

# ARE YOU AT RISK FOR DIABETES?

Diabetes is when your blood glucose levels are higher than normal. Diabetes is a serious disease that can cause heart attack, stroke, blindness or kidney failure. Type 2 diabetes can be delayed or prevented in people with pre-diabetes through effective lifestyle programs. Take the first step. Find out your risk for pre-diabetes.

Complete the Center for Disease Control Pre-diabetes Screening Test. Answer seven simple questions. For each “Yes” answer, add the number of points listed. All “No” answers are 0 points.

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

## YOUR SCORE

3 to 8 points:


This means your current risk of having pre-diabetes is low. Keep your risk low! Continue to be active, eat low-fat meals with fruits, vegetables and whole-grain foods.

9 or more points:

This means your current risk of having pre-diabetes is high.

Please make an appointment with your primary care provider soon.

Yes	No	
1	0	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?
5	0	Find your height on the chart on the back of this brochure. 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?
9	0	Are you 65 years of age or older?
		<b>Total</b>



**Your Score**



# Weigh 2 Change

*A Lifestyle Change Program*



**NORTH DAKOTA**  
DEPARTMENT *of* HEALTH

## WHAT IS IT?

Weigh 2 Change is a community-based, life-style change program that offers education and support for people at risk for diabetes (overweight, inactive, family history of diabetes, gestational diabetes) or people with pre-diabetes. People with pre-diabetes have blood sugars higher than normal, but not yet high enough to be diabetes.

An individual with pre-diabetes can delay or prevent type 2 diabetes by making simple lifestyle changes. Diet and moderate exercise, resulting in a modest weight loss, often work to delay or prevent progression to a diagnosis of type 2 diabetes.

## ABOUT THE PROGRAM

Learn how to create a healthier lifestyle and prevent diabetes in this 24-session diabetes prevention program. Groups will meet with a trained instructor once each week for 16 weeks, followed by 8 monthly sessions, to help participants lose weight, eat healthier and increase physical activity. If classes are cancelled for any reason, make-up sessions will be scheduled to complete the program.

## YOU ARE ELIGIBLE IF YOU ARE:

- At least 18
- Overweight
- Do not currently have diabetes
- Are not pregnant

Check with your health care provider to find out if you have pre-diabetes or are at risk of developing diabetes, and if you are healthy enough for moderate exercise such as walking.

## PROGRAM SESSIONS

- Session 1** Welcome and Getting Started
- Session 2** Be a Fat and Calorie Detective
- Session 3** Ways to Eat Less Fat & Fewer Calories
- Session 4** Healthy Eating
- Session 5** Move Those Muscles
- Session 6** Being Active: A Way of Life
- Session 7** Tip the Calorie Balance
- Session 8** Take Charge of What's Around You
- Session 9** Problem Solving
- Session 10** Four Keys to Healthy Eating Out
- Session 11** Talk Back to Negative Thoughts
- Session 12** The Slippery Slope of Lifestyle Change
- Session 13** Jump Start Your Activity Plan
- Session 14** Make Social Cues Work for You
- Session 15** You Can Manage Stress
- Session 16** Ways to Stay Motivated
- Session 17-24** Topics Chosen by Program

## FACTS ABOUT PRE-DIABETES

- There are about 86 million people in the United States who have pre-diabetes.
- A person with pre-diabetes has a high risk of developing type 2 diabetes. Someone with type 2 diabetes has an estimated health care cost of \$12,000 per year.
- While some medications can delay diabetes, diet and physical activity work better! 30 minutes a day of moderate physical activity, like walking, at least 5 days per week, can reduce body weight by as much as 7%. This can also lower the risk of developing type 2 diabetes by 58% in people who are at high risk for diabetes.
- People with pre-diabetes often have no symptoms.
- Any of 3 different blood tests can be used to see if you have pre-diabetes. Ask your provider for details.
- A simple CDC pre-diabetes risk test can determine your level of risk for pre-diabetes. Take the test on the back of this brochure.

## INFORMATION

If information about a program in your area is not listed in the center of this brochure, call 701.328.2698 or email [teramiller@nd.gov](mailto:teramiller@nd.gov) for more information.