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.

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For More Information

If information about a program in your area is not listed, call 701-328-2698 or email jmyers@nd.gov

### Diabetes Prevention Program

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.

Class meets from 12-1 p.m. at

NDSU Extension Service

Grand Forks County

151 South 4th Street S302

Grand Forks, ND 58201

Funding for this class was made possible (in part) by the Centers for Disease Control and Prevention/PHHSBG.
What is Diabetes Prevention Program?
The Diabetes Prevention Program 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.

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

DPP is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC).

Diabetes Prevention Program 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 or have prediabetes
- At least 18
- Overweight
- Do not currently have diabetes
- Are not pregnant

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 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!

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

Class meets from 12-1pm on the following dates:
2018
January 22, 29
February 5, 12, 26
March 5, 12, 19, 26
April 2, 9, 16, 23
May 7, 14, 21
June 18
July 9, 23
August 6, 27
September 17
October 15,
November 19, 26
December 10, 17
2019
January 7, 28

For more details and registration information contact:
Molly Soeby
701-780-8229
molly.soebay@ndsu.edu

Visit us on the Web:
www.ag.ndsu.edu/grandforkscountyextension