

Body Mass Index Chart																
Height (Inches)	Healthy Weight 19 - 24.9						Overweight 25.0 - 29.9					Obese 30.0+				
	Weight (in pounds)						Weight (in pounds)					Weight (in pounds)				
	BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	35
4'4"(52)	74	77	81	85	89	93	97	101	104	108	112	116	120	124	135	154
4'5"(53)	76	80	84	88	92	96	100	104	108	112	116	120	124	128	140	160
4'6"(54)	79	83	88	92	96	100	104	108	112	117	121	125	129	133	146	166
4'7"(55)	82	87	91	95	99	104	108	112	117	121	125	130	134	138	151	173
4'8"(56)	85	90	94	99	103	108	112	116	121	125	130	134	139	143	157	179
4'9"(57)	88	93	98	102	107	111	116	121	125	130	135	139	144	148	162	185
4'10"(58)	91	96	101	106	111	115	120	125	130	134	139	144	149	154	168	192
4'11"(59)	95	100	104	109	114	119	124	129	134	139	144	149	154	159	174	199
5'0"(60)	98	103	108	113	118	123	129	134	139	144	149	154	159	164	180	205
5'1"(61)	101	106	112	117	122	128	133	138	143	149	154	159	165	170	186	212
5'2"(62)	104	110	115	121	126	132	137	143	148	154	159	165	170	175	192	219
5'3"(63)	108	113	119	125	130	136	142	147	153	159	164	170	176	181	198	226
5'4"(64)	111	117	123	129	135	140	146	152	158	164	169	175	181	187	204	234
5'5"(65)	115	121	127	133	139	145	151	157	163	169	175	181	187	193	211	241
5'6"(66)	118	124	131	137	143	149	155	162	168	174	180	186	193	199	217	248
5'7"(67)	122	128	135	141	147	154	160	167	173	179	186	192	198	205	224	256
5'8"(68)	125	132	139	145	152	158	165	172	178	185	191	198	204	211	231	264
5'9"(69)	129	136	143	149	156	163	170	177	183	190	197	204	210	217	238	271
5'10"(70)	133	140	147	154	161	168	175	182	189	196	203	210	217	224	244	279
5'11"(71)	137	144	151	158	165	173	180	187	194	201	208	216	223	230	251	287
6'0"(72)	141	148	155	163	170	177	185	192	200	207	214	222	229	236	259	295
6'1"(73)	145	152	160	167	175	182	190	198	205	213	220	228	235	243	266	304
6'2"(74)	148	156	164	172	180	187	195	203	211	219	226	234	242	250	273	312
6'3"(75)	153	161	169	177	185	193	201	209	217	225	233	241	249	257	281	321
6'4"(76)	157	165	173	181	189	198	206	214	222	231	239	247	255	263	288	329
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	35	40

Step 1:
Find your height
here. 

Step 2:
Follow across
until you come
to your weight,
or the closest
weight to your
own.

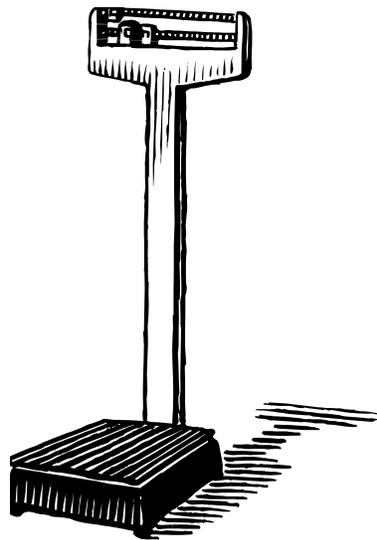
Step 3:
Your BMI will be
at the bottom of
the column 
under your
height.

1. BMI

Do you know your BMI?

BMI stands for Body Mass Index. It compares your weight to your height.

It helps healthcare providers see if you are at a healthy or unhealthy weight. The higher your BMI, the higher your risk for type 2 diabetes, heart disease, high blood pressure, gallstones, breathing problems, and some cancers.



Risk: Being overweight or obese can contribute to insulin resistance.

Solutions: losing just 10-20 pounds can reduce your risk.

You can do this by eating healthier and exercising more often. For example:

- Replace sugar sweetened drinks with water or low fat milk
- Take a 15 minute walk after lunch or dinner every other day
- Ask your WIC Nutritionist for healthy recipes

2. Waist Circumference

What's your waist circumference? Don't know? Let's measure!

Your waist circumference is best measured at the waist around the belly button. This is an area where fat can build up.

How to Measure:

- Wrap the tape measure around your belly at your belly button
- Be sure the tape is snug, but doesn't push into your skin
- Make sure the tape is level all the way around you
- Breathe out normally and then measure.



For **women**, a waist measurement bigger than **35 inches** means a higher risk for type 2 diabetes, heart disease, and other illnesses.

For **men**, a waist measurement bigger than **40 inches** means a higher risk for type 2 diabetes, heart disease, and other illnesses.

