Know your healthy weight. Keep a healthy weight to help lower your risk for type 2 diabetes, heart disease and stroke. Excess weight increases the heart’s work and can raise blood pressure and blood cholesterol levels. Lifestyle changes that help you maintain a 3-5% weight loss are likely to result in meaningful improvements in blood glucose (blood sugar), triglycerides and helping manage type 2 diabetes.

BMI is...
Body mass index, or BMI, is an indicator of the percentage of body fat for most people. It is used as a screening tool to identify whether an adult is at a healthy weight. It takes your weight compared to your height. Here is how it is calculated: kilograms divided by height in meters squared (kg/m²).

Below are the ranges for most adults:
- Less than 18.5 kg/m² is considered underweight.
- Between 18.5 kg/m² and 25 kg/m² is considered a normal weight.
- Between 25 kg/m² and 29.9 kg/m² is considered overweight.

Increased risk for type 2 diabetes, high blood pressure and heart disease and stroke.
- 30 kg/m² or higher is considered obese.

Higher risk for heart disease and stroke.
- 40 kg/m² or higher is defined as extreme obesity.

Figure out your BMI
Type your height and weight into the ADA BMI Calculator.

Watch your waist
Waist circumference is the distance around your middle or natural waist. Your waistline could tell you if you are at a higher risk of getting obesity-related conditions. If your BMI is between 25-35 kg/m², the goal for waist circumference is less than 40 inches for men and less than 35 inches for women.

The difference a healthy body weight can make:
- More energy.
- Less joint and muscle pain.
- Better sleep.
- Lowers blood glucose, blood pressure and cholesterol.
- Lowers risk for heart disease.

Learn more at KnowDiabetesbyHeart.org

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