

Contact Us



Contact

919-587-3511

diabeteshealthcheck@unchealth.unc.edu



Website

diabeteshealthcheck.org



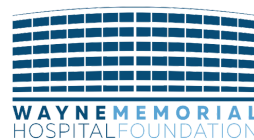
Address

2700 Wayne Memorial Drive,
Goldsboro, NC 27534



Events & Classes

Visit our website for a schedule of screening events and educational opportunities.



Sponsored by the Wayne Memorial Hospital Foundation

What is BMI?

Body Mass Index (BMI) is a measure that uses your height and weight to estimate body fat. It is a simple and widely used method to classify underweight, normal weight, overweight, and obesity in adults.

Why BMI Matters

A high BMI (25 or higher) can indicate high body fatness, which is a risk factor for type 2 diabetes, heart disease, high blood pressure, and other health issues. Maintaining a healthy weight can help reduce these risks and improve overall health.

A healthy well-balanced diet is critical for weight management. Consider reducing calorie intake if your goal is to lose weight. To lose weight you must spend more calories than you consume.



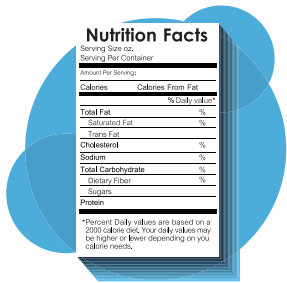
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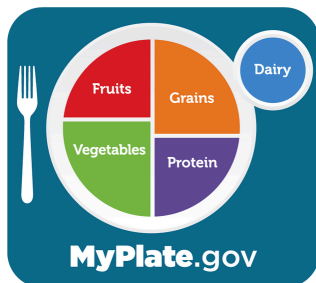
Weight Management

Limit Unhealthy Fats, Added Sugars, and Refined Carbs

Cut back on sweets, sugary drinks, and processed foods. Added sugars contribute to excess calories, and excess calorie intake leads to weight gain. Weight gain, along with higher blood glucose levels from consuming added sugars, leads to insulin resistance. Cutting down on added sugars is key in stopping this cycle. Choose lean meats, like poultry, fish and low-fat dairy.



Choose whole grains over refined grains. They are high in fiber and complex carbohydrates and do not break down as rapidly as refined grains in the digestive tract. So, they do not raise the blood sugar as dramatically.



Physical Activity for Weight Management

Regular physical activity is crucial for weight management and diabetes prevention.

Blood Sugar Control

Exercise helps lower blood sugar levels and improves your body's ability to use insulin.

Weight Reduction

Physical activity burns calories, which helps you lose weight and prevent weight gain.

Cardiovascular Health

Regular exercise strengthens your heart and improves circulation, reducing the risk of heart disease.

Mental Health

Physical activity can reduce stress, anxiety, and depression, contributing to overall well-being.

Muscle and Bone Strength

Weight-bearing exercises strengthen muscles and bones, reducing the risk of osteoporosis.



The Impact of Weight Loss on Diabetes Prevention

Reduce Your Risk

Losing weight significantly lowers your risk of developing type 2 diabetes. Even a modest weight loss of 5%-7% of your body weight can have substantial health benefits.

Reverse Prediabetes

Prediabetes is a condition where blood sugar levels are higher than normal but not yet high enough to be diagnosed as diabetes. Weight loss and proper management can help reverse prediabetes and prevent or delay if from progressing to type 2 diabetes.

Health Benefits

- Improved blood sugar control and decreased A1c
- Enhanced insulin sensitivity
- Lower blood pressure
- Reduced levels of bad cholesterol (LDL)
- Increased levels of good cholesterol (HDL)

By managing your weight, you can take control of your health and reduce the risk of diabetes and related complications.