**Cholesterol chart for adults**

|  |  |  |
| --- | --- | --- |
|  | Total **cholesterol** | **LDL cholesterol** |
| Good | Less than 200 (but the lower the better) | Less than 100; below 70 if coronary artery disease is present |
| Borderline to | Moderately elevated | n/a |
| 150–199 | High | n/a |
| 200 or higher; 500 considered very high | Low | less than 40 |

**Insulin Scores for Adults**

|  |  |  |
| --- | --- | --- |
|  | **Insulin** Level | **Insulin** Level (SI Units\*) |
| **Fasting** | < 25 mIU/L | < 174 pmol/L |
| 30 minutes after glucose administration | 30-230 mIU/L | 208-1597 pmol/L |
| 1 hour after glucose administration | 18-276 mIU/L | 125-1917 pmol/L |
| 2 hour after glucose administration | 16-166 mIU/L | 111-1153 pmol/L |

Blood Glucose Scores- Adults

|  |  |  |
| --- | --- | --- |
| Plasma **glucose test** | Normal | Prediabetes |
| Random | Below 11.1 mmol/l Below 200 mg/dl | N/A |
| Fasting | Below 5.5 mmol/l Below 100 mg/dl | 5.5 to 6.9 mmol/l 100 to 125 mg/dl |
| 2 hour post-prandial | Below 7.8 mmol/l Below 140 mg/dl | 7.8 to 11.0 mmol/l 140 to 199 mg/dl |

**Triglycerides Scores- Adults**

**A simple blood test can reveal whether your triglycerides fall into a healthy range:**

* Normal — Less than 150 milligrams per deciliter (mg/dL), or less than 1.7 millimoles per liter (mmol/L)
* Borderline high — 150 to 199 mg/dL (1.8 to 2.2 mmol/L)
* High — 200 to 499 mg/dL (2.3 to 5.6 mmol)

**The score reflects the total area of calcium deposits and the density of the calcium.**

* A **score** of zero means no **calcium** is seen in the heart. ...
* When **calcium** is present, the higher the **score**, the higher your risk of heart disease.
* A **score** of 100 to 300 means moderate plaque deposits.

Coronary heart disease and calcium scoring-Adults

|  |  |
| --- | --- |
| CAC **Score** | 10-year mortality risk |
| 1–100 | Low (<10%) |
| 101–400 | Moderate (10–20%) |
| 101–400 & >75th centile | Moderately High (15–20%) |
| >400 | High (>20%) |