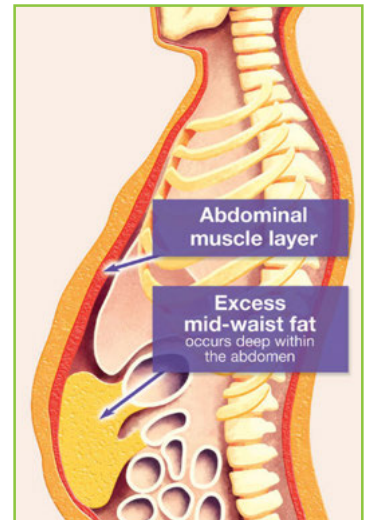


Diabetes and Your Weight

Did you know that about 8 out of 10 people with type 2 diabetes are obese (ie, they are at least 20% heavier than their ideal body weight) or have a history of being obese when they are diagnosed with diabetes?

Consider These Facts

- Over the past 35 years, obesity rates have more than doubled.
- Patients who carry excess fat around their waists (waist circumference greater than or equal to 35" in women or greater than or equal to 40" in men) are more likely to have health problems than if their fat is in their hips and thighs.
- Excess mid-waist fat is associated with type 2 diabetes due to insulin resistance.



Take These Simple Steps

Two simple measures can give you good estimates of any excess body weight you may have:

- 1. Measure your waist**—Use a tape measure around your bare abdomen just above your hip bone (relax and breathe out when you do this). Talk with your health care provider if your waist measures more than 35 inches (women) or 40 inches (men).
- 2. Body Mass Index (BMI)**—BMI relates how tall you are to how much you weigh and is generally a good measure of body fat. If you would like to know your BMI, ask your health care provider.

	BMI Range
Normal	less than 25
Overweight	25 – 29.9
Obesity Grade I	30 – 34.9
Obesity Grade II	35 – 39.9
Obesity Grade III	greater than or equal to 40

Source: National Institutes of Health (NIH)

Ask Your Health Care Provider About Reaching a Healthy Weight

Shift your diet away from saturated fats and trans fats and toward unsaturated fats. Lighten up on your sugar and salt. Eat more fruits and vegetables, whole grains, and nuts—they're natural, good for you, and delicious! Aim for at least 30 minutes of physical activity most days of the week. If needed, your health care provider can recommend physical therapists, nutritionists, and other health care professionals who can help you meet your goals. You are not alone if body weight and diabetes are a concern. It's easier than you may think!

This health information is being provided for general educational purposes only. Your health care provider is the single best source of information regarding your health. Please consult your health care provider if you have any questions about your health or treatment.