

## AT-RISK BODY MASS INDEX CHART

Shaded Areas Indicate  
Healthy Body Mass Index of 25 or Less  
(A complete chart is available at the Diabetes Foundation.)

BMI	24	25	26	27	28
Height					
4'10"	115	119	124	129	134
4'11"	119	124	128	133	138
5'0"	123	128	133	138	143
5'1"	127	132	137	143	148
5'2"	131	136	142	147	153
5'3"	135	141	146	152	158
5'4"	140	145	151	157	163
5'5"	144	150	156	162	168
5'6"	149	155	161	167	173
5'7"	153	159	166	172	178
5'8"	158	164	171	177	184
5'9"	162	169	176	182	189
5'10"	167	174	181	188	195
5'11"	172	179	186	193	200
6'0"	177	184	191	199	206
6'1"	182	189	197	204	212
6'2"	187	194	202	210	218
6'3"	192	200	208	216	224
6'4"	197	205	213	222	230

The new National Heart, Lung and Blood Institute guidelines propose using the Body Mass Index (BMI) because the index is simple and applies to both men and women. A desirable BMI of 25 or less greatly reduces incidence of Type 2 diabetes, some cancers, stroke and heart disease.

## AM I AT RISK FOR DIABETES?

Please check the answer that applies to you:

1. My body mass index is greater than or equal to 27 (see chart at left).  
 Yes     No
2. I have a family member with diabetes (mother, father, sister, brother).  
 Yes     No
3. I am over age 30 and am in a high risk group.\*  
 Yes     No
4. I am a member of a high risk ethnic group (African-American, Native American, Hispanic/Latino, Asian-American or Pacific Islander).  
 Yes     No
5. (For women) I delivered a baby who weighed over 9 pounds at birth.  
 Yes     No
6. I get little or no exercise.  
 Yes     No
7. I am over age 40 with no other risk factors.  
 Yes     No

If you answered yes to one or more of the questions you may be at risk for developing diabetes!

\*ACE Guidelines, 2003

## WHAT CAN I DO TO REDUCE MY CHANCES OF DEVELOPING TYPE 2 DIABETES?

The Diabetes Prevention Program (DPP) was a major research study to determine whether diet and exercise or oral diabetes medicine could prevent or delay the onset of type 2 diabetes in people with a pre-diabetes condition called "impaired glucose tolerance" or IGT. Results of the study showed diet and exercise sharply reduced the chances that a person with IGT would develop diabetes. **STAY ACTIVE!** Try to keep your body mass index below 27 (see chart at left), reduce the stress in your life and don't smoke! Have your blood sugar checked as part of your yearly physical.

# WAKE UP MISSISSIPPI!

# ARE YOU AT RISK?



DIABETES  
FOUNDATION  
OF MISSISSIPPI, INC.



This program sponsored in part by:



For more information on Diabetes, please call the:

Diabetes Foundation of Mississippi at

**1-877-DFM-CURE**

**(1-877-336-2873)**

or 601-957-7878

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[www.msdiabetes.org](http://www.msdiabetes.org)

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## WHAT IS DIABETES?

Diabetes is a disease that affects your body's ability to produce and use insulin. Insulin is a hormone made in the pancreas. Insulin allows glucose (sugar) from the food we eat to get into the cells of our body where it is used for energy. When you have diabetes, your body either doesn't make enough insulin or it can't use the insulin it produces very well. Glucose builds up in the blood.

Type 1 diabetes usually appears in children or young adults while type 2 diabetes usually appears after age 40. However, children who are overweight are at high risk for developing type 2 diabetes.

Another type of diabetes, gestational diabetes, appears during pregnancy. Women who develop gestational diabetes are at greater risk for developing type 2 diabetes later in life.

## WHAT ARE THE WARNING SIGNS OF DIABETES?

Unfortunately, many people with undiagnosed diabetes have no warning signs at all! Extreme thirst, frequent urination, numb/tingling feet, blurry vision, fatigue, weight loss, sores that don't heal are all signs of diabetes. Don't wait for warning signs if you are at risk of developing diabetes!

## WHO IS AT RISK?

People with a family history of diabetes, people who are overweight, over age 40, people who are not very active, and women who had a baby weighing over 9 pounds are at the highest risk. People of African American, Hispanic/Latino, Asian American/Pacific Islander ancestry are also at high risk of developing diabetes.

## WHAT PROBLEMS DOES DIABETES CAUSE?

Diabetes is the leading cause of heart disease, kidney disease, adult onset blindness, amputations and stroke. Diabetes is the seventh leading cause of death by disease in the United States.

## HOW MANY PEOPLE HAVE DIABETES?

It is estimated by the Center for Disease Control that 20.8 million Americans have diabetes. **Approximately 346,500 Mississippians have diabetes and 115,000 are unaware that they have the disease!**

## HOW DO I FIND OUT IF I HAVE DIABETES?

Your doctor or health care worker can do a simple blood test to see if your blood sugar is in the normal range or if it is too high.

## IS THERE A CURE FOR DIABETES?

There is no cure for diabetes – yet, but diabetes can be delayed and possibly prevented. There are new diabetes medicines to help keep your blood sugar under tighter control, and new blood sugar monitors to give you fast, accurate readings. Several studies including the Diabetes Control and Complications Trial (DCCT) and United Kingdom Prospective Diabetes Study (UKPDS) showed that very good control of blood sugar lowers your risk of developing complications from diabetes. So, if you have diabetes, it really pays to keep your blood sugar in good control!

## STAY HEALTHY

- Work with your doctor or health provider to develop a plan to get your blood sugar, blood pressure and cholesterol as close to normal range as possible. Check your blood sugar at least once daily!
- Make sure that you have a foot exam, dilated eye exam, urine protein test (microalbumin) to test for kidney disease done every year. Have your lipid profile (cholesterol, HDL and LDL, triglycerides) done each year.
- Have a hemoglobin A1C (“A-one-C”) done 3-4 times a year.
- Have a dental exam twice a year (brush and floss daily!).
- Exercise at least 30 minutes three times a week. Get a friend to join you! Walking is a safe, inexpensive way to increase your activity.
- Read all that you can about diabetes and get regular checkups at your doctor's office or clinic. Call the Diabetes Foundation of Mississippi for free information on diabetes.

## AACE GUIDELINES FOR PEOPLE WITH DIABETES\*

### Blood glucose goals:

normal fasting: < 100 mg/dl

2 hours after eating: < 140 mg/dl

**Hemoglobin A1c:** < 6.5%

**Blood pressure:** < 130/80

**Blood lipids:** total cholesterol < 200 mg/dl

HDL: (good cholesterol) > 45mg/dl

LDL: < 130 mg/dl

Triglycerides: < 200 mg/dl

\*Adapted from American Association of Clinical Endocrinologists Medical Guidelines for the Management of Diabetes Mellitus: The AACE System of Intensive Diabetes Self-Management, 2002 Update and The American Association of Clinical Endocrinologists Medical Guidelines for the Diagnosis and Treatment of Dyslipidemia and Prevention of Atherogenesis, 2002 Amended Version.