



Diabetes Prevention  
Research Matters

**ENROLL BY  
SUMMER 2016**

**1 in 3 Americans is  
at risk for diabetes.  
Are you  
one of them?**



 American Diabetes Association.

**ALERT! DAY**

**TUESDAY MARCH 22, 2016**

To learn more and to see if you are eligible to join **D2d**, contact us today

✉ [tufts@d2dstudy.org](mailto:tufts@d2dstudy.org)

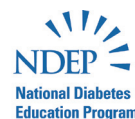
☎ **617-636-2842**

**You may be at risk for diabetes and may qualify for D2d, a national diabetes prevention study if any of the following are true. You:**

- Are at least 45 years old
- Are overweight (body mass index over 24)
- Have a parent or sibling with diabetes
- Have high blood pressure or high cholesterol
- Had diabetes during pregnancy

Not sure? Take the Diabetes Risk Test on-line at [D2dStudy.org](http://D2dStudy.org) or on the opposite page.

D2d is sponsored by:





# Vitamin D and type 2 diabetes

## Diabetes Prevention Research Matters

### DIABETES RISK TEST

**1 How old are you?**  
 Less than 40 years (0 points)  
 40—49 years (1 point)  
 50—59 years (2 points)  
 60 years or older (3 points)

Write your points in the box.

**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 point)

**7 What is your weight status?**  
 (... chart at right)

HEIGHT	WEIGHT (lbs)		
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 Point)</b>	<b>(2 Points)</b>	<b>(3 Points)</b>
You weigh less than the amount in the left column (0 points)			

**If you scored 5 or higher:**  
 You are at high risk for diabetes and you may qualify for D2d.

By checking the box, I agree to be contacted to see if I may be eligible to participate.

### CONTACT INFORMATION

Salutation:  Dr.  Mr.  Mrs.  Ms.  None

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Home Phone - Preferred

Work Phone - Preferred  Cell Phone - Preferred