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
Grand Forks County
151 S 4th St S302
Grand Forks, ND 58201

Facilitator: Molly J. Soeby, NDSU Extension

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
- Follow-up sessions as scheduled 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 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, call 701-328-2698 or email jmyers@nd.gov

Funding for this class was made possible (in part) by the Centers for Disease Control and Prevention/PHHSBG
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.

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
<th>Question</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>0</td>
<td>Are you a woman who has had a baby weighing more than 9 pounds at birth?</td>
<td>1</td>
</tr>
<tr>
<td>1</td>
<td>0</td>
<td>Do you have a sister or brother with diabetes?</td>
<td>1</td>
</tr>
<tr>
<td>1</td>
<td>0</td>
<td>Do you have a parent with diabetes?</td>
<td>1</td>
</tr>
<tr>
<td>5</td>
<td>0</td>
<td>Find your height on the chart.</td>
<td>5</td>
</tr>
<tr>
<td>5</td>
<td>0</td>
<td>Are you younger than 65 years of age and get little or no exercise in a typical day?</td>
<td>5</td>
</tr>
<tr>
<td>5</td>
<td>0</td>
<td>Are you between 45 and 64 years of age?</td>
<td>5</td>
</tr>
<tr>
<td>9</td>
<td>0</td>
<td>Are you 65 years of age or older?</td>
<td>9</td>
</tr>
</tbody>
</table>

Total

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.

For more details and registration information contact:

Molly Soeby
701-780-8229
molly.soeb@ndsu.edu

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

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:

2019
January 15, 22, 29
February 5, 19, 26
March 5, 19, 26
April 2, 16, 23, 30
May 7, 21, 28
June 18
July 2, 23
August 6, 27
September 17
October 1
November 5, 26
December 10, 17

2020
January 7

Individuals with disabilities are invited to request reasonable accommodations to participate in NDSU-sponsored programs and events. To request an accommodation, please contact NDSU Extension / Grand Forks County at 780-8229 two weeks prior to the event.

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.