

OVERVIEW OF BASIC HEALTH READINGS

KNOW YOUR NUMBERS, KNOW YOUR HEALTH

Understanding your health readings is the first step to better health.
Try these two quick tools to assess your risk and set smarter health goals.

Measure Your Body Mass Index (BMI)

BMI is a simple way to check your risk of developing health conditions, such as high blood pressure, type 2 diabetes, and heart disease.

Your BMI is calculated based on your weight and height: **BMI =** $\frac{\text{WEIGHT (Kilogram)}}{\text{HEIGHT X HEIGHT (Metre)}}$

BMI Result	What does my result mean?
Less than 18.5	Underweight Risk of nutritional deficiency and osteoporosis
18.5 - 22.9	Normal weight (Healthy Range) Low Risk
23.0 - 27.4	Overweight Moderate Risk
27.5 and above	Obese High Risk



*Note: The BMI ranges may not be accurate for individuals under 18, pregnant women, athletes and individuals with a muscular build. It is only an estimate and does not measure one's fat and muscle mass.



Measure Your Blood Pressure (BP)

Regular BP checks can detect early signs of high blood pressure, which is a risk factor for heart disease, stroke, and kidney failure. It is measured using two numbers.



Systolic BP

The top number measures the pressure in the arteries when your heart contracts.

Diastolic BP

The bottom number measures the pressure in the arteries when your heart relaxes and fills with blood.



High blood pressure often has no noticeable signs of symptoms so regular checks are key for early detection. See your doctor for further advice.

The higher your systolic or diastolic pressure, and the longer it stays high, the more damage it causes to your blood vessels.

BP Category	Systolic BP	Diastolic BP
Normal	Less than 130	Less than 85
High-normal	Between 130 to 139	Between 85 to 89
High	More than 140	More than 90

Source: Agency for Care Effectiveness (ACE) Clinical Guidance, Hypertension, 2023

Disclaimer: Individuals with medical conditions such as diabetes, may require different blood pressure targets. Please consult your doctor for personalised BP targets.



STEP 1

Take this Quiz
to test your knowledge!
for.sg/quiz-5goods



STEP 2

Visit the Health Library for
more tips & resources.
for.sg/ht-health-library