

At-Risk Weight Chart

Height <i>in feet and inches without shoes</i>	Weight <i>in pounds without clothing</i>
4' 10"	129
4' 11"	133
5' 0"	138
5' 1"	143
5' 2"	147
5' 3"	152
5' 4"	157
5' 5"	162
5' 6"	167
5' 7"	172
5' 8"	177
5' 9"	182
5' 10"	188
5' 11"	193
6' 0"	199
6' 1"	204
6' 2"	210
6' 3"	216
6' 4"	221

If you weigh the same as or more than the amount listed for your height, you may be at risk for diabetes.

Are diet and exercise beneficial for those who have diabetes?

Research has clearly shown that diet and exercise help people with type 2 diabetes to control their blood glucose, blood pressure, and blood lipids.

Diabetes Self Management Training Program Coordinator

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Resources:

"Could You Be at Risk for Diabetes?" American Diabetes Association 2003. "Small steps big rewards, Your Game Plan for preventing Type 2 Diabetes," NIH publication No 03-5334, February 2003. US Department of Health and Human Services. "Newly Diagnosed?" American Diabetes Association, 1999.



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What do the blood glucose levels tell us?

Everyone has glucose (sugar) in their blood, whether or not they have diabetes. This glucose comes from food.

When we eat, the digestive process breaks down carbohydrates into glucose, which is absorbed into the blood.

People who don't have diabetes rely on insulin, a hormone made in the pancreas, to move glucose from the blood into the body. But people who have diabetes either don't produce enough glucose or can't use the insulin they produce very well. Without insulin, they can't move the sugar into the cells. Glucose accumulates in the blood, a condition called hyper (high) glycemia (glucose in the blood). Hyperglycemia causes thirst, the need to urinate frequently, blurred vision, fatigue, and other symptoms. Over time, high blood sugars can cause very serious medical problems.

A diagnosis of diabetes is two fasting blood sugars before eating. A person's blood glucose after an overnight fast greater than or equal to **126** or two random readings greater than or equal to **200**.



What is diabetes?

About 20.8 million Americans have diabetes mellitus, a disease in which blood glucose (blood sugar) levels are above normal. Most of those with diabetes have type 2, which usually occurs after the age of 45, but is occurring increasingly more often in younger adults and even adolescents and children.

High glucose levels can lead to problems such as heart disease, stroke, vision loss, kidney disease and nerve damage. About 1/3 of people with diabetes do not know they have it until they are faced with problems such as blurred vision or heart trouble. That's why you need to know what your blood sugar level.

Could you have Diabetes?

Diabetes is a silent disease. You can have it for years and not know it. During this time, harm to your eyes, nerves, and kidneys may have been going on for seven to ten years. If your blood sugar check is within the range for a diagnosis of diabetes need to follow-up with your healthcare provider. Only your healthcare provider can determine if you have diabetes. At your next office visit, find out for sure. If you are low risk for having diabetes now, don't just forget about it. Keep your risk low by losing weight (if you are overweight), being active on most days, and eating low fat meals that are high in fruits and vegetables, and whole grain foods.

What is your risk for developing diabetes?

- Your weight puts you at high risk according to the At-Risk Weight Chart (in this pamphlet).
- You have a parent, brother, or sister with diabetes.
- Your family background is African American, American Indian, Asian American, Hispanic/Latino or Pacific Islander.
- You have had gestational diabetes or a baby weighing 9 pounds or more.
- Your blood pressure is 130/80 or higher, or you have been told you have high blood pressure.
- Your cholesterol (lipid) levels are not normal. Your HDL cholesterol ("good" cholesterol) is less than 40 for men and less than 50 for women, or your triglyceride level is 250 or higher.
- You are fairly inactive. You exercise fewer than 3 times a week.
- You're over the age of 45.

