

HEALTHY

Lifestyle Habits and Goals to Reduce Risk of Disease in Adults

1

Don't smoke — Need help quitting? Call NDQuits at 1.800.QUIT.NOW, 1.800.784.8669 or go to www.ndhealth.gov/ndquits to sign-up online.



Avoid exposure to cigarette smoke. Secondhand smoke is a serious health hazard that can lead to disease and premature death in children and nonsmoking adults. There is no risk-free level of secondhand smoke. Smoke-free environments are the only approach that effectively protects you.

2

Be **physically active** on a regular basis. Physical activity is anything that makes you move your body and burns calories, such as climbing stairs or playing sports. Without regular physical activity, the body slowly loses its strength and ability to function well. Aerobic exercises benefit your heart (examples are walking, jogging, swimming or biking). Exercise as a family can be fun - play a game of tag, go for a family walk or bike ride.

Recommended activity levels for adults age 18 to 64:

- 30 minutes of moderate activity most or all days of the week
- 75 minutes per week of vigorous physical activity
- Muscle strengthening and stretching exercises at least 2 days per week



3

Eat a **balanced diet** that emphasizes fruits and vegetables (at least five servings daily), cereal and grain products (25 grams of fiber daily), fat-free and/or low-fat dairy products (3 servings daily), legumes, beans, nuts, fish, poultry and lean meats.



Limit sodium intake. Most people need to limit sodium intake to less than 2,300 mg per day. If you have high blood pressure, you need to limit sodium intake to less than 1,500 mg per day.

4

Schedule **regular visits** with your doctor. Regular physical exams and health screening tests are an important part of preventive health care and a critical method for detecting potential diseases before symptoms are noticed. Early detection is often the key to successful treatment.



5

Adopt **sun safe behaviors**. Sun safety is never out of season. The sun's harmful UV rays reflect off water, snow and sand. Sun safety is even important on cloudy days.

- Always apply sunscreen SPF 30 or above, 15 to 30 minutes before sun exposure.
 - Look for sunscreen that provides protection against both UVA and UVB rays.
 - Pay particular attention to lips, ears, back of neck and tops of feet.
- Reapply sunscreen at least every two hours.
- Wear a hat that protects your face, neck and ears.
- Wear a shirt with sleeves (at least short-sleeved) or other protective clothing.
- Wear sunglasses that block both UVA and UVB rays.
- Seek shade whenever possible or make your own with an umbrella.



Know Your Numbers!

Risk factors are traits and lifestyle habits that increase your risk of disease. The more risk factors you have, the higher your chances of having heart disease, cancer or stroke.

Aim for a healthy weight

Reaching and maintaining a healthy weight is important for overall health and can help prevent and control many diseases and conditions. If you are overweight or obese, you are at higher risk of developing serious health problems including heart disease, high blood pressure, type 2 diabetes and certain cancers.

Healthy Weight Goals

Body mass index (BMI):



**LESS THAN
25**

Waist circumference (less than):

MEN

40 IN.



WOMEN

35 IN.



Cholesterol

The World Health Organization estimates that almost 20 percent of all strokes and over 50 percent of all heart attacks can be linked to high cholesterol.

Cholesterol Goals for Adults

Total cholesterol:
Less than 200 mg/dL

HDL (good) cholesterol:

50 mg/dL or higher (women)
40 mg/dL or higher (men)

LDL (bad) cholesterol:

Goals vary depending upon risk.

LDL and Heart Disease Considerations:

Adults without heart disease, and one or less risk factors*, the goal is: **less than 160 mg/dL.**

Most adults with two or more risk factors*, the goal is: **less than 130 mg/dL.**

Adults with heart disease or diabetes, the goal is: **less than 100 mg/dL.**

Triglycerides:

Less than 150 mg/dL

* - risk factors include, but not limited to: poor diet, large waist, high BMI, lack of exercise, smoking, high blood pressure, diabetes.

Blood Pressure

Uncontrolled high blood pressure increases your risk of serious health problems, including heart attack and stroke. Your blood pressure treatment goal depends on how healthy you are.

Blood Pressure Goals for Adults

Less than 120/80 mmHg

Glucose

Glucose (also known as blood sugar) is vital to your health because it's the main source of energy for the cells that make up your muscles and tissues. It's your body's main source of fuel. Too much glucose can lead to serious health problems.

Glucose Goals



Fasting glucose: Less than 100 mg/dL

Glucose 2 hour post meal: Less than 140 mg/dL