

Excess Weight and Type 2 Diabetes

People who are overweight or obese weigh more than is healthy for their height. Excess weight has been shown to increase the risk of certain conditions, including type 2 diabetes, heart disease, breathing problems, and some cancers.

In people with type 2 diabetes, obesity can make it harder to manage blood sugar. But even a small weight loss (losing 10 to 15 pounds) may help to lower your blood sugar.

How can I tell if I am overweight or obese?

Body Mass Index (BMI) is used to check if a person may be overweight or obese. A person's height and weight are used to determine their BMI. The higher your BMI, the higher your risk for developing serious health problems.

- Use the BMI Chart on the back of this sheet to find your BMI. Write it here: _____.
- Then place a check mark next to your BMI category in the chart to the right.

BMI	
<input type="checkbox"/> Underweight	Below 18.5
<input type="checkbox"/> Normal	18.5–24.9
<input type="checkbox"/> Overweight	25.0–29.9
<input type="checkbox"/> Obese	30.0 and Above

If I am overweight or obese, what should I do?

Talk with your healthcare provider about your concerns. Together you and your provider can make a plan for losing weight and keeping it off.

How can I get started?

Losing weight can be difficult. It means changing your eating and exercise habits. Weight loss also takes time. The key is to start slowly and set realistic goals.

Place a check mark next to the small steps you are ready to take now to help you lose weight and keep it off:

- **Reduce calories and fat**
 - I will make a list of everything I eat and drink, including the serving size.
 - I will set limits for calories and fat and keep track of the daily totals.
- **Exercise most days of the week**
 - I will keep an activity log with a list of what I did and for how long.
- **Keep track of weight and BMI**
 - I will weigh myself once a week and write down my weight.
- **Find a support system**
 - I will talk with other people who are trying to lose weight.
- **Other:** _____

Talk with your healthcare provider about excess weight and your diabetes.

(Continued)

Body Mass Index Chart

STEP 3 FIND YOUR BODY MASS INDEX NUMBER

HEIGHT	BODY WEIGHT (Pounds)																					STEP 2 FIND YOUR WEIGHT											
	BMI # 19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39					40	41	42	43	44	45	46	47
4'10	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244
4'11	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252
5'0	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261
5'1	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269
5'2	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278
5'3	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248	254	259	265	270	278	282	287
5'4	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296
5'5	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306
5'6	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315
5'7	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325
5'8	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335
5'9	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345
5'10	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355
5'11	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315	322	329	338	343	351	358	365
6'0	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368	375
6'1	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386
6'2	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396
6'3	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407
6'4	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418
	<input type="checkbox"/> Normal																					<input type="checkbox"/> Overweight				<input type="checkbox"/> Obese				<input type="checkbox"/> Extremely Obese			

STEP 1 FIND YOUR HEIGHT

Adapted from *Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report.*



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