Risk: The greater amount of fat around the waist, the greater chance of insulin resistance.

Solutions: Losing just 10-20 pounds can reduce your risk.

You can do this by eating healthier and exercising more often. For example:

- Add one serving of vegetables to one of your meals
- Do sit-ups, push-ups, or jumping jacks during the commercials
- Split meals with a friend or family member when you go out to eat

3. Physical Activity

How many minutes a week do you do something physically active?

The recommended amount of activity is 150 minutes per week.



Risk: Sedentary lifestyles (doing no physical activity) can increase the risks for diabetes.

Solutions: Increasing physical activity can lower the risk of diabetes and obesity as well as other health issues like heart disease and some cancers.

You can do any kind of activity – walking, gardening, swimming. To get in more activity:

- Instead of watching TV, walk and talk with a friend, family member, or your dog
- Get up and walk around every hour if you spend a lot of time sitting
- Split up activity during the day – do 15 minutes in the afternoon and 15 minutes in the evening.

4. Blood Pressure

Do you know your blood pressure?

If you don't, ask what your numbers are the next time a doctor, nurse, or health care provider checks it.



Risk: Having blood pressure higher than 140/90 is linked to type 2 diabetes.

Solutions: Increasing physical activity, losing weight, limiting alcohol, not smoking, reducing stress, and eating a healthy diet can help you lower your blood pressure.

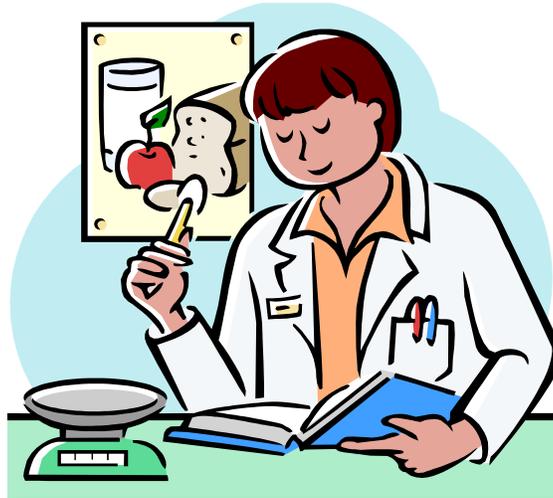
Some ways you can do this are:

- Ask your WIC Nutritionist how to help you lower your sodium (salt) intake
- Try deep-breathing exercises, yoga, or meditation to help with stress
- Find support from family and friends – if you need someone to talk to, a ride to an appointment, or a workout buddy

5. Cholesterol

Have you had your cholesterol checked? Do you know your numbers?

If not, ask your doctor.



Blood cholesterol levels that are *risky* for diabetes are:

Total cholesterol 200 mg/dL or more

LDL cholesterol 100 mg/dL or more

Triglycerides of 150 mg/dL or more

HDL *under* 55 mg/dL for women (this is your good cholesterol)

Risk: Cholesterol is the amount of lipid (fat) levels found in the blood and having too much of the bad kinds can lead to insulin resistance and heart disease.

Solutions: Increasing physical activity, losing weight, not smoking, and eating a healthy diet can help you lower your cholesterol.

Some ways you can improve your cholesterol are:

- Ask your WIC Nutritionist how to help you choose healthier fats
- Take the stairs instead of the elevator
- Add more fish and nuts to your diet

6. Smoking

Do you smoke?



Risk: Smokers are 30-40% more likely to develop type 2 diabetes than nonsmokers. The more you smoke, the higher your risk. Smoking is also linked to many other health issues like heart disease, respiratory disease, cancer, and stroke.

Solutions: Quit smoking. If you can't quit right away, slowly reduce the amount you smoke. Get help with quitting, it's hard to do!

Some ways you can do this are:

- Call 1-800-QUIT-NOW
- Talk to your WIC office about other resources in your community
- Ask your doctor about other ways you can safely quit smoking

7. Prediabetes, Metabolic Syndrome, Acanthosis Nigricans

Have you been diagnosed with any of these?

Prediabetes - means your blood sugar is higher than normal, but not high enough yet to be called type 2 diabetes.

Metabolic syndrome – this happens when a person has all three of these conditions at one time: high blood sugar levels, too much fat around the waist, and high cholesterol numbers.

Acanthosis Nigricans – This is a skin condition where the skin looks darker or dirty, but doesn't wash off. It happens usually in body folds like the armpits and neck.

Risk: If you have been diagnosed with any of the following – prediabetes, metabolic syndrome, or acanthosis nigricans – you are at a high risk for diabetes.

Solutions: Start changing your lifestyle! Get active, lose extra weight, and eat a healthy diet.

Some ways you can do this are:

- Ask your WIC Nutritionist how you can make small changes to reach your goals
- Sign up for a race or healthy event
- Replace one unhealthy food, with a healthy food each week

