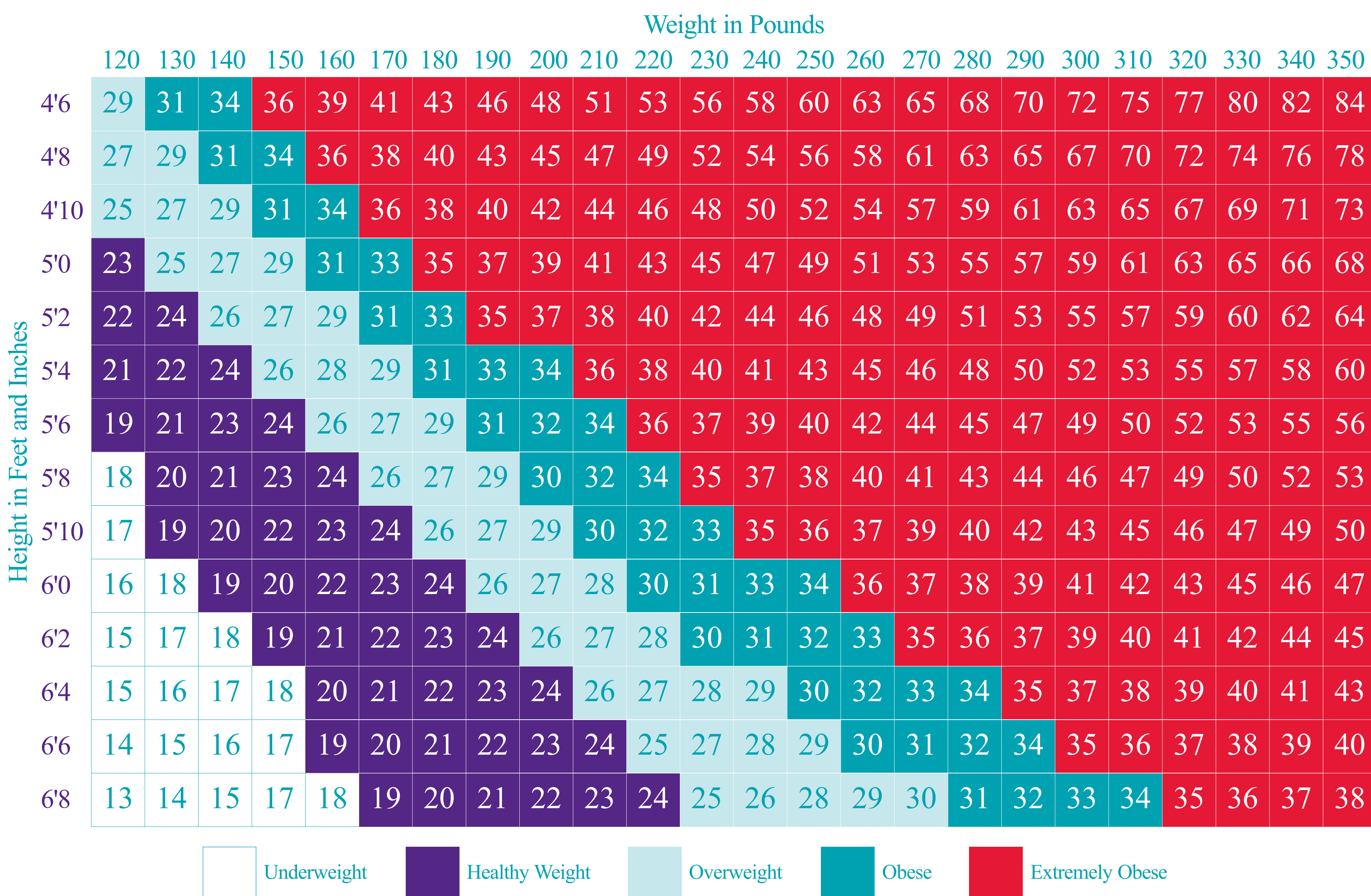


BODY MASS INDEX (BMI)

TARGET A HEALTHY WEIGHT



Note: This chart is for adults (20 years old or over)

- To determine your BMI, find your height and follow the line over to your weight. The number in the box where the two cross is your BMI.
- Overweight and obesity are major risk factors for type 2 diabetes as well as other serious health conditions including heart disease and cancer.
- If you are above your healthy BMI, talk with your health care provider about steps you can take to lose weight.

