

			Men (ages 40-59) 11-21.9	Men (ages 40-59) 22-27.9	Men (ages 40-59) ≥ 28	
			Men (ages 60-79) 13-24.9	Men (ages 60-79) 25-29.9	Men (ages 60-79) ≥ 30	
<u>High Blood Cholesterol</u>	Total Cholesterol (mg/dL)	179	< 200	200-239	≥ 240	227 9000
	HDL (mg/dL)	67	Women and Men ≥ 60	Women 50-59 Men 40-59	Women < 50 Men < 40	
	Ratio (Total Cholesterol / HDL)	2.7	Women < 3.0 Men < 3.5	Women 3.0-4.4 Men 3.5-5.0	Women > 4.4 Men > 5.0	
<u>High Blood Glucose</u>	Non-fasting blood glucose (mg/dL)	70	< 140	140-199	≥ 200	M
	Fasting blood glucose (mg/dL)		≤ 99	100-125	≥ 126	
<u>Unhealthy Diet</u>	Vegetables and Fruits (cups/d)	0	≥ 4.5	> 0 < 4.5	0	get more fruit & veggies less sugary drinks
	Fish and Shellfish (3.5-oz servings/wk)	2.5	≥ 2	> 0 < 2	0	
	Whole Grains (1 oz servings/d)	2	≥ 3	> 0 < 3	0	
	Sodium (mg/d)	110	≤ 1,500	> 1,500 < 4,500	≥ 4,500	
	Sugar-Sweetened Beverages (fl oz/wk)	50	≤ 36	> 36 < 210	≥ 210	
<u>Physical Inactivity</u>	Moderate-Intensity Aerobic Activity (min/wk)	100/day 420 min	≥ 150	> 0 < 150	0	Keep that up! 😊
	Vigorous-Intensity Aerobic Activity (min/wk)	0	≥ 75	> 0 < 75	0	
	Muscle-Strengthening Activities Involving All Major Muscle Groups (d/wk)	0	≥ 2	1	0	
<u>Smoking</u>	Yes Sometimes No		No	Sometimes	Yes	↓

11/70 L