



TAKING CHARGE OF MY TYPE 2 DIABETES

The Importance of Maintaining a Healthy Weight

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Finding Your Healthy Weight Is Important

Getting to a healthy weight and staying on track can be a challenge. But it is very important when you have type 2 diabetes. Making healthy food choices, staying active, and following your treatment plan may help you manage your type 2 diabetes.¹

It is important to find your healthy weight because being overweight or obese may have an impact on your overall health.² Staying at a healthy weight may help you feel good about yourself and give you more energy to enjoy life.³

Being Overweight/Obese— Know Your Risks

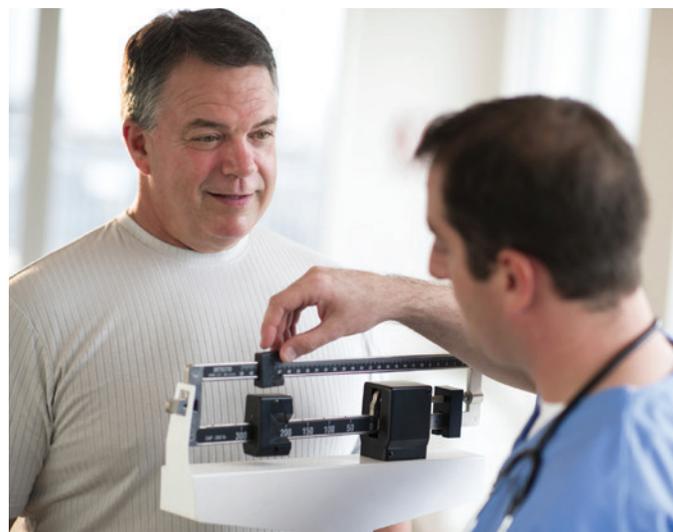
Having type 2 diabetes and being overweight or obese may raise your risk for having certain health problems like high blood pressure, unhealthy cholesterol levels, and high blood sugar.⁴ It may also lead to certain life-threatening health problems such as⁵:

- Heart disease
- Stroke
- Kidney failure

Other health problems linked to being overweight or obese include certain types of cancer, sleep disorders, osteoarthritis, and fatty liver disease. Pregnancy problems may also occur, such as high blood sugar during pregnancy, high blood pressure, and a higher risk for cesarean delivery.⁶

Talk to Your Doctor to Find Your Healthy Weight

You and your healthcare team can work together to find your healthy weight and to develop a weight loss plan that's right for you.



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If you have just been diagnosed with type 2 diabetes and are overweight or obese, talk to your doctor about your weight and how you can work together to lose weight, improve your health, and feel better.
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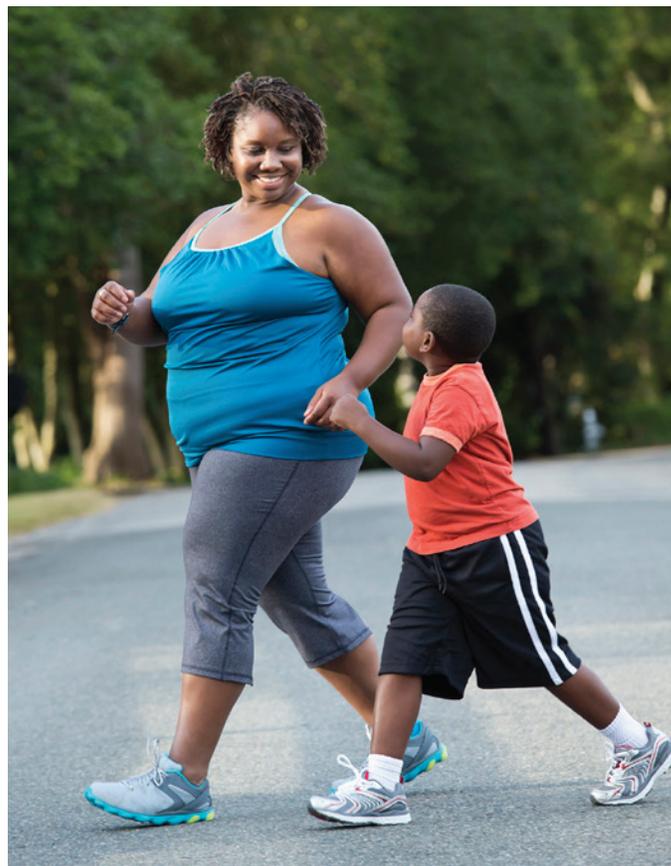
Losing Weight to Help You Manage Your Type 2 Diabetes

If you are overweight or obese, losing weight may help you prevent and manage health problems that may occur. The good news is you don't have to lose a lot of weight to gain valuable health benefits.⁴

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Losing just 5 to 7 percent of your body weight and doing moderately intense exercise (like brisk walking) for a few hours a week may help.⁶ For example, if you are a woman who weighs 200 pounds, losing 5 percent of your body weight is about 10 pounds—and that may make a big difference.⁴
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Some benefits to losing weight may include the following:

- Losing weight may help prevent or delay health problems such as high blood pressure and certain kinds of cancer⁶
- You may have more energy to do the things you love³
- Losing weight may also help you cut down on some of the medicines you take to control your type 2 diabetes⁶



References: **1.** *The Power to Control Diabetes Is in Your Hands: Information About Diabetes and Related Medicare Benefits.* Bethesda, MD: National Diabetes Education Program; 2013. **2.** American Diabetes Association. Food and fitness: weight loss. <http://www.diabetes.org/food-and-fitness/weight-loss>. Accessed September 17, 2014. **3.** National Heart, Lung, and Blood Institute. Maintain a healthy weight. http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm. Accessed September 17, 2014. **4.** American Diabetes Association. Are you at risk? Overweight. <http://www.diabetes.org/are-you-at-risk/lower-your-risk/overweight.html>. Updated April 18, 2014. Accessed September 17, 2014. **5.** Centers for Disease Control and Prevention. *National Diabetes Statistics Report: Estimates of Diabetes and Its Burden in the United States, 2014.* Atlanta, GA: U.S. Department of Health and Human Services; 2014. **6.** National Institute of Diabetes and Digestive and Kidney Diseases, Weight-control Information Network. *Do You Know Some of the Health Risks of Being Overweight?* Bethesda, MD: Weight-control Information Network; 2012.

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