

Simple Health Indicators

Use the sections below to test where you stand in these basic health indicators. Fill in each blank with your stats, and then circle the ranges in green that correspond to your results.

Blood Pressure

This test lets you know if you have hypertension. Hypertension is a precursor for cardiovascular diseases.

Systolic Pressure _____

Under 120 Normal
120-139 Pre-Hypertensive
140-159 Hypertensive
Above 160 Stage 2 Hypertensive

Diastolic Pressure _____

Under 80 Normal
80-89 Pre-Hypertensive
90-99 Hypertensive
Above 100 Stage 2 Hypertensive

Resting Heart Rate

This number lets you know how efficiently your heart is working.

Pulse / Beats per Minute _____

60-75 Normal
75+ High

Body Mass Index (BMI)

This is a simple method to determine if your weight is in a healthy range for your height. (This is based on general population outcomes and may vary for individuals).

Height _____

Weight _____

BMI _____

Under 18.5 Underweight
18.5-24.9 Healthy
25-29.9 Overweight
Above 30 Obese

How to Calculate your BMI

BMI can be calculated either by using the chart on the wall in the BYU Wellness office, or by using this formula:

$$\text{BMI} = \frac{\text{Weight in Pounds}}{(\text{Height in Inches}) \times (\text{Height in Inches})} \times 703$$

Waist

This is a simple test to determine if your waist measurement falls in a healthy range.

Waist Circumference _____

Good
Needs Improvement

Good measurements are as follows:

Women 35" or less

Men 40" or less

Hip to Waist Ratio

This test lets your know if you are carrying too much weight in your mid-section which increases risk for lifestyle related diseases.

Waist _____

Hip _____

Ratio _____

Good
Needs Improvement

Good measurements are as follows:

Women 0.85 or less

Men 0.90 or less

$$\text{Ratio} = \frac{\text{Waist (Inches)}}{\text{Hip (Inches)}}$$