

Prediabetes: Am I at risk?

People with prediabetes have blood glucose (blood sugar) levels that are higher than normal, but not high enough to be diagnosed with type 2 diabetes. However, they are more likely to develop type 2 diabetes, heart disease, and stroke.

If you have prediabetes, you are 10 times more likely to develop type 2 diabetes than people with normal blood glucose (blood sugar) levels. When you take steps to prevent type 2 diabetes, you also lower your risk for possible complications of diabetes such as

heart disease, stroke, kidney disease, blindness, nerve damage, and other health problems.



Risk Factors

Many factors increase your risk for prediabetes and type 2 diabetes. To find out more about your risk, see which characteristics in this list apply to you.

- I am 45 years of age or older.
- I am overweight.
- I have a parent with diabetes.
- I have a sister or brother with diabetes.
- My family background is African American, Hispanic/Latino, American Indian, Asian American, or Pacific Islander.
- I had diabetes while I was pregnant (gestational diabetes), or I gave birth to a baby weighing 9 pounds or more.
- I am physically active less than three times a week.

NDPP is a Group Based Lifestyle Change Program



The Program

The National Diabetes Prevention Program is a group-based, structured lifestyle change program. This program can help you make lifestyle changes to reduce your risk for type 2 diabetes by:

- losing weight through healthy eating
- being more physically active
- learning to recognize and overcome barriers to healthy eating and physical activity

The Leaders

The course will be led by Certified Lifestyle Coaches and assisted by Altru Health System physicians and dietitians, Y personal fitness trainers, and other specialized personnel. Certified Lifestyle Coaches will provide information, support and guidance while fostering good group dynamics and a positive, encouraging environment. Program participants will be able to utilize the YMCA facility at no charge during the 16-week Core Phase of the program.

The Goals

Participants in the lifestyle change program are assigned two primary goals that have been proven to prevent or delay type 2 diabetes in those at high risk:

- achieve and maintain a weight loss of 7% of their initial body weight
- achieve and maintain at least 150 minutes of moderate physical activity per week

Core Curriculum

Core Sessions

The curriculum consists of two parts: a 16 week core curriculum and a 6 month post-core curriculum.

The first 16 weekly sessions help participants develop lifelong skills for healthy living through step-by-step changes. Participants stay in the same group throughout this core phase.

Learning Skills

(Session 1-7)

- monitoring food intake
- eating less fat and fewer calories
- eating healthfully
- being physically active
- balancing eating and physical activity for weight loss

Controlling the External Environment

(Session 8-10)

- changing one's surroundings
- problem solving
- healthy eating when not at home

Dealing with Psychological and Emotional Issues (Session 11-16)

- overcoming challenges
- managing stress
- staying motivated

Post-Core Sessions

Following the 16 core sessions, Lifestyle Coaches offer monthly post-core sessions to provide participants with additional support and learning opportunities.

You can take action!

National Diabetes Prevention Program

Program Details First 16 Week Core Phase

Where
Altru Family YMCA
Grand Forks, ND

When
Tuesdays, 4:00 - 5:00 p.m.
Start Date: TBA

Cost
\$200/person
\$50 refund at end of 16 weeks if 13 or more sessions are completed.

How do I find out if I am at risk?
You can start by reading the risk factors in this brochure. If you think you might be at risk for diabetes, contact us for a free blood glucose screening. If your blood test indicates that you have prediabetes, ask for more information about the National Diabetes Prevention Program.

For more information, contact:

Patti McEnroe Altru Family YMCA (701) 775-2586 pmcenroe@gfymca.org	Janet Q. Sherette Altru Health System (701) 780-1838 jsherette@altru.org
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PRE-REGISTRATION

To find out if you qualify for the National Diabetes Prevention Program a free blood glucose screening is required. To schedule your blood test, which will be conducted at Altru Clinic, please complete the following information and mail to:

Patti McEnroe
Altru Family YMCA
215 7th St N
Grand Forks, ND 58203

Name _____

Address _____

Phone _____

Email _____

Or contact Patti at the Y:
(701) 775-2586



Are You at Risk for Diabetes?

The Center for Disease Control and Prevention estimates that 1 of every 3 U.S. adults had prediabetes in 2010. The vast majority of people living with prediabetes do not know they have it.

We can help!

The National Diabetes Prevention Program is designed to help you identify your risks and take action to help you prevent the onset of type 2 diabetes.

