

## At-risk Weight Chart

Find your height in the correct chart. If your weight is equal to or greater than the weight listed, you are at increased risk for type 2 diabetes.

IF YOU ARE NOT ASIAN AMERICAN OR PACIFIC ISLANDER AT RISK BMI $\geq 25$		IF YOU ARE ASIAN AMERICAN AT RISK BMI $\geq 23$	
HEIGHT	WEIGHT	HEIGHT	WEIGHT
4'10"	119	4'10"	110
4'11"	124	4'11"	114
5'0"	128	5'0"	118
5'1"	132	5'1"	122
5'2"	136	5'2"	126
5'3"	141	5'3"	130
5'4"	145	5'4"	134
5'5"	150	5'5"	138
5'6"	155	5'6"	142
5'7"	159	5'7"	146
5'8"	164	5'8"	151
5'9"	169	5'9"	155
5'10"	174	5'10"	160
5'11"	179	5'11"	165
6'0"	184	6'0"	169
6'1"	189	6'1"	174
6'2"	194	6'2"	179
6'3"	200	6'3"	184
6'4"	205	6'4"	189