

Women who develop gestational diabetes should also have follow-up testing 6 to 12 weeks after the baby is born to find out if they have type 2 diabetes or prediabetes. If results of testing are normal, testing should be repeated at least every 3 years. Blood glucose tests, rather than the A1C test, should be used for testing within 12 weeks of delivery.

Children and Teens

Type 2 diabetes has become increasingly common in children and teens. Children are at high risk for developing type 2 diabetes and should be tested if they are

- overweight or obese and have other risk factors, such as a family history of diabetes
- older than age 10 or have already gone through puberty

Body Mass Index (BMI)

Body mass index is a measurement of body weight relative to height for adults age 20 or older. To use the chart

- find the person's height in the left-hand column
- move across the row to find the number closest to the person's weight
- find the number at the top of that column

The number at the top of the column is the person's BMI. The words above the BMI number indicate whether the person is normal weight, overweight, or obese. People who are overweight or obese should consider talking with a health care provider about ways to lose weight and reduce the risk of diabetes.

The BMI has certain limitations. The BMI may overestimate body fat in athletes and others who have a muscular build and underestimate body fat in older adults and others who have lost muscle.

The BMI for children and teens must be determined based on age, height, weight, and sex. The Centers for Disease Control and Prevention (CDC) has information about BMI in children and teens, including a BMI calculator, at www.cdc.gov/nccdphp/dnpa/bmi. The CDC website also has a BMI calculator for adults.

A BMI calculator from the National Institutes of Health (NIH) is available at www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm. The NIH also has a free smartphone app for calculating BMI. People can search "My BMI Calculator" on their phone to find the app. The app also provides links to information about steps people can take to bring their BMI into a healthy range.

