



# Analyzing Your Results

## Blood Pressure

### What do the numbers mean?

Blood pressure is the pressure inside the arteries (blood vessels). It is measured in two numbers, such as 110/70 (110 over 70).

- The first or top number (systolic pressure) is the highest pressure in the arteries when the heart pumps blood into them.
- The second or bottom number (diastolic pressure) is the lowest pressure when the heart rests to refill between beats.

### When is blood pressure too high?

If your blood pressure stays below 120/80 at rest, you are in a healthy range. If your numbers are higher at rest, you'll want to discuss this with your health care provider.

### Adults 18 years and older: What do your numbers mean?

When your blood pressure stays **below 120/80** at rest ...

- You have a healthy blood pressure. A healthy lifestyle will help you keep it this way.

When your blood pressure stays between **120/80 and 139/89** at rest ...

- You are at increased risk for health effects from high blood pressure. Your health care provider may ask you to make changes in your diet, activity or other lifestyle habits.

When your blood pressure stays **over 140/90** at rest ...

- This is more serious and may require additional treatment (including medications) in addition to lifestyle changes. The higher your blood pressure, the greater your risk for wear and tear on your arteries, heart disease and other health problems.



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## Body Mass Index (BMI)

BMI stands for body mass index, or a way to judge your body weight in relation to your height. BMI is a screening tool to find possible weight problems.

It is important to remember that BMI should be used as a general guide. Many factors should be considered when judging how much someone should weigh.

### How do I figure out my BMI?

$BMI = [\text{weight in pounds} \div \text{height in inches} \div \text{height in inches}] \times 703$

or

$BMI = \text{weight in kilograms} \div [\text{height in meters}]^2$

or

Go to [ChooseMyPlate.gov](http://ChooseMyPlate.gov) for a BMI calculator.



## BMI categories

Underweight .....	less than 18.5
Healthy weight .....	18.5 - 24.9
Overweight .....	25 - 29.9
Obesity Class I .....	30 - 34.9
Obesity Class II .....	35 - 39.9
Morbid Obesity Class III .....	greater than 40

### Example

A person with a weight of 272 pounds and a height of 65 inches would have a BMI of:

$$272 \div 65 \div 65 \times 703 = 45 \text{ BMI}$$

The higher the BMI, the greater the risk of developing additional health problems. Individuals who have a BMI greater than 25, and who have a waist size of more than 40 inches for men and 35 inches for women, are considered to be at especially high risk for health problems. Contact your physician if you are concerned about your BMI.



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