

WE CARE ABOUT YOUR HEALTH HELPFUL THINGS TO REMEMBER

We realize you may not be interested in any programs or services at this time but wanted to make you aware of things you can do until we contact you again. Remember that making small changes every day can lead up to big changes in your overall health.

MANAGE BLOOD PRESSURE

- **BLOOD PRESSURE** is the force of blood pushing against blood vessel walls. Sometimes the pressure is too high, causing a condition known as **HIGH** blood pressure.
- **STRESS** and **POOR DIET** have been linked to high blood pressure.
- **KNOW YOUR NUMBERS.** Be sure to track your blood pressure online through the **BLOOD PRESSURE TRACKER**

-**SIGN UP** online by scanning the QR code to the right.

-Once you fill out your information you'll receive a health coach and email reminders every few days

-**GOAL:** Enter blood pressure readings **WEEKLY** for up to **12 WEEKS**



MANAGE CHOLESTEROL

- **CHOLESTEROL** is a fatty substance that is made by your body. You can also find it in foods that come from animals (meat, eggs, cheese).
- **POOR DIET** have been linked to high cholesterol.
- **KNOW YOUR NUMBERS.** Be sure to get your cholesterol checked at your doctors office or at a local health department.



KNOW Your Numbers

BLOOD PRESSURE

LESS THAN **120/80** mm/Hg



TOTAL CHOLESTEROL

LESS THAN **200** mg/dL



BLOOD SUGAR

LESS THAN **100** mg/dL



BODY MASS INDEX (BMI)

BETWEEN **18.5-25**



WAIST LESS THAN

35" FOR WOMEN
40" FOR MEN



BODY MASS INDEX

- Get **150 MINUTES** of **ACTIVITY** each **WEEK.**
- **REGULAR** activity helps improve your overall health.
- **BEING ACTIVE** can help keep your thinking, learning, and judgment skills **SHARP** as you age.
- **BEING ACTIVE** may help you **SLEEP** better.
- **NOT** smoking or using tobacco products is **ONE** of the **BEST** things you can do for your health.
- The Nebraska Tobacco Quitline can help **YOU** quit. **CALL 1-800-QUIT-NOW** to receive **FREE** and confidential, 24/7 access to counseling and support services.

BLOOD SUGAR

- **BALANCE YOUR CALORIES** - to find your calorie level go to: www.choosemyplate.gov
- Eat **MORE** vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products.
- **CUT BACK** on foods high in solid fats, added sugars and salt (cakes, cookies, ice cream, sweetened drinks).
- **LOWER** your sodium (salt) in the foods you eat.
- Drink **WATER** instead of sugary drinks.

WAIST CIRCUMFERENCE

- Maintain a **HEALTHY** weight.
- Learning to balance healthy **EATING** and **PHYSICAL ACTIVITY** can help you lose weight and keep it off.

Nebraska Department of Health & Human Services
Women's and Men's Health Programs
301 Centennial Mall South || P.O. Box 94817
Lincoln, NE 68509-4817
402-471-0929 || 800-532-2227



Web: www.dhhs.ne.gov/womenshealth
www.dhhs.ne.gov/menshealth
Email: dhhs.ewm@nebraska.gov
dhhs.nccsp@nebraska.gov

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DEPT. OF HEALTH AND HUMAN SERVICES

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