

# What's New!

## *A Diabetes Prevention Program that helps reduce diabetes risk!*

The Diabetes Prevention Program is a proven program that can not only help you lose weight but also prevent or delay the onset of type 2 diabetes.

### **This program is for people with prediabetes!**

Prediabetes is when your blood sugar is higher than normal, but not so high it cannot be lowered with healthy eating and exercise.

Most adults don't even know they are at risk for diabetes, but actually 1 in 3 adults is prediabetic. The risk is higher for adults 60 years and older.



### **ARE YOU AT RISK?**

If you have a qualifying blood value or if you score more than 9 on the Risk Quiz, you may be eligible to enroll in this program.

**Complete Risk Quiz on the back of this flyer**

**Enroll as soon as possible - space is limited! PREREGISTRATION IS REQUIRED!**

**Classes meet weekly for 12 weeks, then bi-weekly for 2 months and then monthly for 7 months**

Cost of the program may be covered by your medical insurance or you can apply for a scholarship but the scholarship amount may vary for each person.

**Classes currently being organized for both day and evening sessions.**

**Call 509-745-8531 if you are interested in attending or would like more information.**



# Risk Quiz

**GOT 30 SECONDS? If you score 9 or higher enroll today!**

Y	N	QUESTION
1	0	Are you a woman who 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 to the right. Do you weigh 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 65 years of age?
9	0	Are you 65 years of age or older?
		<b>◀TOTAL</b> Add up your score and see below.

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

## ABOUT YOUR SCORE

**9 or more points:** High risk for prediabetes. Prediabetes means your blood glucose (sugar) is higher than normal but not yet diabetes. Type 2 diabetes can be delayed or prevented through effective lifestyle programs—like the Diabetes Prevention Program. Call to enroll today.

**3 to 8 points:** Lower risk for having prediabetes today, but keep your risk low by maintaining a healthy weight.

## Please Check Enrollment Qualification:

- A1c result of 5.7–6.4
- Fasting Glucose - 100–125 mg/dL
- 2-hour Glucose - 140–199 mg/dL
- Risk quiz score of 9 or higher (see above)

