

# DIABETES PREVENTION PROGRAM

## FREE SESSIONS IN 2024!

### What is prediabetes?

Blood sugar (glucose) level is higher than normal, but not high enough to be diagnosed as diabetic. Nearly 90 percent of those who have it don't know they have it.

### Who is the workshop for?

- Over 18 years of age
- Meets prediabetic conditions
- BMI of more than 25

### Is prediabetes risky?

Those who have prediabetes combined with poor weight management and/or minimal physical activity **could develop type 2 diabetes within five years.**

### Our lifestyle coaches will help you...

- Develop healthy eating habits
- Manage stress
- Increase your physical activity
- Make sustainable behavior change
- Gain peer support as you work toward goals

**Sessions begin in 2024. For more information about upcoming dates, contact the Health and Wellness team:**

**(775) 784-4774**

**[wellness.sca@unr.edu](mailto:wellness.sca@unr.edu)**



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# Prediabetes Risk Test

Name \_\_\_\_\_  
 Date \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Email \_\_\_\_\_

**NATIONAL**  
**DIABETES**  
**PREVENTION**  
**PROGRAM**

## 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+
	<b>1 Point</b>	<b>2 Points</b>	<b>3 Points</b>
	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.

