



Diabetes Prevention Program

Take charge of your health and make the commitment now.

If you have been diagnosed with prediabetes or are at risk of developing type 2 diabetes, you qualify for this program. Join us in this CDC-approved 12-month program, given in 16 weekly sessions, followed by monthly maintenance sessions.

This complimentary program offers:

- A certified lifestyle coach to guide and encourage you
- The skills you need to be more physically active and promote healthy eating habits
- Group support from other participants in the program
- Stress management and problem solving

Reduce your risk of developing diabetes by 50%.

Interested in joining and need more information?
Please e-mail jemaima.tagayuna@dignityhealth.org.



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Nevada Health Partners

Learn strategies to help prevent or delay type 2 diabetes.

1-in-3 Americans has prediabetes and 90% do not know they have it.

Unsure if you're at risk?
Take the test at
doihaveprediabetes.org.

Topics include choosing healthy food, staying active, goal setting, getting support, reducing stress, and more!

Join us virtually starting early 2025

Diabetes Self-Management Program

Are you interested in learning how to better manage your diabetes? Complimentary diabetes classes covered by your health plan will be available virtually.

The Diabetes Self-Management Program is a 2.5 hour class held once a week, for 6 weeks, taught by by two trained leaders. It's time to take control and learn better ways to manage your diabetes!

During the FREE program you will learn:



Making Friends who will Support you



Healthy Eating



Coping with Stress



Problem Solving



Dealing with Depression and Positive Thinking



Physical Activity



Communicating and following up with your Doctors



Weekly Goal Setting

Sessions are available starting late October 2024 and available through June 2025

Interested in joining or need more information? Please e-mail jemaima.tagayuna@dignityhealth.org.



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PREVENT OR MANAGE DIABETES

DIABETES PREVENTION PROGRAM

This program will help you develop healthy eating habits, manage stress, increase physical activity and so much more. Available to those 18 years of age and older who meet prediabetic conditions.

DIABETES SELF-MANAGEMENT

This program is offered by Sanford Center for Aging at the University of Nevada, Reno, developed by Stanford University School of Medicine. Learn new tools to help you better manage your diabetes and prevent complications. Sessions are held for 2 ½ hours once a week for seven weeks.

**For more information
about upcoming dates,
visit the [Health and
Wellness Registration
Page](#) or scan the QR Code:**



**Questions? Contact Sanford Health and Wellness:
(775) 784-4774 or wellness.sca@unr.edu**



University of Nevada, Reno

Sanford Center for Aging

School of Medicine



FIND US ON FACEBOOK
[@UNRSCA](#)

med.unr.edu/aging

(775) 784-4774

sanford@unr.edu

Prediabetes Risk Test

Name _____
 Date _____
 Phone _____
 Email _____



1. How old are you?

- Younger than 40 years (0 points)
- 40–49 years (1 point)
- 50–59 years (2 points)
- 60 years or older (3 points)

Write your score in the boxes below

2. Are you a man or a woman?

- Man (1 point)
- Woman (0 points)

3. If you are a woman, have you ever been diagnosed with gestational diabetes?

- Yes (1 point)
- No (0 points)

4. Do you have a mother, father, sister, or brother with diabetes?

- Yes (1 point)
- No (0 points)

5. Have you ever been diagnosed with high blood pressure?

- Yes (1 point)
- No (0 points)

6. Are you physically active?

- Yes (0 points)
- No (1 point)

7. What is your weight category?

(See chart at right)

Height	Weight (lbs.)		
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+
	1 Point	2 Points	3 Points
	You weigh less than the 1 Point column (0 points)		

Please indicate:

Current height _____ weight _____ Total score:

Ethnicity _____

If you scored 5 or higher

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. **Talk to your doctor to see if additional testing is needed.**

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, American Indians, Asian Americans, and Pacific Islanders.

Higher body weight increases diabetes risk for everyone. Asian Americans are at increased risk for type 2 diabetes at lower weights (about 15 pounds lower than weights in the 1 Point column).

You can reduce your risk for type 2 diabetes

Find out how you can reverse prediabetes and prevent type 2 diabetes through a **CDC-recognized lifestyle change program** at <https://www.cdc.gov/diabetes/prevention/lifestyle-program>.

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

Risk Test provided by the American Diabetes Association and the Centers for Disease Control and Prevention.

