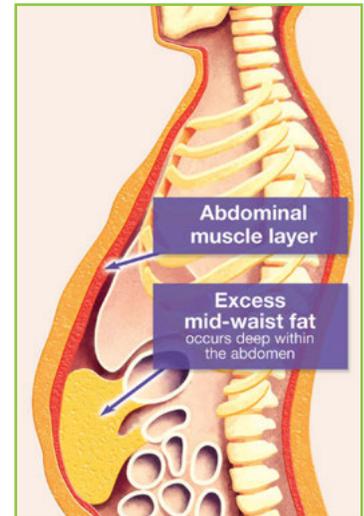


## Diabetes and Your Weight

When you have diabetes, being overweight or obese increases your risk for complications. But losing just a few pounds can help.

### Consider These Facts

- Over 15 years from 1999 to 2014, obesity rates have increased significantly.
- Patients who carry excess fat around their waists (waist circumference greater than or equal to 35 inches in women or greater than or equal to 40 inches in men) are more likely to have health problems than if their fat is in their hips and thighs.



### 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.

### 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 150 minutes or more of physical activity each week. Talk with your health care provider before starting any diet or physical activity.

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.**

	BMI Range
Underweight	less than 18.5
Normal	18.5 – 24.9
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)