WEIGH 2 CHANGE

Weigh 2 Change is a structured program developed specifically to prevent type 2 diabetes.

Trained lifestyle coaches from the NDSU Extension Service lead the program to help you change certain aspects of your lifestyle, like eating healthier, reducing stress, and getting more physical activity.

The program also includes group support from others who share your goals and struggles. This is not a fad diet or an exercise class. And it’s not a quick fix. It's a year-long program focused on long-term changes and lasting results.

A year might sound like a long commitment, but learning new habits, gaining new skills, and building confidence takes time.

Eileen Tronnes Nelson, UND Staff Member

TAKE THE TEST—KNOW YOUR SCORE!

Answer these 7 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>
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<tbody>
<tr>
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<tr>
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SCORING KEY

1. Are you a woman who has had a baby weighing more than 9 pounds at birth?
2. Do you have a sister or brother with diabetes?
3. Do you have a parent with diabetes?
4. Find your height on the chart. Do you weigh as much as or more than the weight listed for your height?
5. Are you younger than 65 years of age and get little or no exercise in a typical day?
6. Are you between 45 and 64 years of age?
7. Are you 65 years of age or older?

TOTAL

SCORED 3 TO 8 POINTS?

This means your risk is probably low for having pre-diabetes now. Keep your risk low. If you’re overweight, lose weight. Be active most days, and don’t use tobacco. Eat low-fat meals with fruits, vegetables, and whole-grain foods. If you have high cholesterol or high blood pressure, talk to your health care provider about your risk for type 2 diabetes.

SCORED 9 OR MORE POINTS?

This means your risk is high for having pre-diabetes now. Please make an appointment with your health care provider soon.

Class is free and open to anyone 18 years or older (not pregnant) that has pre-diabetes or is high risk for pre-diabetes. Class will be held from 12:00-1:00 p.m. at the NDSU Extension Service, 151 S 4th St, Grand Forks

Pre-registration required.
Call 701-780-8229 or email linda.hammen@ndsu.edu

At-Risk Weight Chart

<table>
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<th>Weight</th>
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<tr>
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<table>
<thead>
<tr>
<th>Height</th>
<th>Weight</th>
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<tbody>
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Class dates:
2017
February 28
March 7, 14, 28
April 4, 11, 18, 25
May 2, 16, 23, 30
June 6, 13, 20
July 11, 25
August 8, 22
September 12
October 3, 17
November 7, 21
December 5, 19

2018
January 9, 30
February 13, 27

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