

KNOW YOUR NUMBERS

Begin taking charge of your health by learning these important numbers today. And work with your doctor to develop a plan of diet, exercise and medication, if needed, to maintain a healthy you!



151,781,326

Men in the United States



156,964,212

Women in the United States



78.8 years

Average life expectancy in the United States



Females: 81.2 years

Males: 76.4 years

195.5

(lbs)

Average body weight for adult men in the United States



166.2

(lbs)

Average body weight for adult women in the United States

120/80 mmHg

Normal, healthy blood pressure



32.5% of adults 20 years and over have high blood pressure.

High blood pressure can cause heart disease, stroke, kidney disease and erectile dysfunction.

Men or women may have high blood pressure for many years without symptoms.

Average height:

5'8"



5'3"



Know Your Numbers

Healthy **total** cholesterol level:

200 mg/dL
or lower



Healthy "good"
HDL cholesterol
≥ 50 mg/dL (women)
≥ 40 mg/dL (men)



Optimal "bad"
LDL cholesterol
< 100 mg/dL

Healthy triglycerides:
Less than

150 mg/dL

Less than

25 kg/m²
Healthy body mass index

Healthy blood sugar (glucose) level:

60-100 mg/dL

Diabetes is a condition in which blood sugar levels are high. It can lead to heart disease and erectile dysfunction. The A1C test is a common blood test used to tell if someone has diabetes. It also is used to gauge how well they're managing their diabetes.

Optimal amount of exercise:
At least

30 | **5-7**
Minutes/day | Days/week

Healthy waist circumference:
Less than

40" | **35"**
Men | Women



There are

897,420

professionally active physicians
in the United States, including
11,703 practicing urologists.

60-100

Beats per minute

Average resting heart rate
(the number of times your heart
beats per minute while it's at rest)

Well-trained athletes:
40-60 beats/minute

Eat less than

1,500
milligrams of sodium a day

For more information
about your urologic health, visit
UrologyHealth.org. For
information about nutrition or
weight status, visit your health care
provider. You may also find useful
tips at: **Healthypeople.gov**.