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 (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.

**Figure out your BMI**

Type your height and weight into the [ADA BMI Calculator](https://www.diabetes.org/calculate-bmi).

**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](https://www.knowdiabetesbyheart.org).

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