pressure can put you at risk for stroke, heart failure, kidney failure, and other medical problems, if left untreated.

The Silent Killer, high blood pressure often has few or no obvious symptoms. Those with blood pressure below 120/80 mm Hg are recommended to get it checked at least once every 2 years, starting at age 20. Those with higher blood pressure should consult with a health care provider to determine the frequency.

You may be born with certain risk factors that cannot be changed, such as gender and heredity. The more of these risk factors you have, the greater your chance of developing heart disease.

Since you can't do anything about these risk factors, it's important that you manage the risk factors that can be changed, such as through lifestyle choices.

What can you do as an employer?

- Provide information on blood pressure, heart disease, and stroke to your employees
- Share weekly tips and resources
- Encourage your employees to know their risk factors for high blood pressure and to discuss them with their healthcare provider (https://www.cdc.gov/bloodpressure/risk_factors.htm)



KNOW YOUR NUMBERS

Blood Pressure

medinahealth.org/knowyournumbers



WHAT DO THE NUMBERS MEAN?

Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

heart.org/bplevels

MANAGE YOUR BLOOD PRESSURE

You may be born with certain risk factors for developing high blood pressure, such as gender and heredity. The more of these risk factors you have, the greater your chance for stroke, heart attack, kidney disease, and eye problems.

It's important that you manage the risk factors that can be changed, such as lifestyle choices.

Adopt a heart-healthy diet, exercise, manage stress, and work with a health care provider to reduce the risks of high blood pressure.

ASSESS YOUR RISK OF HEART DISEASE AND STROKE BY KNOWING YOUR BLOOD PRESSURE NUMBERS

WHAT IS BLOOD PRESSURE?

It's the amount of force your blood uses to get through your arteries. Known as the Silent Killer, high blood pressure often has few or no obvious symptoms.

WHEN TO MEASURE YOUR BLOOD PRESSURE ?

Those with blood pressure below 120/80 mm Hg should get it checked at least once every 2 years.

Starting at age 20, and for those with higher blood pressure, consult with a health care provider to determine the frequency.

WHERE DO YOU MEASURE BLOOD PRESSURE?

Have your blood pressure measured at a Healthcare Provider, a pharmacy free of charge, or at home with a blood pressure monitor.

WHY IS HIGH BLOOD PRESSURE BAD?

High blood pressure (hypertension) can be dangerous if it's not treated. It can put you at risk for stroke, heart failure, kidney failure and other medical problems

Blood Pressure Weekly Email or Social Media Posts



DID YOU KNOW?

Starting at age 20, adults should measure their blood pressure at least once every 2 years.

#KnowYourNumbers

Source: The Centers for Disease Control & Prevention



DID YOU KNOW?

You can check your blood pressure with a health care provider, at a pharmacy (free of charge), or with an at-home monitor

#KnowYourNumbers

Source: The Centers for Disease Control & Prevention



DID YOU KNOW?

The ideal blood pressure for most adults is 120/80 mm Hg. If your blood pressure is high, consult with a health care provider to reduce and manage it.

#KnowYourNumbers

Source: The American Heart Association



DID YOU KNOW?

You can control your blood pressure by adopting a heart-healthy lifestyle. This includes physical activity, keeping a healthy weight, quitting smoking and limiting alcohol use, eating a heart-healthy diet, and managing stress.

#KnowYourNumbers

Source: The Centers for Disease Control & Prevention



Blood Sugar

Blood Sugar is the amount of sugar in your blood. High blood sugar if left untreated can increase your risk of serious and sometimes fatal health complications, including heart disease, stroke, eye, and kidney damage and even Alzheimer's and dementia.

More than 1 in 3 American adults have pre-diabetes, and 80% don't know they have it. Pre-diabetes is a health condition where blood sugar levels are higher than normal, and has few, if no clear symptoms. Those with certain risk factors for developing high blood sugar should consult with a Healthcare Provider to determine the frequency of blood sugar testing.

Risk factors include obesity, and physical activity, which you can control. Risk factors you cannot control include age, ethnicity and race, family history and sex.

Manage your risk factors of developing high blood sugar by making healthy lifestyle choices. Adopt a healthy heart diet, exercise, reduce stress, and consult your Healthcare Provider to lower your risk.

What can you do as an employer?

- Provide information on blood sugar to your employees
- Share weekly tips and resources
- Encourage your employees to know their risk factors for diabetes and to discuss them with their healthcare provider
(<https://www.cdc.gov/diabetes/basics/risk-factors.html>)



KNOW YOUR NUMBERS

Blood Sugar



KNOW YOUR RISK

ASSESS YOUR RISK OF HEART DISEASE AND STROKE BY KNOWING YOUR BLOOD SUGAR NUMBERS

WHY IS HIGH BLOOD SUGAR BAD?

High blood sugar can lead Diabetes, a medical condition where your body isn't able to process and use sugar from the foods that you eat.

COMMON SIGNS OF DIABETES

- Frequent Urination
- Constant thirst
- Constant hunger
- Unexpected weight loss
- Very dry skin
- Dark patches forming on the skin
- Slow healing
- Blurred vision
- Pain and tingling in the hands and feet

THE NUMBERS

	A1C Test	Fasting Blood Glucose	Glucose Tolerance Test
Diabetes	6.5% or higher	126 mg/dL or higher	200 mg/dL or higher
Prediabetes	5.7 – 6.4%	100-125 mg/dL	140-199 mg/dL
Normal	5.6 or lower	99 mg/dL or lower	140 mg/dL or lower

STEPS TO MANAGE AND PREVENT HIGH BLOOD SUGAR

- See your Healthcare Provider
- Check your Blood Sugar Level
- Lower Your Weight
- Physical Activity - 30 minutes a day (walking)
- Eat more whole foods for a Heart-Healthy Diet
- Stop Smoking, vaping and all tobacco use

Blood Sugar Weekly Email or Social Media Posts



DID YOU KNOW?



