

Your Results

Risk Factor	Screening Test	Ideal	Borderline High Risk	High Risk
Diabetes	Random (non-fasting) Blood Glucose	200 mg/dL or less		Above 200 mg/dL
	Fasting Plasma Glucose Test	Less than 100 mg/dL	100-125 mg/dL	126 mg/dL or higher
Blood Pressure	Systolic	Less than 120	120-139	140 or higher
	Diastolic	Less than 80	80-89	90 or higher
Cholesterol	Total Cholesterol	Below 200 mg/dL	201-239 mg/dL	240 mg/dL or greater
	LDL - "Bad Cholesterol"	Below 100 mg/dL	131-159 mg/dL	160 mg/dL or greater
	HDL - "Good Cholesterol"	60 mg/dL or greater	40--59 mg/dL	Less than 40 mg/dL
	Triglycerides	Below 150 mg/dL		150 mg/dL or greater
Obesity	Body Mass Index (BMI)	19-24	25-29	30 or greater
	Waist Circumference	Male: Less than 40 inches		Male: 40 inches or greater
		Female: Less than 35 inches		Female: 35 inches or greater