### SCREENING

#### RESULT

- **Weight**
  - Gross
- **Body Mass Index (BMI)**
  - 18.5 – 24.9
  - 25.0 – 29.9
  - ≥ 30
- **Waist Circumference**
  - Men ≤ 40 in
  - ≥ 40 in
  - Women ≤ 35 in
  - ≥ 35 in
- **Hip Circumference**
- **Body Fat %**
  - 18-39
  - 40-59
  - 60-75
- **Blood Pressure**
  - Systolic < 120
  - 120-139
  - ≥ 140
  - Diastolic < 80
  - 80-89
  - ≥ 90
- **LDL (“Bad” Cholesterol)**
  - < 100
  - 100-129
  - 130-159
  - ≥ 190
- **HDL (“Good” Cholesterol)**
  - Men < 40
  - ≥ 60
  - Women < 50
  - ≥ 60
- **Total Cholesterol**
  - < 200
  - 200-239
  - ≥ 240
- **Total / HDL Ratio**
  - < 3.5 : 1
- **Triglycerides**
  - < 150
  - 150-199
  - ≥ 500
- **Glucose**
  - Fasting
    - < 100
    - 100-125
    - > 126
  - Non-Fasting
    - < 140
    - 140-200
    - > 200

#### GUIDELINES

- Varies by height, age and gender
- Goal
- Elevated Risk
- High Risk

#### RECOMMENDATIONS FOR AT RISK LEVELS (NON-PHARMACEUTICAL)

- BMI may not account for variations in muscle mass and body fat
- Reduce weight by 5-10%
- Choose more nutrient rich foods
- Reduce your weight
- Increase physical activity
- Resistance training
- Reduce your weight
- Increase physical activity
- DASH diet
- Manage stress
- Limit alcohol
- Stop smoking if you smoke
- Reduce your weight
- Reduce saturated and trans fat intake
- Increase soluble fiber intake
- Increase physical activity
- Reduce your weight
- Increase physical activity
- Stop smoking
- Reduce your weight
- Reduce saturated and trans fat intake
- Choose heart healthy fats
- Increase physical activity
- Same as for TC, LDL, and HDL above.

### Recommendations

Please call Notre Dame Wellness Center 574-634-9355 to discuss your free wellness options with a Wellness Coach or Condition Management Nurse. It is recommended that you also provide a copy of your results to your Primary Care Provider.

**Schedule an appointment** with your primary provider for follow-up and possible further testing and monitoring for the following:

- Blood pressure
- Blood sugar / Hemoglobin A1C
- Lipid