



1 in 3 adults have Pre-Diabetes.
Do you?



A Diabetes Prevention Program Just For You!

Take the Pre-Diabetes RISK TEST.

(See the other side for test.)

This program consists of 16-weekly classes to help people who have pre-diabetes or who are at high risk for type 2 diabetes make realistic and achievable lifestyle changes that can cut their risk of developing Type 2 Diabetes by 50%. IT WORKS! By improving food choices and increasing physical activity, you can lose at least 5 to 7 percent of your body weight— that is 10 to 14 pounds for a person weighing 200 pounds.

We have prizes for participants that value over \$200 such as exercise tubes, DVDs, fitness trackers, grocery store gift cards, scales and George Foreman grills.

Enrollment Information: The program starts Friday, October 15th from 12pm-1pm and continues for 16 weeks. The cost for the program is \$25. If you have patients/clients, family members or co-workers with pre-diabetes who may be interested, please have them contact Renée Kemske a rkemske@orangecountync.gov or 919-245-2380. After the 16 weeks, there are follow-up sessions to help participants continue the positive lifestyle changes learned during the program.

Learn more at:
www.lifein24.us



EAT SMART > STAY ACTIVE > BE HAPPY



Orange County Health Department
NUTRITION SERVICES



1 in 3 adults have Pre-Diabetes.
Take the risk test!



Pre-Diabetes RISK TEST.

1. HOW OLD ARE YOU?

Less than 40 (0 points)

40-49 (1 point)

50-59 (2 points)

60 or older (3 points)

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 points)

7. WHAT IS YOUR WEIGHT STATUS?

(See chart for score.)

ADD UP YOUR TOTAL SCORE

HEIGHT WEIGHT

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)

If you weigh less than the amount in the left column (0 points)

IF YOU SCORED 5 OR HIGHER:

You're likely to have pre-diabetes and are at high risk for type 2 diabetes. However, only your doctor can tell you for sure if you do have type diabetes or pre-diabetes (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal.) Talk to your doctor to see if additional testing is needed.