Are you at risk for diabetes?

Complete the Centers for Disease Control pre-diabetes screening test. Add up the number of points associated with each answer to learn your risk below.

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
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</thead>
<tbody>
<tr>
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</tr>
<tr>
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<td>0</td>
</tr>
<tr>
<td>5</td>
<td>0</td>
</tr>
<tr>
<td>9</td>
<td>0</td>
</tr>
</tbody>
</table>

Total score

Your score means:

3 to 8 points:
This means your current risk of having pre-diabetes 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 pre-diabetes is high and you may be eligible for this program.

<table>
<thead>
<tr>
<th>Height</th>
<th>Weight (lbs.)</th>
<th>Height</th>
<th>Weight (lbs.)</th>
</tr>
</thead>
<tbody>
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<td>5'8&quot;</td>
<td>177</td>
</tr>
<tr>
<td>4'11&quot;</td>
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<td>5'9&quot;</td>
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<tr>
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<td>5'10&quot;</td>
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<tr>
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<tr>
<td>5'6&quot;</td>
<td>167</td>
<td>6'4&quot;</td>
<td>221</td>
</tr>
</tbody>
</table>

EssentiaHealth.org
WHAT IS IT?
The National Diabetes Prevention Program is a community-based, lifestyle change program that offers diabetes prevention education and support for people with pre-diabetes and those at high risk for pre-diabetes. Pre-diabetes involves blood sugar levels that are higher than normal, but not yet high enough to be diabetes.

An individual with pre-diabetes can delay or prevent type 2 diabetes by making simple lifestyle changes. Diet and moderate exercise, resulting in a modest weight loss, often work to delay or prevent progression to a diagnosis of type 2 diabetes.

ABOUT THE PROGRAM
Learn how to create a healthier lifestyle and prevent diabetes in this 24-session diabetes prevention program. Groups will meet with a trained instructor once each week for 16 weeks, followed by 8 monthly sessions, to help participants lose weight, eat healthier and increase physical activity. If classes are cancelled for any reason, make-up sessions will be scheduled to complete the program.

YOU MAY BE ELIGIBLE IF YOU ARE:
- At least 18
- Overweight
- Do not currently have diabetes
- Are not pregnant
- Rated at 9 or higher on the diabetes risk score test

Check with your health care provider to find out if you have pre-diabetes or are at risk of developing diabetes, and if you are healthy enough for moderate exercise such as walking. At the end of the program, you will be asked to return to your health care provider for follow-up and ongoing care.

PROGRAM SESSIONS
- Session 1: Welcome and Getting Started
- Session 2: Be a Fat and Calorie Detective
- Session 3: Ways to Eat Less Fat & Fewer Calories
- Session 4: Healthy Eating
- Session 5: Move Those Muscles
- Session 6: Being Active: A Way of Life
- Session 7: Tip the Calorie Balance
- Session 8: Take Charge of What's Around You
- Session 9: Problem Solving
- Session 10: Four Keys to Healthy Eating Out
- Session 11: Talk Back to Negative Thoughts
- Session 12: The Slippery Slope of Lifestyle Change
- Session 13: Jump Start Your Activity Plan
- Session 14: Make Social Cues Work for You
- Session 15: You Can Manage Stress
- Session 16: Ways to Stay Motivated
- Session 17–24: Topics Chosen by Program Participants

FACTS ABOUT PRE-DIABETES
- There are about 86 million people in the United States who have pre-diabetes.
- A person with pre-diabetes has a high risk of developing type 2 diabetes.
- While some medications can delay diabetes, diet and physical activity work better! 30 minutes a day of moderate physical activity, like walking, at least 5 days per week, can reduce body weight by as much as 7%. This can also lower the risk of developing type 2 diabetes by 58% in people who are at high risk for diabetes.
- People with pre-diabetes often have no symptoms.
- Any of 3 different blood tests can be used to see if you have pre-diabetes. Ask your provider for details.

INFORMATION
For more information, call 701.364.6174 or e-mail HealthyLifestylesFargo@EssentiaHealth.org.

Information about pre-diabetes and preventing type 2 diabetes can be found at:
- American Diabetes Association www.diabetes.org/pre-diabetes.jsp
- National Diabetes Education Program www.YourDiabetesInfo.org