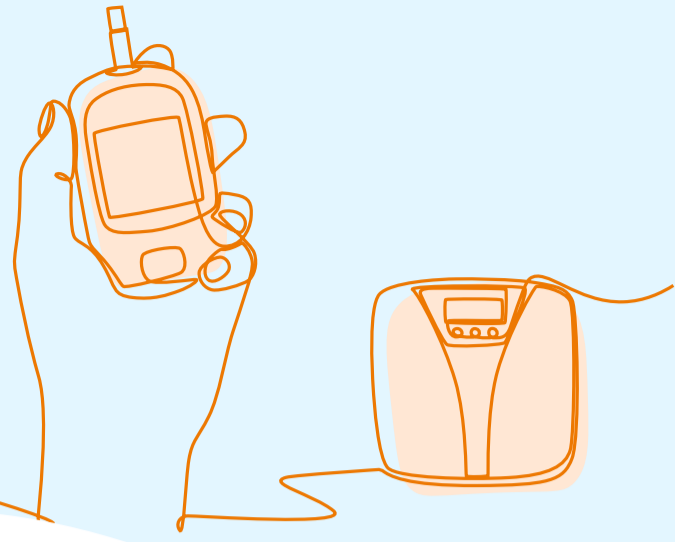
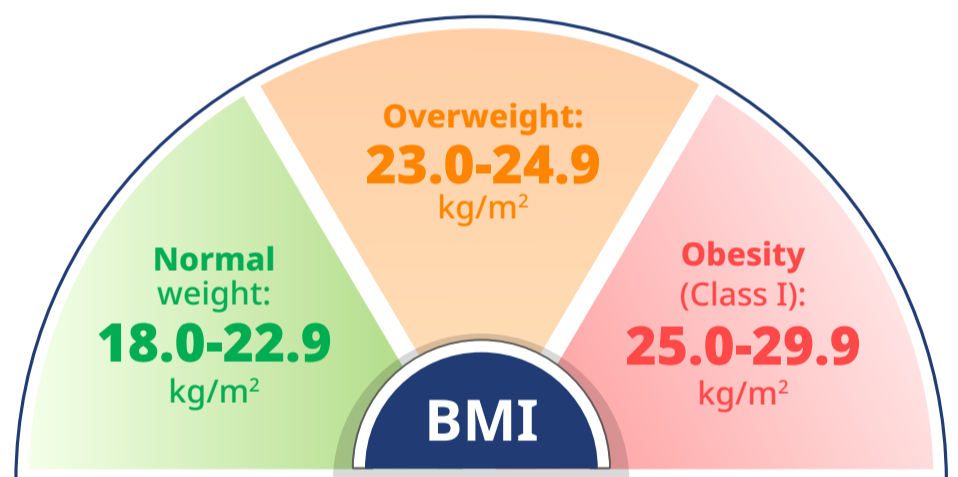
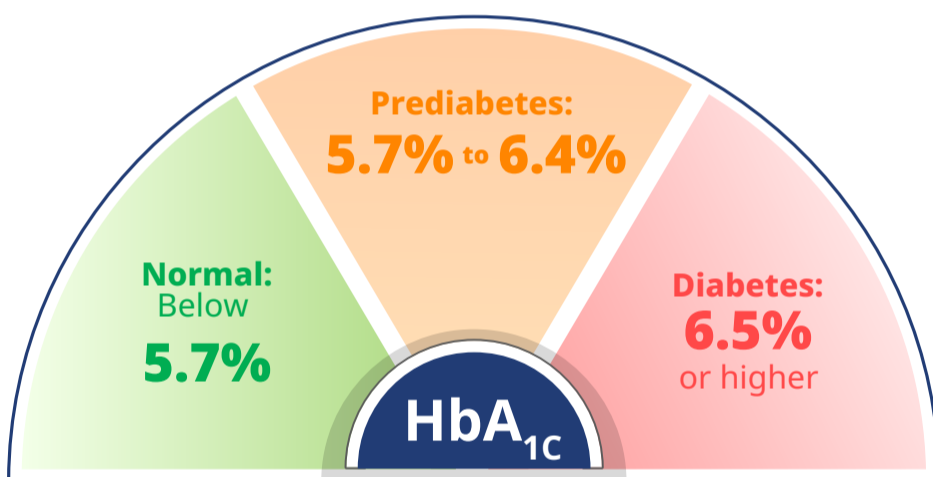


What is Diabetes?



When an **increase in weight** and **high blood sugar** occur together, they silently stress your body's vital systems.

