

Diabetes **CAN** be prevented.

Diabetes Free NC can help.

If you have prediabetes, a Diabetes Prevention Program (DPP) can help you cut your risk for developing type 2 diabetes by 58%.² DiabetesFreeNC.com can help you find a DPP in North Carolina.

All programs offered at DiabetesFreeNC.com are one year long and approved by the Centers for Disease Control and Prevention. A trained lifestyle coach will lead you through 16 or more one-hour classes over the first six months, followed by six or more maintenance classes over the next six months.



During the 12-month program you will:

- Be empowered to make healthy eating and physical activity choices
- Learn strategies to achieve and maintain a healthy weight
- Identify ways to manage stress
- Implement strategies to stay motivated
- Receive support from other participants working on similar goals

Are you ready to take the next step? Which best describes you?

• *I am planning to increase my physical activity and change the way I eat to lose weight in the next 6 months.*

You're Thinking about It! Learn more about prediabetes and DPP at DiabetesFreeNC.com.

• *I am planning to increase my physical activity and change the way I eat to lose weight in the next month.*

You're Preparing for It! Choose a DPP that is convenient for you at DiabetesFreeNC.com.

• *I have enrolled, or am currently participating, in a DPP to learn ways to help me increase my physical activity and change the way I eat to lose weight.*

You're Doing It! Stay motivated at MyEatSmartMoveMore.com.

• *I have completed a DPP and adjusted my lifestyle in the last 6 months to include what I learned.*

You're Maintaining It! Stay inspired at MedInsteadofMeds.com.



North Carolina Public Health
Working for a healthier and safer North Carolina
Everywhere. Everyday. Everybody.

References:

1. Centers for Disease Control and Prevention. National Diabetes Prevention Program. Accessed at cdc.gov/diabetes/prevention/prediabetes-type2/index on February 8, 2017.
2. National Institute of Diabetes and Digestive and Kidney Diseases. Diabetes Prevention Program. Accessed at niddk.nih.gov/about-niddk/research-areas/diabetes/diabetes-prevention-program-dpp on February 8, 2017.

Prevent Type 2 Diabetes

Find out if you have prediabetes and what you can do about it.

WHAT IS PREDIABETES?

Prediabetes means a person's blood glucose (sugar) is higher than normal, but not high enough yet to be diagnosed with type 2 diabetes. People with prediabetes are on the road to developing type 2 diabetes and are at increased risk of stroke, heart disease and other serious health problems.

Making lifestyle changes and losing weight can often reverse prediabetes. The earlier someone is diagnosed with prediabetes and starts making changes, the more likely type 2 diabetes can be prevented. Find out your risk now.

1 out of 3
adults has prediabetes.¹

15%–30%
of people with prediabetes
will develop type 2 diabetes
within 5 years if there is no
intervention.¹

Am I at risk for type 2 diabetes?

Answer these seven simple questions. For each "Yes" answer, enter the number of points listed. All "No" answers are 0 points.

| | YES | NO | Enter your score in the box. |
|---|-----|----|-----------------------------------|
| 1. Are you a woman who has had a baby weighing more than 9 pounds at birth? | 1 | 0 | <input type="text"/> |
| 2. Do you have a sister or brother with diabetes? | 1 | 0 | <input type="text"/> |
| 3. Do you have a parent with diabetes? | 1 | 0 | <input type="text"/> |
| 4. Find your height on the chart. Do you weigh as much as or more than the weight listed for your height? | 5 | 0 | <input type="text"/> |
| 5. Are you younger than 65 years of age and get little or no exercise in a typical day? | 5 | 0 | <input type="text"/> |
| 6. Are you between 45 and 64 years of age? | 5 | 0 | <input type="text"/> |
| 7. Are you 65 years or older? | 9 | 0 | <input type="text"/> |
| | | | TOTAL <input type="text"/> |

Add up your score. If your score is 9 or more points, your risk is high for having prediabetes. You may be eligible to participate in a Diabetes Prevention Program available at DiabetesFreeNC.com.

AT-RISK WEIGHT CHART

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

Choose a program that works best for you.



Diabetes Prevention Programs are available throughout North Carolina. Classes can be taken in person, online or a combination of both. All classes use a curriculum that is approved by the Centers for Disease Control and Prevention (CDC). No matter which delivery method you choose, you will learn ways to improve your eating, increase your physical activity and reduce stress. Onsite classes and combination classes are offered in selected counties across the state. Online classes are available anywhere you have an internet connection. To learn more about the program, or to register for a class, visit DiabetesFreeNC.com.

How do I get into a DPP?

- Talk with a health care provider about being tested for prediabetes.
- Visit DiabetesFreeNC.com for more information.

If you are enrolled in Medicare, you may be eligible for DPP coverage starting in April 2018.

"My doctor told me that I had prediabetes. I knew I had to do something. My glucose was 127 and A1c was 5.9. On a Sunday morning on my way to work I heard about this [Diabetes Prevention] Program on the radio. I immediately contacted them to sign up for the program. Today, I am thrilled to report that I have lost 10 pounds, and my blood sugar has improved."

—Diabetes Prevention Program Participant

For more information or to register for an upcoming program, go to DiabetesFreeNC.com