

NORMAL RANGES

Category	Systolic BP (mmHg)		Diastolic BP (mmHg)	
Normal BP	< 130		and < 85	
High-normal BP	130 - 139		and/or 85 - 89	
Grade 1 hypertension	140 - 159		and/or 90 - 99	
Grade 2 hypertension	≥ 160		and/or ≥ 100	
Hypertensive crisis	≥ 180		and/or ≥ 120	

	Fasting Blood Sugar	Random Blood Sugar	HbA1c
Normal	<5.5mmol/L (126mg/dl)	<7.7mmol/L* (200mg/dL)	4 - 5.7%
Prediabetes	5.6 - 6.9mmol/L (100 - 125mg/dL)	7.8 - 11.0mmol/L* (140 - 199mg/dL)	5.7 - 6.4%
Diabetes	<7mmol/L (126mg/dL)	≥11.1mmol/L* (200mg/dL)	>6.5%

* Not ideal for diagnosis but can be used when other tests are not available

Parameter	Value
Total Cholesterol (TC)	> 5.2 mmol/L (200mg/dL)
High density lipoprotein cholesterol (HDL-C)	< 1.0 mmol/L males (40mg/dL) <1.2 mmol/L females (50mg/dL)
Low density lipoprotein (LDL)	> 3.4 mmol/L (130mg/dL)
Triglycerides (TG)	> 1.7 mmol/L(150mg/dL)