



# DIABETES PREVENTION PROGRAM

## IS YOUR GLUCOSE LEVEL HIGHER THAN NORMAL? IF SO, YOU MIGHT HAVE PREDIABETES

Sign up for group education through our Diabetes Prevention Program. This 1 year program utilizes the Center for Disease Control and Prevention Curriculum and is based on a research study that showed lifestyles change, including subtle weight loss (5-7% of total body weight) and physical activity (150 minutes per week), is the best method to reduce the risk of developing type 2 diabetes. Work with a certified lifestyle coach in a group based setting and learn how to develop lifelong healthy habits.

The class is broken down as follows:

- 12 weekly sessions
- 4 bi-weekly sessions
- At least 6 monthly maintenance sessions



**Take the quiz on the back to find out  
if you're at risk for pre-diabetes!**

### Pre-Diabetes Levels

**Hemoglobin A1C:** 5.7-6.4%

**Fasting Plasma Glucose:** 100-125 mg/dL

**Two-hour Plasma Glucose:** 140-199 mg/dL

## ▶ Pre-Diabetes Risk Assessment Quiz:

Answer these seven simple questions. For each “Yes” answer, add the number of points listed. All “No” answers are 0 points.

	YES	NO
Are you a woman who has 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?	1	0
Find your height on the chart. Do you weigh as much as or more than the weight listed for your height?	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?	5	0
Are you 65 years of age or older?	9	0

### At-Risk Weight Chart

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

## IF YOUR SCORE IS 9 OR HIGHER, YOU MAY HAVE PRE-DIABETES

Between 15-30% of prediabetic adults will develop type 2 diabetes within 5 years. Fortunately, there is a program that can halve your risk of developing diabetes. The National Diabetes Prevention Program (DPP) is recognized by the Centers for Disease Control and Prevention to help participants make healthy, life-style choices, like eating nutritious meals and getting more physical activity, to improve their health.

— **1 OUT OF 3** U.S. ADULTS **HAS PREDIABETES** —  
**BUT ONLY 10% KNOW THEY HAVE IT**

**CONTACT YOUR HY-VEE DIETITIAN TO LEARN MORE.**