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.

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

Melissa Biddle
Community Health Program Manager
Ardent Solutions, Inc.
85 North Main Street, Suite 4
Wellsville, New York 14895
585-593-5223, ext. 15

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.
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 ≥ 24 kg/m²
- 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*

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

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!

*Center for Disease Control