


| Measurement | Date | My Value | Healthy Numbers | | | |
|---|------|----------|---|--|---|--|
| Blood Glucose or Blood Sugar (fasting) | | | Normal 70-99 mg/dL | Impaired (pre-diabetes) 100-125 mg/dL |  | |
| Lipids (fasting) <ul style="list-style-type: none"> ➤ Total Cholesterol ➤ LDL-C (Lousy) ➤ HDL-C (Healthy) ➤ Triglycerides | | | Acceptable (mg/dL) <170 | Borderline (mg/dL) 170-199 | High (mg/dL) ≥200 | |
| | | | <110 | 110-129 | ≥130 | |
| | | | >40 | Triglyceride (mg/dL) < 200 | | |
| | | | (see American Heart Association Scientific Position – Cholesterol and Atherosclerosis in Children, 2007) | | | |
| Insulin (fasting) | | | Normal = 0-17 uU/mL | | | |
| C-Peptide | | | Normal = 0.5-2.0 ng/mL | | | |
| Blood Pressure - Gender, height, and weight are all considered and plotted before determining whether the child has high blood pressure. | | | Hypertension: <95 th percentile (based from gender, age, and height) | | | |
| | | | Prehypertension: | | | |
| | | | <ul style="list-style-type: none"> • 90-94th percentile (based from gender, age, and height) • adolescents: >120/80 | | | |
| Body Mass Index (BMI) - measures body fatness | | | <85 th percentile (using gender and age-appropriate CDC growth charts) | | | |
| Waist Circumference | | | < 90 th percentile for age and gender (see Peds.2004;145:439-444) | | | |

Blood must be drawn for glucose, lipid, insulin, and C-Peptide measurements. Urine is not used to evaluate any of the above measurements. Fasting means that no food or drink is consumed for 12 hours before the blood is drawn.

Nutrition and physical activity directly impact each of the above measurements. If you make an effort to eat smart and move more, your body will thank you.