

# Body Weight and Type 2 Diabetes

## 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 ( $\text{kg}/\text{m}^2$ ).

Below are the ranges for most adults:

- Less than  $18.5 \text{ kg}/\text{m}^2$  is considered underweight.
- Between  $18.5 \text{ kg}/\text{m}^2$  and  $25 \text{ kg}/\text{m}^2$  is considered a normal weight.
- Between  $25 \text{ kg}/\text{m}^2$  and  $29.9 \text{ kg}/\text{m}^2$  is considered overweight.

### 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  $25\text{-}35 \text{ kg}/\text{m}^2$ , 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.

**Increased risk for type 2 diabetes, high blood pressure and heart disease and stroke.**

*30  $\text{kg}/\text{m}^2$  or higher is considered obese.*

**Higher risk for heart disease and stroke.**

*40  $\text{kg}/\text{m}^2$  or higher is defined as extreme obesity.*

Learn more at [KnowDiabetesbyHeart.org](https://www.knowdiabetesbyheart.org)