Know your numbers^{2,3}



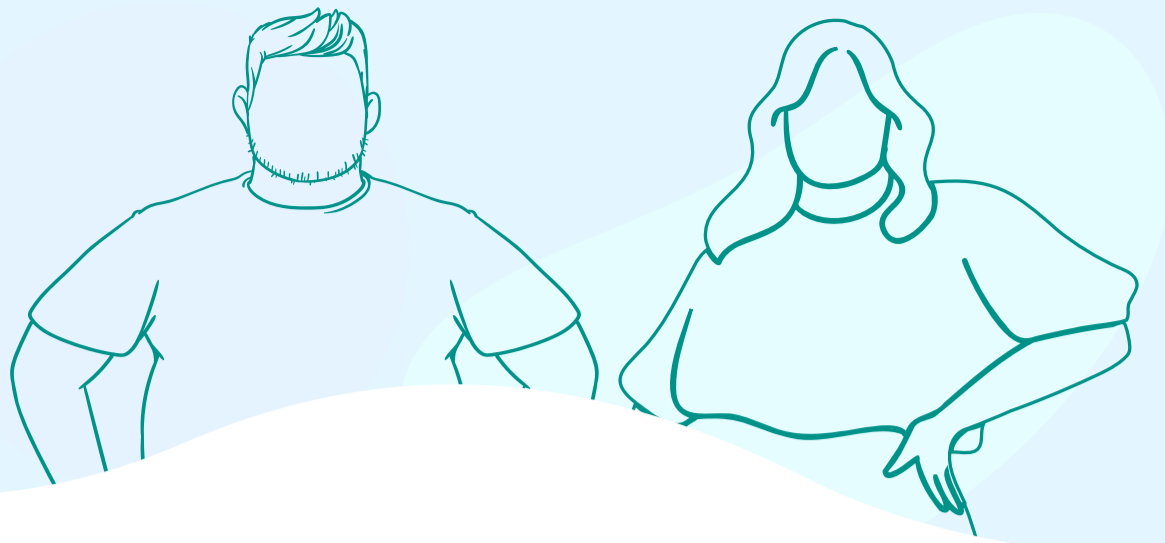
Diabetes can be managed by^{4,5}



Reference: 1. American Diabetes Association Professional Practice Committee; 8. Obesity and Weight Management for the Prevention and Treatment of Type 2 Diabetes: Standards of Care in Diabetes—2025. Diabetes Care. 1 January 2025; 48 (Supplement 1): S167–S180. 2. ADA 2026. Diagnosis and classification of diabetes: Standards of Care in Diabetes—2026. Diabetes Care, 49(Suppl. 1), S27–S49 3. World Health Organization. 2000. International Association of Study of Obesity, International Obesity Task Force: The Asia-Pacific Perspective. Redefining Obesity and Its Treatment. 4. World Health Organization. Healthy diet. World Health Organization website. Updated 2023. Accessed: <https://www.who.int/news-room/fact-sheets/detail/healthy-diet> 5. U.S. Department of Health and Human Services. Physical Activity Guidelines for Americans, 2nd edition. Washington, DC: U.S. Department of Health and Human Services; 2018

This information is for education purposes only. For more information, please reach out to your registered healthcare practitioner.
IN26D100026 | 04.05.2026

What is Obesity?



Obesity is a serious, chronic disease linked to **230+** health complications. There are ways to measure obesity including BMI and waist circumference.^{1,2}

Asian BMI

Obesity



BMI

>25

Waist Circumference
80 cm (Female)

Overweight



BMI

23-24.9

Waist Circumference
90 cm (Male)

Why it matters?

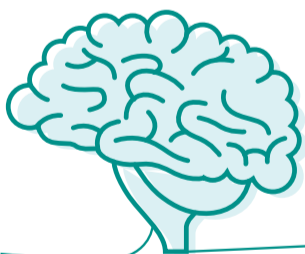
Obesity increases the risk of:³



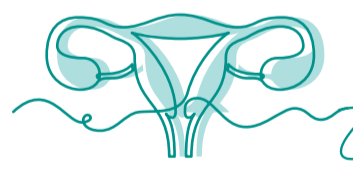
Diabetes



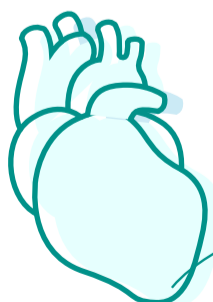
Fatty liver disease



Stroke



Irregular and/or heavy menstrual cycle



**Heart attack
Heart failure**



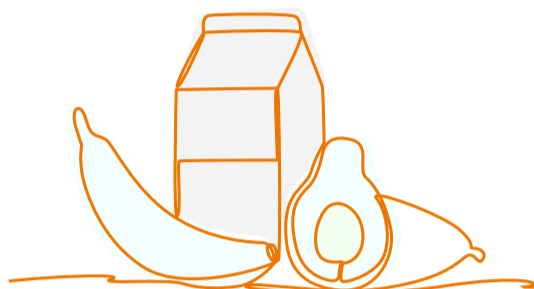
230+ health complications

Steps to achieve a healthy weight¹



Eat nutrient-rich foods

Choose protein-rich meals to stay full and manage weight.



Reduce the fat & sugar intake

Remove visible fat from meat and pick water over sugary drinks.



Monitor your calorie intake

Match your meal portions to your activity level.



Exercise regularly

Aim for 150–300 min of moderate exercise weekly in activities like brisk walking, cycling, or badminton.

