

Healthy Hearts

Coronary heart disease is the single leading cause of death in the U.S. It is caused by a condition called atherosclerosis, the narrowing of the coronary arteries due to fatty build-up of plaque.

Know these numbers that indicate a strong, healthy heart.

If you know these numbers you can set goals that may reduce your risk of heart disease and stroke.

100 Fasting glucose (blood sugar)

Less than 100mg/dl is a normal reading for blood sugar. 100–125mg/dl is considered pre-diabetes and at risk for developing Type 2 diabetes.

0 Smoking

Eliminate all tobacco products and exposure to second-hand smoke.

1 Tsp. salt

Limit salt intake to 1,500 mg per day.

5 Servings fruits & vegetables

High in vitamins, minerals & fiber while low in calories. Eating fruits and vegetables can help control weight & blood pressure.

25 BMI

Body Mass Index measures your weight relative to your height. If that number is higher than 25, you are considered to be overweight, over 30 is considered to be obese and at a higher risk for heart disease.

Waistline: 35" or less for women/ 40" or less for men

Central obesity, or excessive fat around your abdomen, is strongly associated with Metabolic Syndrome which has a set of risk factors (some listed above) for Heart Disease.

30 Minutes

30 minutes of aerobic physical activity most days of the week to control weight and improve cardiovascular health.

Know your cholesterol numbers:

≤150 Triglycerides

A form of fat that is produced in your body and also comes from the food that you eat.

>50 HDL for women / >40 HDL for men

High-Density Lipoprotein (HDL), or good cholesterol, helps remove "bad" cholesterol from the arteries.

≤100 LDL

Low-Density Lipoprotein (LDL), or bad cholesterol, can build up in the walls of arteries when too much is circulating in the blood.

Blood pressure: 120/80 and lower

Considered normal blood pressure. If blood pressure is too high it increases the risk of coronary heart disease, stroke and kidney failure.

