

Know Your Numbers

SEVEN MEASURES TO DISCUSS WITH YOUR DOCTOR

BLOOD SUGAR & INSULIN

01	Fasting glucose	Below 100 mg/dL <i>Preferred range: 70-99 mg/dL</i>	Measures blood sugar after an overnight fast.
02	Fasting insulin	2-6 µIU/mL <i>Preferred: below 5 µIU/mL</i>	Shows how much insulin the body needs while fasting.
03	HOMA-IR	Below 2 <i>Preferred: below 1.5</i>	Calculated from fasting glucose and fasting insulin.
04	Hemoglobin A1C	Below 5.7% <i>Preferred: below 5.4%</i>	Reflects average blood sugar over roughly 2-3 months.

BLOOD FATS

05	Triglyceride / HDL ratio	Below 2 <i>Preferred: below 1</i>	A ratio your clinician can use in a broader metabolic assessment.
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METABOLIC SYNDROME INDICATORS

06	Waist circumference	Men: over 40 in · Women: over 35 in <i>Metabolic syndrome risk threshold</i>	Waist size is one indicator used when assessing metabolic syndrome.
07	Blood pressure	130/85 mmHg or higher <i>Metabolic syndrome risk threshold</i>	Blood pressure is one indicator used when assessing metabolic syndrome.



ONE MORE CONVERSATION

Ask whether knowing your APOE genetic status would be useful in your individual care plan.

Calculate Your HOMA-IR

A quick check for insulin resistance using two results from the same fasting blood draw.

1

ASK

Ask for both tests from the same fasting blood draw.

☐ Fasting glucose

☐ Fasting insulin

2

RECORD

Date collected

Fasting duration

Glucose

mg/dL

Insulin

µIU/mL

3

CALCULATE

Glucose

×

Insulin

÷ 405 =

Your HOMA-IR

4

UNDERSTAND YOUR RESULT

Preferred

Below 1.5

Reference threshold

Below 2

Discuss your result in the context of your overall health.

5

NOTES & QUESTIONS

A SIMPLE WAY TO ASK

"Could we check my fasting glucose and fasting insulin from the same blood draw and discuss what the results mean for me?"

CONTINUE ONLINE

Scan to use the interactive guide,
calculate HOMA-IR, and print a completed copy.
yoursparkpoint.org/resources/know-your-numbers

KEEP THIS WITH YOUR HEALTH RECORDS.

This handout is for educational purposes only. It is not a substitute for professional medical advice. Lab interpretation and personal targets should be reviewed with a qualified healthcare professional.