

Diabetes & Heart Disease:

The Numbers You Need to Know

Knowing five numbers can give you a more accurate picture of your health. At your next appointment, talk to your doctor about how to keep them in target range to lower your risk of heart disease and stroke.

Risk Factor	What is It?	How is it Done?	How Often?	Target Range	My Numbers
A1C	Your average blood glucose levels for the past 2–3 months.	Blood test.	Every 6 months or more often if needed.	A1C: ≤ 7% for non-pregnant adults	Recent A1C: _____
BMI (Body Mass Index) & Waist Circumference	A calculation based on height and weight and a measurement around your waist.	Enter height and weight into a BMI calculator. Measure around your bare waist, at the belly button, just after you breathe out. **	Regularly at home and at every doctor's appointment.	BMI: 18.5–24.9 kg/m ² * Waistline: If your BMI is between 25 and 35, your goal is less than 35 inches for women and 40 inches for men. *BMI should be interpreted with caution for persons of Asian ancestry, older adults, and muscular adults.	BMI: _____ Waistline: _____
Blood Pressure (BP)	The force of blood pumping through your arteries when your heart beats.	At home with an arm cuff and/or at your doctor's office.	Daily at home if possible, and at every doctor's appointment.	Less than 120/80 mmHg For those that require pharmacological therapy, target BP should be 130/80 mmHg.	Recent BP Reading: _____ /_____ _____
Cholesterol	A waxy substance produced by the liver or from foods derived from animals.	Generally, a fasting blood test.	Yearly or as recommended by your doctor.	Talk to your doctor. Most people with diabetes age 40–75 will be prescribed a statin for primary ASCVD prevention.	Total: _____ LDL: _____ HDL: _____ Triglycerides: _____

*per heart.org/en/healthy-living/healthy-eating/losing-weight/bmi-in-adults

**per cdc.gov/healthyweight/assessing/index.html

Risk Factor	What is It?	How is it Done?	How Often?	Target Range	My Numbers
Kidney Function	Kidneys filter waste and fluid from the body. Albumin and creatinine are proteins that can pass into the urine when the kidneys are damaged.	Urine & Blood Tests: Estimated glomerular filtration rate (eGFR) tests how well the kidneys are filtering blood. A urine test, called ACR, checks levels of albumin compared to creatinine.	Yearly or as recommended by your doctor.	GFR test: eGFR > 60 is normal eGFR < 60 may mean you have kidney disease eGFR < or = 15 is kidney failure Albuminuria test: 30 mg/g or less is normal > 30 mg/g may be a sign of kidney disease	eGFR test: Albuminuria test:

You Have the Numbers, Now What?

Following up on your numbers and keeping healthy routines can reduce your risk for heart disease and stroke.



Start a conversation with your care team to build a plan together to keep these numbers in check and your heart and kidneys healthy.



Build habits that can make a big difference— eat smart, move more and stick to your medication plan.



Develop a solid network of support to help you stay motivated.

Building A Plan with Your Care Team: Discussion Guide

1. Which numbers should I be most concerned about?
2. What can I do to get them within target range?
3. What else can I do to reduce my risk for heart disease and stroke?
4. Share any concerns that you have with your doctor/care team around your treatment plan. Discuss solutions to address those concerns.

For more information, visit

[KnowDiabetesbyHeart.org/know-your-numbers-lower-your-risk](https://www.knowdiabetesbyheart.org/know-your-numbers-lower-your-risk).

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PREDIABETES

COULD IT BE YOU?



98
Million

98 million American adults—**more than 1 in 3**—have prediabetes



More than 8 in 10 adults with prediabetes don't know they have it

BLOOD SUGAR



With prediabetes, your blood sugar levels are **higher than normal**, but not high enough yet to be diagnosed as type 2 diabetes

PREDIABETES RISKS

Prediabetes increases your risk of:



Type 2 Diabetes



Heart Disease



Stroke

TYPE 2 DIABETES HEALTH RISKS

If you ignore prediabetes, your risk for type 2 diabetes goes up — **type 2 diabetes increases your risk for serious health complications:**



Blindness



Kidney Failure



Heart Disease



Stroke



Loss of toes, feet, or legs

REDUCE YOUR RISK

If you have prediabetes, losing weight by:



Eating healthy



Being more active

Can cut your risk of getting type 2 diabetes **in half.**

YOU CAN PREVENT TYPE 2 DIABETES



Find out if you have prediabetes—See your doctor to get your blood sugar tested



Join a CDC-recognized diabetes prevention program

- ✓ Eat healthy
- ✓ Be more active
- ✓ Lose weight



Learn more from CDC and take the **Prediabetes Risk Test** at www.cdc.gov/prediabetes/risktest/