

National Diabetes Prevention Program

Reduces Type 2 Diabetes by 58%!

**Trained Lifestyle Coaches
Inspire, Educate, Motivate!**

**Prevents Diabetes Through
5-7% Weight Loss
150 Minutes/Week Physical Activity**



Our Program in North Dakota:



**Take the Test
Know Your Score!**

www.diabetesnd.org



Risk Factors

Overweight/obese
Inactive
Over age 45
Family history - diabetes
History of: gestational diabetes
Birth of baby > 9 pounds



Eligibility Criteria

18 Years & older &
Have BMI > 24 (> 23 if Asian) &
No previous diagnosis of
diabetes &
Have blood test in prediabetes
range

or
History of gestational diabetes

For more information contact: