

# National Diabetes Prevention Program (NDPP)

Our FREE lifestyle change program will help those at risk of type 2 diabetes\*:

- Learn how to eat healthier and still enjoy some foods you love
- Add more activity to your life, even if you are busy
- Deal with stress and other challenges to your success
- Learn how to stay on track toward your goals
- Get the long-term support you need to stick with the changes



## Why should you participate?

Research shows that lifestyle change program participants cut their risk of developing type 2 diabetes, even a decade later!

The program can also lower your risk of having a heart attack or stroke and even reverse a prediabetes diagnosis.

**This year-long program is offered throughout the Kennebec Valley region.**

Call **872-4102** to learn more or sign up!

\*Take the diabetes screening test on back.

# Are YOU at risk for diabetes?

Take the Screening Test below:

Please answer the questions below	Points
How old are you? Younger than 40 years (0 pts.) 40–49 years (1 pt.) 50–59 years (2 pts.) 60 years or older (3 pts.)	
Are you a man or a woman? Man (1 pt.) Woman (0 pts.)	
If you are a woman, have you ever been diagnosed with gestational diabetes? Yes (1 pt.) No (0 pts.)	
Do you have a mother, father, sister, or brother with diabetes? Yes (1 pt.) No (0 pts.)	
Have you ever been diagnosed with high blood pressure? Yes (1 pt.) No (0 pts.)	
Are you physically active? Yes (0 pts.) No (1 pt.)	
What is your weight category (see chart at right)?	
<b>Total score:</b>	

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 pt.</b>	<b>2 pts.</b>	<b>3 pts.</b>
	You weigh less than the 1 Point column (0 pts.)		

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

If you scored **5** or more points, you are at increased risk for having prediabetes and are at high risk for type 2 diabetes. We can help lower your risk!

Call **872-4102** to learn more about this free program.