

# What is Pre-Diabetes?

A person with Pre-Diabetes has a blood sugar level higher than normal, but not high enough for a diagnosis of diabetes. People with Pre-Diabetes are at an increased risk for developing Type 2 Diabetes.

The good news is that you can manage your risk for Type 2 Diabetes. Small steps make a big difference and can help you live a longer, healthier life.

**YOU CAN MAKE A  
CHANGE  
FOR LIFE**



The CDC-led National Diabetes Prevention Program is an evidence-based lifestyle change program for preventing Type 2 Diabetes.

- It can help people cut their risk of developing Type 2 Diabetes in half.
- The Diabetes Prevention Program research study showed that making modest behavior changes helped participants lose 5% to 7% of their body weight—that is 10 to 14 pounds for a 200-pound person.

For more information or to pre-register for the next Diabetes Prevention Program; contact:

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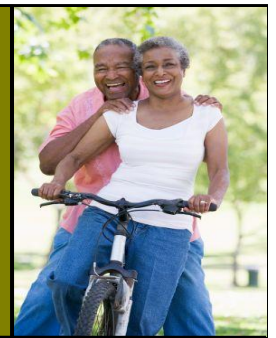
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- ALMOST -  
4.5 MILLION

New Yorkers  
are estimated to have  
Pre-Diabetes



Allegany County's  
**Diabetes**  
Prevention  
Program

A PROGRAM OF:



SUPPORTED THROUGH A GRANT FROM



# Welcome to the Diabetes Prevention Program

The purpose of the National Diabetes Prevention Program is to prevent Type 2 Diabetes through healthy eating, weight loss, and regular physical activity.

The program provides a supportive environment where other people living with Pre-Diabetes work together in a small group led by a trained Lifestyle Coach. It is delivered over a 12-month period, beginning with 16 weekly sessions followed by 4 follow-up meetings.

Participants must be:

- ✓ At least 18 years of age with a BMI  $\geq$  24 kg/m<sup>2</sup>
- ✓ Able to participate in at least 150 minutes of Physical Activity per week
- ✓ Living with Pre-diabetes OR at high-risk for Pre-Diabetes

## Are you at risk for TYPE 2 DIABETES?

### DIABETES RISK TEST\*

Write Your Score in the Box

- 1 Are you a woman who has had a baby weighing more than 9 pounds at birth?  
No (0 Points)      Yes (1 Point)
- 2 Do you have a sister or brother living with diabetes?  
No (0 Points)      Yes (1 Point)
- 3 Do you have a parent living with diabetes?  
No (0 Points)      Yes (1 Point)
- 4 Are you younger than 65 years of age and get little or no exercise in a typical day?  
No (0 Points)      Yes (5 Points)
- 5 Are you between the ages of 45-64?  
No (0 Points)      Yes (5 Points)
- 6 Are you 65 years of age or older?  
No (0 Points)      Yes (9 Points)
- 7 Find your height on the chart. Do you weigh as much as or more than the weight listed for your height?  
No (0 Points)      Yes (5 Points)











Add up Your Score




Height	Weight in Pounds
4'10"	129
4'11"	133
5'0"	138
5'1"	143
5'2"	147
5'3"	152
5'4"	157
5'5"	162
5'6"	167
5'7"	172
5'8"	177
5'9"	182
5'10"	188
5'11"	193
6'0"	199
6'1"	204
6'2"	210
6'3"	216
6'4"	221

\*Center for Disease Control



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

If you scored 9 or higher:

You are at an increased risk for having Type 2 Diabetes. However, only your doctor can tell for sure if you do have Type 2 Diabetes or Pre-Diabetes. Talk to your doctor to see if additional testing is needed and join the Diabetes Prevention Program Today!