

# Take these small steps now to Prevent Diabetes



## Find out if you are at risk.



Asian Americans and Pacific Islanders who are overweight are at high risk for type 2 diabetes. Talk to your health care provider about YOUR risk. To learn more, see the risk test on the other side.

## Lose a small amount of weight.



Being overweight puts you at higher risk for type 2 diabetes. The weight you think is normal for you may not be a healthy weight. Check the chart on the other side to see if your weight puts you at risk for diabetes. Losing as little as 10 pounds can help reduce your risk. You can do it by being more active and eating healthy.

## Be more active.



Choose an activity you enjoy. Take a walk, swim, bike ride, dance, or play ball with your children. Be physically active 30 minutes a day 5 days a week.

## Eat healthy.



Make healthy food choices and eat smaller servings. Cut down on fatty and fried foods. Choose more fruits and vegetables, dried beans, and whole grains.

## Record your progress.



Every day write down all the things you eat and drink and the number of minutes you are active. Keeping a diary is one of the best ways to lose weight and keep it off.

## Keep at it.

Make one new change each week. If you get off track, start again and keep going.

## Call 1-800-438-5383 to learn more.



The National Diabetes Education Program can help you. Call and ask for your free GAME PLAN for preventing type 2 diabetes.

[www.ndep.nih.gov](http://www.ndep.nih.gov)

# The rewards will last a lifetime.

# Are you at risk for type 2 diabetes?

To find out about your risk for diabetes, check each item that applies to you.

- My weight puts me at risk for diabetes.
- I have a parent, brother, or sister with diabetes.
- I am Asian American or Pacific Islander.
- I had diabetes when I was pregnant or I gave birth to at least one baby weighing 9 pounds or more.
- My blood pressure is 140/90 or higher or I have been told that I have high blood pressure.
- My cholesterol (lipid) levels are not normal. My HDL cholesterol ("good" cholesterol) is less than 40 (for men) or less than 50 (for women), or my triglyceride level is 250 or higher.
- I exercise fewer than three times a week.

**Keep in mind:** As people get older, their risk for type 2 diabetes increases.

## What is pre-diabetes?

This is when blood glucose levels are higher than normal, but not high enough to be diabetes. If you have pre-diabetes, you are more likely to develop type 2 diabetes and its serious complications, such as heart disease, stroke, blindness, kidney failure, and nerve damage.



The **good news** is research shows that people with pre-diabetes can prevent type 2 diabetes by taking small steps toward living a healthy life. Ask your health care provider about your risk for pre-diabetes and diabetes and if you should be tested.

**Call 1-800-438-5383 to learn more.**

## AT-RISK WEIGHT CHARTS

Find your height in the correct chart. If your weight is equal to or greater than the weight listed, you are at increased risk for type 2 diabetes.

| IF YOU ARE ASIAN AMERICAN |        | IF YOU ARE PACIFIC ISLANDER |        | IF YOU ARE NOT ASIAN AMERICAN OR PACIFIC ISLANDER |        |
|---------------------------|--------|-----------------------------|--------|---|--------|
| AT RISK BMI ≥ 23          |        | AT RISK BMI ≥ 26            |        | AT RISK BMI ≥ 25                                  |        |
| HEIGHT                    | WEIGHT | HEIGHT                      | WEIGHT | HEIGHT  | WEIGHT |
| 4'10"                     | 110    | 4'10"                       | 124    | 4'10"   | 119    |
| 4'11"                     | 114    | 4'11"                       | 128    | 4'11"   | 124    |
| 5'0"                      | 118    | 5'0"                        | 133    | 5'0"  | 128    |
| 5'1"                      | 122    | 5'1"                        | 137    | 5'1"  | 132    |
| 5'2"                      | 126    | 5'2"                        | 142    | 5'2"  | 136    |
| 5'3"                      | 130    | 5'3"                        | 146    | 5'3"  | 141    |
| 5'4"                      | 134    | 5'4"                        | 151    | 5'4"  | 145    |
| 5'5"                      | 138    | 5'5"                        | 156    | 5'5"  | 150    |
| 5'6"                      | 142    | 5'6"                        | 161    | 5'6"  | 155    |
| 5'7"                      | 146    | 5'7"                        | 166    | 5'7"  | 159    |
| 5'8"                      | 151    | 5'8"                        | 171    | 5'8"  | 164    |
| 5'9"                      | 155    | 5'9"                        | 176    | 5'9"  | 169    |
| 5'10"                     | 160    | 5'10"                       | 181    | 5'10"   | 174    |
| 5'11"                     | 165    | 5'11"                       | 186    | 5'11"   | 179    |
| 6'0"                      | 169    | 6'0"                        | 191    | 6'0"  | 184    |
| 6'1"                      | 174    | 6'1"                        | 197    | 6'1"  | 189    |
| 6'2"                      | 179    | 6'2"                        | 202    | 6'2"  | 194    |
| 6'3"                      | 184    | 6'3"                        | 208    | 6'3"  | 200    |
| 6'4"                      | 189    | 6'4"                        | 213    | 6'4"  | 205    |

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



A message from the National Diabetes Education Program, sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention.