

TYPE 2 DIABETES



Do the 2-Step

1. Know Your Risk.

If *more than one* of the following is TRUE about you, *go to Step 2* to see what you can do.

- An immediate family member with diabetes
- Overweight (See At-Risk Weight Chart)
- Get little or no Exercise
- Over age 45
- Blood Pressure Over 120/80
- Triglycerides Over 200
- Cholesterol Level Over 200
- Fasting Blood Sugar = 110-125
- Ethnic group is: African American, Hispanic/ Latino, Native American, Asian American, or Pacific Islander

At-Risk Weight Chart		
Height (ft., in. - no shoes)	Women (lbs.)	Men (lbs.)
4'9"	134	142
4'10"	137	146
4'11"	140	149
5'0"	143	153
5'1"	146	157
5'2"	150	160
5'3"	154	162
5'4"	157	165
5'5"	161	168
5'6"	164	172
5'7"	168	175
5'8"	172	179
5'9"	175	182
5'10"	178	186
5'11"	182	190
6'0"	186	194
6'1"	190	199
6'2"	194	203
6'3"	198	209

The chart above shows weights that are 20 percent heavier than what is recommended for men and women with a medium frame without clothes. If your weight is at or above the amount listed for your height, you may be at risk for diabetes.

SOURCE: Adapted from St. Luke's Episcopal Health System's Risk Assessment for Diabetes.

2. Take Action!

- Talk to your Doctor!
- Get your blood sugar level checked!
- **Eat Smart**– Aim for 5 fruits/vegetables a day and Cut the Junk!
- **Move More**– Aim for 30 minutes most days!
- Keep your weight under control!
- Get a regular checkup!

You cannot change your family history or your age. But, **YOU CAN** do something about healthier eating habits and increasing your exercise activities.