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.
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 Minutes/day
5-7 Days/week

Healthy waist circumference:
Less than
40” Men
35” Women

Eat less than
1,500 milligrams of sodium a day

There are
897,420 professionally active physicians in the United States, including
11,703 practicing urologists.

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.