

# Body Weight & 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/m<sup>2</sup>).

Below are the ranges for most adults:

- Less than 18.5 kg/m<sup>2</sup> is considered **underweight**.
- Between 18.5 kg/m<sup>2</sup> and 25 kg/m<sup>2</sup> is considered a **normal weight**.
- Between 25 kg/m<sup>2</sup> and 29.9 kg/m<sup>2</sup> is considered **overweight**.
- 30 kg/m<sup>2</sup> or higher is considered **obese**.
- 40 kg/m<sup>2</sup> or higher is defined as **extreme obesity**.

Calculate your BMI: [diabetes.org/bmi-calculator](https://diabetes.org/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/m<sup>2</sup>, the goal for waist circumference is less than 40 inches for men and less than 35 inches for women.

# High Blood Pressure & Type 2 Diabetes:

## High Blood Pressure is...

when blood flows through the blood vessels with a force greater than normal.

Blood pressure is written as two numbers.

- Systolic Pressure (top number) - the pressure when the heart beats
- Diastolic Pressure (bottom number) - the pressure when the heart rests between beats

**Normal:** Lower than 120 / Lower than 80

**Elevated:** 120-129 / 80

**High (Stage 1 Hypertension):** 130-139/80-89

**High (Stage 2 Hypertension):** 140 / 90

**Hypertensive Crisis:** Higher than 180/Higher than 120

## LEARN MORE:

IF YOU HAVE DIABETES, THERE IS A LOT MORE YOU CAN DO TO REDUCE YOUR RISK FOR STROKE.

Talk to your doctor about your next steps. You're not in this alone. Find answers to your questions and join the initiative:

[KnowDiabetesbyHeart.org/join](https://KnowDiabetesbyHeart.org/join)

[cdc.gov/diabetes](https://cdc.gov/diabetes)

[abirebuildhealth.org](https://abirebuildhealth.org)

# WHAT IS DIABETES?

About 38 million adults have diabetes, and 1 in 5 of them don't know they have it.

Diabetes is the eighth leading cause of death.

Type 2 diabetes accounts for about 90% to 95% of all diagnosed cases of diabetes; type 1 diabetes accounts for about 5% to 10%.

Diabetes is a condition that causes your blood glucose (or blood sugar) levels to rise too high. These high blood glucose levels can cause damage to your body in different ways, and diabetes makes you more likely to have heart disease or a stroke.



# Diabetes:

## How It Works:

Your body makes and uses insulin (a hormone) to keep your blood sugar in the normal range. When you have diabetes, your body doesn't make enough insulin or can't use insulin efficiently. This causes your blood sugar levels to go too high.

## Common Symptoms:

- Cuts/bruises that are slow to heal
- Feeling thirsty often
- Extreme fatigue
- Urinating often
- Blurry vision

## 7 Tips to Care for Your Heart When You Have Type 2 Diabetes:

1. Check in with your doctor regularly. Ask about your heart health.
2. Continue healthy eating habits. Add fruits and veggies as a start. Eating better will help you \*feel\* better.
3. Keep moving. Alone or with a friend, it can feel great.
4. Self-care can be heart care. Lowering your stress is good for your mind and body.
5. Quit smoking. For ALL the reasons.
6. Monitor your blood glucose, blood pressure, cholesterol and weight.
7. Take medication(s) as prescribed.

## CALCULATE YOUR RISK FOR PREDIABETES:

[doihaveprediabetes.org/](http://doihaveprediabetes.org/)

# A1C & Type 2 Diabetes:

A1C is a simple blood test, done with an easy finger prick, that measures a person's average blood glucose (blood sugar) level over the past two or three months. Individuals living with type 2 diabetes are encouraged to get an A1C test at least twice a year, more often if your medicine changes or if you have other health conditions. Ask your health care team about how often is right for you.

Overtime, high blood glucose levels (hyperglycemia) can put individuals living with Type 2 Diabetes at risk for serious health problems, such as:

- Heart disease
- Stroke
- Kidney disease
- Blindness
- Nerve problems

## The Range:

- Prediabetes: 5.7% - 6.4%
  - Estimated average glucose (eAG): 117 - 137 mg/dl
- Diabetes: 6.5% or higher
  - Estimated average glucose (eAG): 140 mg/dl or higher

## Keep In Mind:

A1C is a personalized goal. Your health care team may ask you to aim for a higher or lower A1C. Here are some considerations:

- If you have frequent hypoglycemic events (low blood glucose) or don't experience symptoms of hypoglycemia.
- If you have complications such as heart disease.
- If you are an older adult.

# LDL Cholesterol & Type 2 Diabetes:

LDL (low-density lipoprotein) cholesterol is sometimes called "bad" cholesterol. With LDL cholesterol, a lower number helps lower your risk for heart attack and stroke. If you are living with type 2 diabetes, you are twice as likely to have a heart attack or stroke.

## What is LDL Cholesterol?:

Cholesterol is a waxy, fat-like substance in your blood that's important for good health. But too much LDL cholesterol can cause fatty buildups (plaque) in blood vessels (arteries, veins, capillaries) that can lead to a heart attack or stroke.

## Lower is Better:

Adults 20 years and older should have their cholesterol checked every four to six years. For people that have problems with their cholesterol and not on cholesterol-lowering therapy, testing may be less frequent. A simple blood test, called a lipid profile, provides your cholesterol numbers.

Discuss what your LDL cholesterol number should be with a health care professional. For adults (40-75 years old) living with type 2 diabetes, your health care professional may prescribe a medication, called a statin, to lower your LDL and give you a target of 70 mg/dL or lower

## How to Lower Your LDL Cholesterol?:

- Eat a healthy diet of vegetables, fruits, whole grains, fish and seafood
- Replace saturated fats (from animals) with unsaturated fats (from plants)
- Physical activity and exercise
- Stop tobacco use
- Take medications as prescribed