

# ARE YOU AT RISK FOR DIABETES?

Diabetes is when your blood glucose levels are higher than normal. Diabetes is a serious disease that can cause heart attack, stroke, blindness or kidney failure. Type 2 diabetes can be delayed or prevented in people with prediabetes through effective lifestyle programs. Take the first step. Find out your risk for prediabetes.

Complete the Centers for Disease Control & Prevention Prediabetes Screening Test. Answer seven simple questions.

For each "Yes" answer, add the number of points listed. All "No" answers are 0 points.

Yes	No	
1	0	Are you a woman who has had a baby weighing more than 9 pounds at birth?
1	0	Do you have a sister or brother with diabetes?
1	0	Do you have a parent with diabetes?
5	0	Find your height on the chart on the back of this brochure. Do you weigh as much as or more than the weight listed for your height?
5	0	Are you younger than 65 years of age and get little or no exercise in a typical day?
5	0	Are you between 45 and 64 years of age?
9	0	Are you 65 years of age or older?
		<b>Total</b>

Your Score

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

## YOUR SCORE

### 3 to 8 points:

This means your current risk of having prediabetes is low. Keep your risk low! Continue to be active, eat low-fat meals with fruits, vegetables and whole-grain foods.

### 9 or more points:

This means your current risk of having prediabetes is high.

Please make an appointment with your primary care provider soon.



## National Diabetes Prevention Program (NDPP)

Diabetes can be **prevented, but not cured**. Take control of your health and start making positive lifestyle changes with the help of a trained lifestyle coach and fun, engaging support groups.



**NORTH DAKOTA**  
DEPARTMENT of HEALTH

## WHAT IS THE NDPP?

The NDPP is a lifestyle change intervention. It arms you with skills to make lasting changes to lose weight and reduce your risk of type 2 diabetes.

## THE NDPP WORKS!

A trained lifestyle coach will guide you along with fun and support from others who have similar life goals.

The National Diabetes Prevention Program, is led by the Centers for Disease Control and Prevention (CDC) and offers you:

A CDC-approved curriculum

Skills to lose weight, be more active and manage stress

16 weekly sessions

6 monthly follow-up sessions to help you maintain healthy lifestyle changes

## YOU ARE ELIGIBLE IF YOU ARE:

- At risk for or have prediabetes
- At least 18
- Overweight
- Do not currently have diabetes
- Are not pregnant



## PROGRAM SESSIONS

- Be a Fat and Calorie Detective
- Ways to Eat Less Fat & Fewer Calories
- Being Active: A Way of Life
- Take Charge of What's Around You
- Four Keys to Healthy Eating Out
- Talk Back to Negative Thoughts
- The Slippery Slope of Lifestyle Change
- Ways to Stay Motivated



## WHAT IS PREDIABETES

People with prediabetes have blood sugars higher than normal, but not yet high enough to be diabetes.

Lifestyle changes resulting in modest weight loss can help someone with prediabetes prevent or delay type 2 diabetes.

## FACTS ABOUT PREDIABETES

- About 190,000 North Dakotans have prediabetes.
- 9 out of 10 people with prediabetes don't know they have it.
- Any of 3 blood tests can determine if you have prediabetes.
  - Ask your provider for details.
- The CDC prediabetes risk test can also determine your level of risk for prediabetes.
  - Take the test on the back of this brochure.
- People with prediabetes are at high risk for developing type 2 diabetes.
  - Health care costs for type 2 diabetes are about \$12,000 per year.
- Without weight loss and moderate physical activity, 15-30 percent of people with prediabetes will develop type 2 diabetes within 5 years.
- With weight loss through healthy eating and being more active, you can cut your risk of type 2 diabetes by 58 percent!

## FOR MORE INFORMATION

If information about a program in your area is not listed above, call 701.328.2698.