

## ➔ PREDIABETES CAN LEAD TO TYPE 2 DIABETES

Without weight loss or moderate physical activity, many people with prediabetes can develop type 2 diabetes within 5 years. Type 2 diabetes is a serious condition that can lead to health issues such as heart attack; stroke; blindness; kidney failure; or loss of toes, feet or legs. The lifestyle changes you make in the Diabetes Prevention Program will help you prevent or delay type 2 diabetes.

## ➔ FACTS ABOUT PREDIABETES



**9** OUT OF **10** people with prediabetes do not know they have it

**MORE THAN 200,000 NORTH DAKOTANS HAVE PREDIABETES.**



Without weight loss and moderate physical activity

**15-30% of people with prediabetes** will develop type 2 diabetes within 5 years



# ARE YOU AT RISK?



**1 in 3 American adults has prediabetes.**

### WHAT IS PREDIABETES?

People with prediabetes have blood sugars higher than normal, but not yet high enough to be diabetes. This raises your risk of type 2 diabetes, heart disease and stroke.

Lifestyle changes resulting in modest weight loss can help someone with prediabetes prevent or delay type 2 diabetes.

### You might be at risk if you:

- Are 45 years of age or older
- Are overweight
- Have a family history of type 2 diabetes
- Are physically active fewer than 3 times per week
- Have history of gestational diabetes

We Can Prevent Type 2 Diabetes with the National Diabetes Prevention Program (DPP)



PREVENT TYPE 2 DIABETES

CUT RISK IN HALF

PROVEN LIFESTYLE CHANGE PROGRAM

NORTH  
**Dakota** | Health  
Be Legendary.™

## → PREVENT TYPE 2 DIABETES WITH THE NATIONAL DPP

If you have prediabetes or other risk factors for type 2 diabetes, it's time to take charge of your health. The National Diabetes Prevention Program can help you make lasting changes to prevent type 2 diabetes.

### WITH THE NATIONAL DPP YOU GET:

- A curriculum approved by the Centers for Disease Control and Prevention (CDC)
- The skills you need to lose weight, be more physically active, and manage stress long-term
- A trained lifestyle coach to guide and encourage you
- Support from other participants with the same goals as you
- A year-long program with weekly meetings for the first 6 months, then once or twice a month for the second 6 months

## → MAKE A CHANGE—START TODAY!

To find a class near you or for more information, go to:

[www.NDC3.org](http://www.NDC3.org)

# RISK TEST

Yes	No	
1	0	Have you had a baby weighing more than 9 pounds at birth?
1	0	Do you have a sister or brother with diabetes?
1	0	Do you have a parent with diabetes?
5	0	Find your height on the chart. Do you weigh as much or more than the weight listed for your height on the chart below?
5	0	Are you younger than 65 years of age and get little or no exercise in a typical day?
5	0	Are you between 45 and 64 years of age?
9	0	Are you 65 years or older?
		Total

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

## YOUR SCORE

### If Your Score is 3 to 8 Points

This means your risk is probably low for having prediabetes now. Keep your risk low. If you're overweight, lose weight. Be active most days, and don't use tobacco.

### If Your Score is 9 or More Points

This means your risk is high for having prediabetes now. Please see your health care provider soon.

### WHO SHOULD PARTICIPATE IN THE NATIONAL DIABETES PREVENTION PROGRAM?

National DPP is designed for people with prediabetes or at risk for diabetes. You are eligible if you are:

- At least 18 years of age and
  - ◇ At a BMI of  $\geq 24$  or  $\geq 22$  if Asian and
  - ◇ Screened at 9 points or higher on the risk test or
- Diagnosed with prediabetes from a blood test
  - ◇ HbA1C: 5.7%–6.4%
  - ◇ Fasting plasma glucose: 100–125 mg/dL
  - ◇ 2-hour plasma glucose (after a 75 gm glucose load): 140–199 mg/dL or
- Previous diagnosis of gestational diabetes
- Not currently diagnosed with diabetes