

# Weight management in diabetes

Weight management is an important part of diabetes care. It helps you achieve better blood sugar levels, so keeping within your optimal weight range is important.

## How do I know if my weight is within the optimal range?

Body Mass Index (BMI) screens for weight categories that may lead to increased risk of cardiovascular health problems, but it does not diagnose the body fatness or health of an individual. BMI is one of the many useful tools individuals can use to track their health.

**For Asians, a BMI 23 and greater is considered of increased risk.** You can use the formula to calculate your BMI, then check against the table.

**If you are overweight (BMI 23 and more), even losing 5 – 10% of your weight can help lower your blood sugar levels, blood pressure and cholesterol levels.**

Speak to your healthcare team for personalised advice on how best to achieve or maintain an optimal weight.

$$\text{BMI} = \frac{\text{Weight (kg)}}{\text{Height (m)} \times \text{Height (m)}}$$

## WHO Asian classification of BMI risk category

BMI (kg/m <sup>2</sup> )	Health Risk
27.5 and above	High risk for cardiovascular diseases <sup>^</sup>
23.0-27.4	Moderate risk for cardiovascular diseases <sup>^</sup>
18.5-22.9 [optimal]	Low risk for cardiovascular diseases <sup>^</sup>
Below 18.5	Risk of nutritional deficiency diseases and osteoporosis

<sup>^</sup>Cardiovascular diseases affect the heart or blood vessels, and include heart disease and stroke.