



PROMOTE. PROTECT. PREVENT.

Diabetes At Risk Weight Chart

You may be at risk for diabetes if you weight the same as or more than the amount listed for your height .

- **Height** is measured in feet and inches without shoes
- **Weight** is measured in pounds without clothing.

Height	Weight
4'10"	129
<u>4'11"</u>	<u>133</u>
5'0"	138
5'1"	143
5'2"	147
5'3"	152
5'4"	157
<u>5'5"</u>	<u>162</u>
5'6"	167
5'7"	172
5'8"	177
5'9"	182
5'10"	188
<u>5'11"</u>	<u>193</u>
6'0"	199
6'1"	204
6'2"	210
6'3"	216
6'4"	221