

Know your Numbers

Factsheet

Know your Numbers

Did you know?

Did you know that you can cut your risk of heart and kidney disease, stroke and diabetes by keeping a check on your blood pressure, cholesterol, blood sugar, weight and waist measurements?

Vital warning signs about your future health could be revealed by simple tests that you can perform yourself or you can have taken at your GP.

Why check your health?

Raised blood pressure and cholesterol levels are risk factors which could **lead to suffering a stroke, heart attack and kidney disease.**

Being overweight or carrying fat around your middle also **increases your risk of developing the same diseases, plus diabetes and some types of cancer.**



Know your Numbers

Some key health numbers you should know:

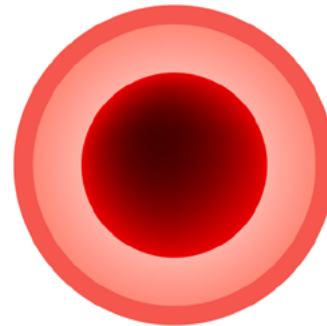
Body Fat %:

This is the amount of **fat that is needed** for maintaining life and reproductive function. Women's is higher than men due to the demand for childbearing and other reproductive functions.

Storage body fat is the amount of fat **stored in the adipose tissue**, some of which makes up the fat **around the vital organs**.

Description	Women	Men
Essential Fat	10-13%	3-5%
Athletes	14-20%	6-13%
Fitness	21-24%	14-17%
Average	25-31%	18-24%
Obese	32%+	25%+

Inside the Artery:



Blood **inside** the artery.

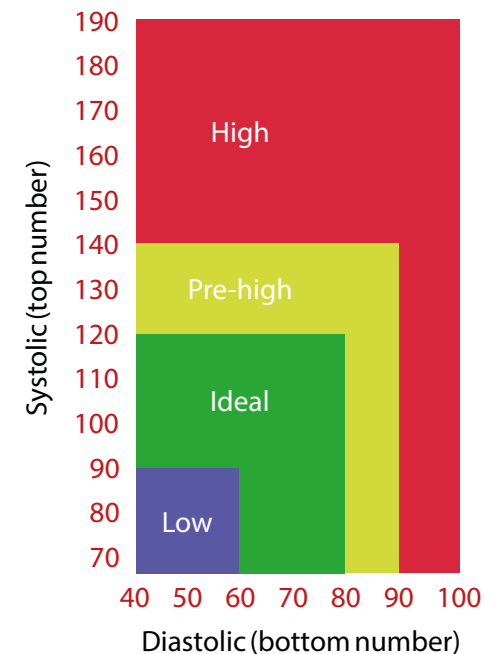


Atheroma (fatty material) **narrows the artery**, restricting the flow of blood.

Blood Pressure Ranges:

This is measured in **systolic** (the pressure when your heart pushes blood out) and **diastolic** (the pressure when your heart rests between beats).

Normal blood pressure is considered to be **above 90(systolic)/60(diastolic)** mmHg and below 140/90 mmHg.



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Glucose Levels:

Fasting Glucose Levels: taken after at least eight hours of fasting and is therefore usually taken in the morning.

Normal: Below 5.5 mmol/l (100 mg/dl)

Impaired fasting glucose: Between 5.5 and 6.9 mmol/l (between 100 mg/dl and 125 mg/dl)

Diabetic: 7.0 mmol/l and above (126 mg/dl and above)

HbA1c is your average blood glucose (sugar) levels for the last two to three months.

Normal: Below 42 mmol/mol (6.0%)

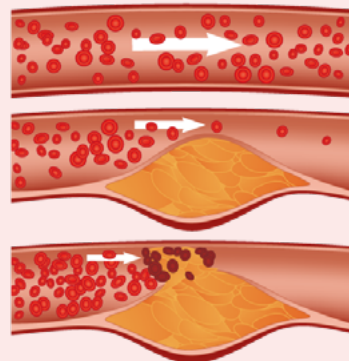
Pre-diabetes: 42 to 47 mmol/mol (6.0 to 6.4%)

Diabetes: 48 mmol/mol (6.5% or over)



Cholesterol Levels:

Result	Healthy level
Total cholesterol	10-13%
HDL (good cholesterol)	14-20%
LDL (bad cholesterol)	21-24%
Non-HDL (bad cholesterol)	25-31%
Triglycerides	32%+



Activity per week:

How much physical activity should you do?



Adults (19 - 64) should aim for at least **150 minutes of moderate intensity activity**, in bouts of 10 minutes or more, each week.

All adults should undertake muscle strengthening activity, such as...



Exercising with weights



Yoga



Or carrying heavy shopping



REMEMBER - Minimise the amount of time spent sedentary (sitting) for extended periods

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Calories:

The amount of fuel you need will be dependent on the following:

1. **How active you are**
2. **Your age**
3. **Metabolism - how efficiently you burn fuel**

Ideally to **maintain weight** you need to **balance the amount of calories** you are putting in your body vs the amount of calories you are burning/using.

Men generally need 2500kCal and women 2000kCal - this could change based on the above.

