

# Two reasons I find time to prevent diabetes... *my future and theirs.*

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 or pre-diabetes — that means a person's blood glucose levels are higher than normal, but not yet high enough to be called diabetes. Talk with your doctor about YOUR risk. To learn more, take the risk test on the other side of this tip sheet.



## Lose a small amount of weight.

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. You can prevent or delay type 2 diabetes by losing as little as 10 pounds.



## Be more physically active.

Choose an activity you enjoy. Ask family members or friends to be active with you. Take a walk, swim, bike ride, dance, or play ball — together. Be active at least 30 minutes a day, 5 days a week to help you lose weight and stay healthy.



## Make healthy food choices.

Choose more fruits and vegetables, fish, lean meats, whole grain rice, and low-fat or skim milk and cheese. Make healthy food choices as a family. Keep healthy snacks such as fruit in the house. Eat fewer fatty and fried foods. Serve smaller portions. Choose water to drink.



## Record your progress.

Every day write down all the foods you eat and drink and the number of minutes you are active. Review it every day. Keeping a diary is one of the best ways to stay focused and reach your goals.

## Keep at it.

Add one new change each week. If you or your family members get off track, start again and keep going.



## Call 1-800-438-5383 or visit [www.ndep.nih.gov](http://www.ndep.nih.gov) to learn more.

The National Diabetes Education Program (NDEP) offers materials that can help you make healthy food choices to prevent or delay type 2 diabetes. Order a free booklet for adults at risk called *Your GAME PLAN to Prevent type 2 Diabetes*.

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

National Diabetes Education Program

# 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.

- I am 45 years of age or older.
- 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 am fairly inactive. I am physically active less than three times a week.
- I have been told that I have polycystic ovary syndrome (PCOS).
- I have had diabetes while I was pregnant (this is called gestational diabetes) or I gave birth to a baby weighing 9 pounds or more.
- I have been told that my glucose levels are higher than normal.
- 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 35 or my triglyceride level is higher than 250.
- Patches of skin around my neck and armpits appear dark, thick, and velvety. This is called acanthosis nigricans (A-can-THO-sis NI-gri-cans).

- I have been told I have blood vessel problems affecting my heart, brain, or legs.

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



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## 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*



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

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