

Cardiovascular Health Zones

Risk Factors	Zone of Ideal Health (A) (Try to reach these numbers)	Zone of Borderline Risk (B)	What's Your Number? What's Your Zone?	Zone of High Risk (C)
1. Systolic blood pressure (mmHg)	< 130	130-140		> 180
2. Diastolic blood Pressure (mmHg)	< 85	85-90		> 110
3. Waist circumference (cm)*	Males: < 95 Females: < 87	Males: 95-103 Females: 87-98		Males: > 103 Females: > 98
4. Body mass index (kg/m ²)†	< 25	25-30		> 40
5. Fasting blood sugar (mg/dl)	< 100	100-126		> 126
6. Post prandial sugar (mg/dl)	< 140	140-199		> 199
7. Low density lipoprotein cholesterol (LDL-C) (mg/dl)	< 100	130-160		> 190
8. High density lipoprotein cholesterol (HDL-C) (mg/dl)	Males: > 40 Females: > 50	Males: 35-40 Females: 45-50		Males: < 25 Females: < 30
9. Triglycerides (mg/dl)	< 150	150-200		> 300
10. Fruit/vegetable intake	More than 6 servings / day	Less than 3 servings / day		0-1
11. Physical activity- Exercise (walking)	More than 30 minutes / day	Less than 15 minutes / day		-
12. Smoking	Non Smoker	Non Smoker		Smoker
13. Diabetes mellitus	None	None		Present

The following factors increase the risk and should be taken into consideration:

1. Old Age (over 65 years).
2. Family history of cardiovascular disease at a young age.

(A): Zone (A) subjects are less vulnerable to heart attacks, stroke and sudden death. They enjoy longer life expectancy.

(C): Zone (C) subjects needs quick intervention specially if they have more than one risk factor. They are vulnerable to sudden death, premature atherosclerosis, cerebrovascular disease and coronary artery disease.

Prepared by: M. Mohsen Ibrahim, MD, President of the Egyptian Hypertension Society (www.ehs-egypt.net)

* HOPE Study 2005

† New England Journal of Medicine. 1999; 341:1097-1105