



# Could You Be At Risk for Diabetes?

Promotional support for the NYS DPP is provided by the New York State Department of Health Diabetes Prevention and Control Program.

The NYS DPP is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention.



**If you are, you may be eligible for the New York State Diabetes Prevention Program (NYS DPP).**



**Take the RISK TEST inside this brochure to find out if you are at risk for type 2 diabetes or prediabetes.**



Prediabetes is a serious health condition that can lead to diabetes, heart disease, and stroke. Most people with prediabetes don't know that they have the condition. Take the first step and find out more about the New York State Diabetes Prevention Program (NYS DPP).

The NYS DPP is a program proven to prevent diabetes in people who have prediabetes or who are at high risk for diabetes. Over 16 weeks, a trained lifestyle coach leads one-hour weekly sessions to help participants improve their food choices, increase physical activity, and learn coping skills to maintain weight loss. By making small lifestyle changes, participants can reach the two main goals of the NYS DPP:

- **Lose 5-7% of body weight and keep it off, and**
- **Be more physically active**



## Did You Know?

- Prediabetes means blood sugar levels are high but not high enough to be called diabetes.
- People with prediabetes don't usually have any symptoms. Almost everyone who develops type 2 diabetes has prediabetes first.
- About 79 million Americans over the age of 20 have prediabetes. That's about one in every three people!
- Women who have had gestational diabetes (diabetes during pregnancy) are at increased risk for developing diabetes in the 10 to 20 years after pregnancy.
- Diabetes is a leading cause of heart disease, stroke, blindness, kidney disease and nerve damage.

**The good news is that lifestyle changes can prevent or delay diabetes in more than half of people with prediabetes.**



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## What You Get with the NYS DPP

- Lifestyle coaching
- Group and individual support
- Educational materials
- Personalized feedback
- Introduction to physical activity
- Useful information
- A healthier you!



## Are You At Risk for Diabetes? Take the Test!

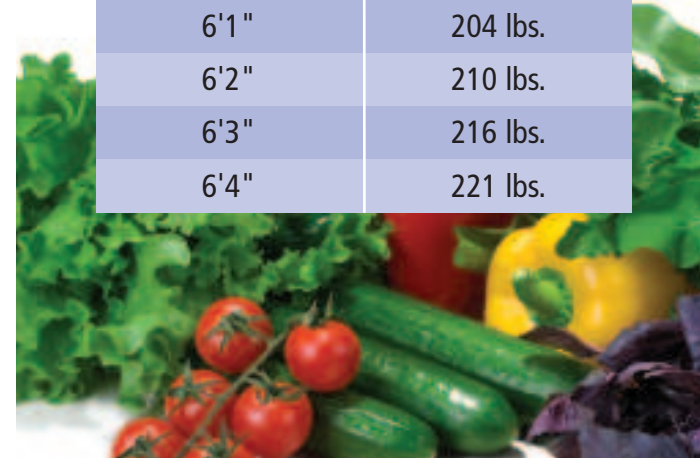
If you can say "yes" to any of the statements on the chart below, put the point value shown under the "yes" column in the "points" column and total the points at the bottom of the test. **A score of nine or higher means you are at risk for prediabetes or diabetes and may qualify for the program.** This does NOT mean you have diabetes. You will need to see your health care provider for a blood test to find out.

DIABETES RISK TEST	YES	POINTS
I had a baby weighing more than nine pounds at birth OR I have had gestational diabetes (diabetes during pregnancy).	1	
I have a sister or a brother with diabetes.	1	
I have a parent with diabetes.	1	
I am overweight. (See At-Risk Weight Chart inside).	5	
I am younger than 65 years of age AND get little or no exercise in a typical day.	5	
I am between 45 and 64 years of age.	5	
I am 65 years of age or older.	9	
<b>TOTAL POINTS</b>		

## At-Risk Weight Chart

Find your height in the chart. If you weigh **as much as or more than** the weight listed for your height, you are at increased risk for type 2 diabetes.

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



## Registration

If your score is a nine or higher on the Diabetes Risk Test you may qualify for the NYS DPP. If you are interested in this program, please fill out the following form and send to:

Note: All participants must be at least 18 years old, not have a previous diagnosis of diabetes, and not be pregnant.

Date

Name

Date of Birth

Address

City

State  ZIP

Primary Phone Number

Secondary Phone Number

E-mail Address

Gender  Female  Male

### FOR NYS DPP USE ONLY

Date Referral Received

First Session Scheduled For

Location  Initials