

# Are you at high risk for diabetes?\*

Our FREE Diabetes Prevention Program will help you:

- Learn how to eat healthier and be active
- Learn how to make your habits healthier
- Get the long-term support you need to stick with the changes

*"I have tried other programs, but I've never had success like I have with the Diabetes Prevention Program. My blood pressure is down and I have more energy now." - George (photo of George and Louise, top right)*

*"The Diabetes Prevention Program lets you customize your own plan, and you don't deprive yourself." - Bianca (photo of Bianca, her mother May and sister Monica, right)*



The class meets weekly for 8 sessions, bi-weekly for 8 sessions and monthly for 6 months. Classes are also available online!

Call 872-4102 to learn more or sign up!

*\*Take the diabetes screening test on back.*



## Are YOU at risk for diabetes?

Take the Screening Test below:

Please answer the questions below.	Yes	No
Are you a woman who had a baby weighing more than 9 pounds?	1	0
Do you have a sister or brother with diabetes?	1	0
Do you have a parent with diabetes?	1	0
Find your height on the chart below. Do you weigh as much as or more than the weight listed for your height?	5	0
Are you under age 65 and get little or no exercise in a typical day?	5	0
Are you between 45 and 64 years of age?	5	0
Are you 65 years of age or older?	9	0
<b>Total points for all "yes" responses =</b>		

If you scored 9 or more points, you are at high risk for having prediabetes now.

Call 872-4102 to learn more about this free program.

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

