

CHOLESTEROL REFERENCE CHART

Target Audience: Seniors (65+) Unit of Measurement: mg/dL

TYPE	OPTIMAL RANGE	BORDERLINE HIGH	HIGH RISK
Total Cholesterol	Below 200	200 - 239	240 and above
LDL (Bad)	Below 100	130 - 159	160 and above
HDL (Good)	60 or higher	40 - 59	Below 40
Triglycerides	Below 150	150 - 199	200 and above

Important Notes:

â€¢ LDL targets may be lower (under 70 mg/dL) for seniors with existing heart disease or diabetes.

â€¢ HDL levels are considered "protective" when high; a low HDL is a significant risk factor for seniors.

â€¢ Always consult with a healthcare provider to interpret results based on your personal medical history.