1 in 3 American adults have prediabetes, a serious health condition where blood sugar levels are higher than normal. 80% don't know they have it.

#KnowYourNumbers

Source: The Centers for Disease Control & Prevention



DID YOU KNOW?



A 7% reduction in body weight can reduce the risk of diabetes by 60%!

#KnowYourNumbers

Source: The Centers for Disease Control & Prevention



DID YOU KNOW?



Medical costs for people with diabetes are twice as high as for people who don't have diabetes! Save yourself some money and know your numbers!

#KnowYourNumbers

Source: The Centers for Disease Control & Prevention



DID YOU KNOW?



When you prevent or manage diabetes, you also prevent or manage Heart Disease and Kidney Disease!

#KnowYourNumbers

Source: The Centers for Disease Control & Prevention

Cholesterol

Cholesterol is the waxy substance made by your liver that travels through your blood. It is needed for your body to perform functions such as making hormones and digesting fatty foods. Your body also produces cholesterol from the foods you eat and can result in too much “bad” cholesterol, making it hard for blood to circulate. High cholesterol, if left untreated, increases the risk of heart disease or stroke.

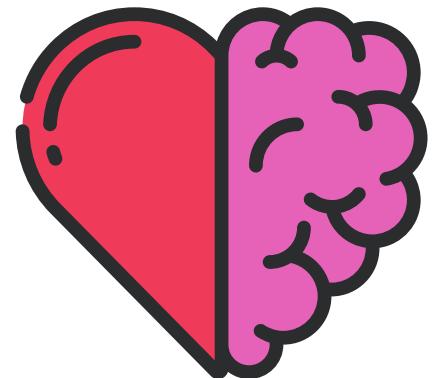
High Cholesterol has no signs or symptoms. Those with total cholesterol above 200 mg/dL are considered to have high cholesterol and are recommended to get it checked at least once every year or should consult with a Healthcare Provider to determine the frequency.

Risk factors for high cholesterol include obesity, diabetes, smoking/tobacco use, and age. Risk factors also include family history, which you cannot change.

The more risk factors you have, the greater your chance of developing heart disease. It's important that you manage the risk factors that can be changed, such as lifestyle choices. Lower your risk or control already high cholesterol, by adopting a heart-healthy diet, eliminating smoking/tobacco use, maintaining healthy body weight, exercising, and taking cholesterol-lowering medications as prescribed.

What can you do as an employer?

- Provide information on cholesterol to your employees
- Share weekly tips and resources
- Encourage your employees to know their risk factors for diabetes and to discuss them with their healthcare provider https://www.cdc.gov/cholesterol/risk_factors.htm



KNOW YOUR NUMBERS

Cholesterol



KNOW YOUR RISK

ASSESS YOUR RISK OF HEART DISEASE AND STROKE BY KNOWING YOUR CHOLESTEROL NUMBERS

WHAT IS CHOLESTEROL?

Cholesterol is the waxy substance made by your liver that travels through your blood. It is needed for your body to make hormones and digest fatty foods.

HOW IS CHOLESTEROL MEASURED?

Total cholesterol above 200 mg/dL is considered high cholesterol. Talk with your Healthcare Provider about your health history and how often you need to have your cholesterol checked.

WHY IS HIGH CHOLESTEROL BAD?

Two types of cholesterol:

- LDL = "bad" cholesterol
- HDL = "good" cholesterol

Too much LDL cholesterol allows plaque to build up in arteries causing them to narrow over time.

Optimal Cholesterol Levels

Total Cholesterol	About 150 mg/dL
LDL ("bad") Cholesterol	About 100 mg/dL
HDL ("good") Cholesterol	At least 40 mg/dL (men) / 50 mg/dL (women)
Triglycerides	Less than 150 mg/dL



Manage Your Cholesterol

Cholesterol Weekly Email or Social Media Posts



DID YOU KNOW?

High cholesterol often has no symptoms. That's why it's so important to get your cholesterol levels checked.

#KnowYourNumbers

Source: The Centers for Disease Control & Prevention



DID YOU KNOW?

Cholesterol can be checked through a simple blood test. You may need to fast (no food or drink) for 8 to 12 hours before your cholesterol test.

#KnowYourNumbers

Source: The Centers for Disease Control & Prevention



DID YOU KNOW?

Total cholesterol above 200 mg/dL is considered high cholesterol. Talk with your health care provider about your health history and how often you need to have your cholesterol checked.

#KnowYourNumbers

Source: The Centers for Disease Control & Prevention



DID YOU KNOW?

You can manage your cholesterol by eating heart healthy foods, eliminating smoking/tobacco, exercising and medication. Talk with your health care provider to manage your cholesterol levels.

#KnowYourNumbers

Source: The Centers for Disease Control & Prevention



Resources

American Heart Association

- <https://www.heart.org/>

American Diabetes Organizations

- <https://diabetes.org/>

Centers for Disease Control and Prevention

- <https://www.cdc.gov/bloodpressure/about.htm>
- <https://www.cdc.gov/diabetes/index.html>
- <https://www.cdc.gov/cholesterol/>
- <https://www.cdc.gov/workplacehealthpromotion/initiatives/resource-center/index.html>
- <https://www.cdc.gov/physicalactivity/activepeoplehealthynation/everyone-can-be-involved/employers.html>

LOCAL RESOURCES:

MEDINA COUNTY HEALTH DEPARTMENT

330-723-9688

medinahealth.org/knowyournumbers

FREE CLINIC OF MEDINA COUNTY

330-764-9300