Know your numbers

Measure	Result	Target (note - it's important to discuss personal targets with your care team)		
Height (m /ft & inches)				
Weight (kg /stones & pounds)				
Body Mass Index (BMI) (kg/m^2) (weight for height measurement)		18.5-25 - healthy weight 25-29.9 - overweight Over 30 - obese		
Waist circumference (cm)			Men	Women
		Healthy - less than	**94**	**80**
		Increased risk	94-102	80-88
		Greater risk	above 102	88
Blood glucose (mmol/l)		Pre-meal: **4-7** 2 hours after a meal: less than **8.5** (type 2) / **9.0** (type 1)		
HbA$_1$c (% or mmol/mol) Average blood glucose		Diabetes: **48-58 mmol/l** Pre diabetes is diagnosed at 42-47 mmol/mol		
Blood pressure (mmHg)*		Type 2 diabetes **140/80** mmHg or below Type 1 diabetes **135/85** mmHg or below (130/80 mmHg or below with kidney problems or high risk of cardiovascular disease)		
Total cholesterol (mmol/l)		Less than **4.0**		
HDL (mmol/l) good cholesterol		Men **1.0** or above Women **1.2** or above		
LDL (mmol/l)		Less than **2.0** (It is now recommended that non HDL cholesterol should be measured instead, but this LDL level is suggested as a good guide for individuals to use)		
Total cholesterol: HDL ratio		Less than 4.5		
Triglycerides		Less than **1.7**		
Albumin Creatinine ratio (ACR) (mg/mmol)		Men: less than **2.5** Women: less than **3.5**		
eGFR (ml/min)		**60** or more		