**Diabetes Mellitis**

Hemoglobin A1-C: the average of blood sugar for past three months

Fasting blood sugar (FBS): check with glucometer first thing in the AM before food or drink.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | too low | normal | prediabetes | diabetes |
| A1-C |  | < 6.0 | 6.0 – 6.4 | > 6.5 |
| FBS | <70 | 70-99 | 100-124 | >125 |

If FBS too low, eat or drink juice or candy and recheck in 15 minutes.

If FBS is consistently under 60 or over 300, cannot eat without vomiting, severe diarrhea, temp over 101 degrees call primary care provider or go to ER.

**Body Mass Index (BMI)**

Measure of body fat based on height and weight.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | underweight | healthy | overweight | obese |
| BMI | < 18.5 | 18.5-24.9 | 25-29.9 | >30 |

**Hypertension**

|  |  |  |  |
| --- | --- | --- | --- |
|  | normal | hypertension | emergency |
| <60 years old | <139/89 | >140/90 | >180/100 |
| >60 years old | <149/89 | >150/90 | >180/100 |
|  |  |  |  |

If blood pressure falls in hypertensive range, but not an emergency, recommend calling primary care provider or see CSTS Health and Wellness nurse practitioner.

**Cholesterol**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Best | Borderline | Poor |
| Total | <200 | 200-239 | >240 |
| HDL | >60 | 40-60 | <40 |
| LDL | <100 | 100-160 | >160 |
| Trigycerides | <150 | 150-200 | >200 |

If any of the cholesterol numbers fall in the “poor” category, recommend calling primary care provider or see CSTS Health and Wellness nurse Practitioner.