How to determine your daily calorie intake:



STEP 1

Find Your Basic Metabolic Rate

Women: $655 + (4.35 \times \text{weight (lbs)}) + (4.7 \times \text{height (in)}) - (4.7 \times \text{age (yrs)})$

Men: $66 + (6.23 \times \text{weight (lbs)}) + (12.7 \times \text{height (in)}) - (6.8 \times \text{age (yrs)})$



STEP 2

Determine Your Activity Level

Sedentary (Little to no exercise): **1.2**

Lightly Active (Little exercise(1-3 days/week)): **1.375**

Moderately Active (Moderate exercise(3-5 days/week)): **1.55**

Very Active (Hard exercise(6-7 days/week)): **1.725**

Extra Active (Very hard exercise and physical job(7 days/week)): **1.9**



STEP 3

BMR x Activity Level = Calorie Intake

Number of calories one should consume daily to maintain current weight



Know your Numbers

What is Total Health Check?

Both the NHS and partner pharmacies offer full health checks for individuals. The NHS provides this for over 40's that are eligible and pharmacy's for all adults over 18. The health check is to help you pro-actively take control of your health and allows you to speak to a professional health advisor for top tips to improve your health. The pharmacy will charge a nominal fee for the service.

The tests include:

- Blood pressure check
- Cholesterol test
- Type 2 diabetes screening
- Family history
- BMI (body mass index)
- Lifestyle questionnaire

! Please check with your local GP or pharmacy during COVID-19 to see if this service is available.

Results with a pharmacy are usually issued on the same day as the consultation.

Pharmacies are currently offering the service in line with government guidelines, practicing social distancing.

Alternatively, you can purchase the individual blood pressure and diabetes machine to monitor this from home.

BMI calculators are a great way to determine your body fat percentage; you can access this information <https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/>



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Low and non-alcoholic beverages

There is an upward trend for low and non-alcoholic beverages for the health conscious looking to reduce their alcohol intake.

Some of the health benefits of opting for a 'light beer' and alcohol-free beverages include:

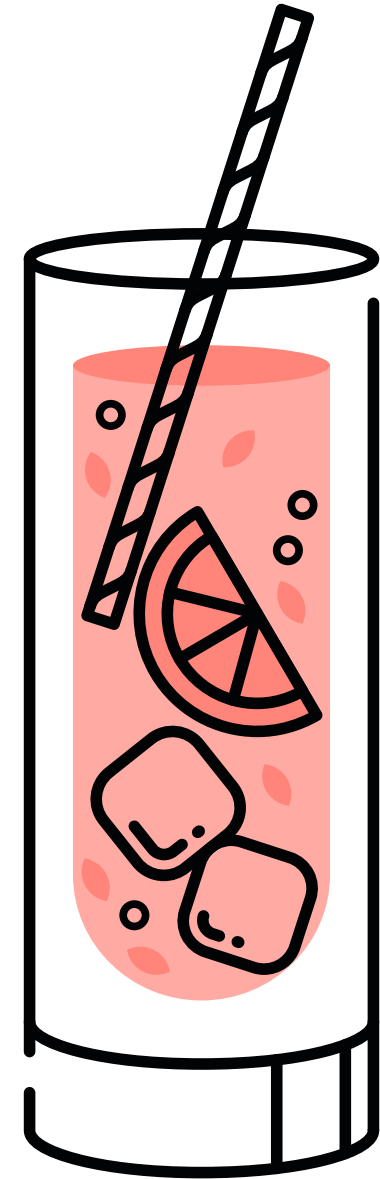
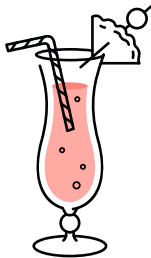
- reduced calories
- reduced risk of developing a long-term health condition
- fewer alcohol units consumed

What is a mocktail?

Mocktail can be described as a cocktail without the alcohol. It usually contains a fresh blend of ingredients to cover a spectrum of flavours from spices to infused water and juices to awaken your senses.

Benefits of drinking a mocktail:

- Nutrient dense ingredients loaded with essential vitamins and minerals such as fresh vegetable juices, coconut water and kombucha to name a few.
- Hydrating
- Easy to make and inexpensive
- No hangovers



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Alcohol

Units of Alcohol:



**Normal Beer
Half Pint**
(283ml) **4%**



**Small Glass
of Wine**
(125ml) **12.5%**



**Strong Beer
Half Pint**
(283ml) **6.5%**



**Strong Beer
Large Bottle/Can**
(440ml) **6.5%**



**Bottle of
Spirits**
(750ml) **12.5%**



**Bottle of
Spirits**
(750ml) **40%**



**Single Spirit
Shot**
(25ml) **40%**



**Alcopops
Bottle**
(275ml) **5.5%**



**Normal Beer
Large bottle/can**
(440ml) **4.5%**



**Large Glass
of Wine**
(250ml) **12.5%**

Recommended Units...

for Men and Women per week is 14 units,
which is...



6 pints of beer (4% strength) or



7 glasses of wine (11.5% strength, 175ml) or



14 single shots of spirits (40% strength)

Check out the **NHS Health
Indicator Checker** to see
how healthy you are **here**

greencore
group

