

Progress Record Log Glossary of Terms

Body Mass Index (BMI) – BMI shows if your weight is at a healthy level for your height. The higher your BMI measures, the more likely you are to develop physical health problems.

Blood Pressure – Blood pressure is the amount of pressure that blood pushes against the walls of the arteries. The amount of pressure depends on the strength and speed of the heartbeat, the amount of blood in the circulating system and the flexibility of the arteries. Blood pressure measurements include two numbers: for example, 140/85. The top number is called systolic pressure and the bottom number is called diastolic pressure. Normal blood pressure is less than 120 systolic and less than 80 diastolic, in other words, 120 over 80.

Cholesterol – Cholesterol is a fat-like substance in blood. The body makes all the cholesterol it needs, but dietary cholesterol also is found in all animal products we eat. Eating a low fat diet may help lower blood cholesterol.

Fasting Blood Sugar – The amount of sugar in the blood **before** eating food, is normally about 60 - 99 mg /dl of blood. After a meal, it is normal for sugar to rise up to 139 mg /dl.

Waist Circumference Limits for Adults – Too much fat in the abdomen (stomach), compared to total body fat, increases the chance of certain diseases such as heart disease and diabetes. In men, a waist larger than 40 inches is considered a health risk. In women, a waist size larger than 35 inches is considered a health risk. *(Note: Do not use this measurement for individuals shorter than 5 feet or for those with a BMI greater than 35.)*