

# PROVEN LIFESTYLE CHANGE PROGRAM

## Type 2 Diabetes is preventable *Make a change... start NOW!*

Participate in our Diabetes Prevention Program today

### FREE PROGRAM

This FREE program will provide:

- ◆ Free childcare at every session
- ◆ Gift cards for attending participants

This FREE program will help you:

- ◆ Fit physical activity into your daily routine
- ◆ Lose 5-7% of your weight

Join your neighbors in learning:

- ◆ How to manage your diabetes
- ◆ How to create an action plan
- ◆ How to problem solve
- ◆ How to deal with stress
- ◆ How to select healthy choices
- ◆ When to contact your doctor

### Are you at RISK? Take the TEST!

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. 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?

HGT	WGT
4'10"	128
4'11"	132
5'0"	137
5'1"	142
5'2"	146
5'3"	151
5'4"	156
5'5"	161
5'6"	166
5'7"	171
5'8"	176
5'9"	181
5'10"	187
5'11"	192
6'0"	198
6'1"	203
6'2"	209
6'3"	215
6'4"	220

#### 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. Please consider getting your blood glucose tested for elevated levels.

**3 to 8 points:** Lower risk for having prediabetes today, but keep your risk low. Maintain a healthy weight, and don't use tobacco. If you have high cholesterol or high blood pressure, talk to your health care provider about your risk for type 2 diabetes. Take this quiz annually, and share with friends and family.

The program consists of 16 once-weekly sessions followed by 6 sessions ones a month. By attending each class, you will receive free program materials. **Must be 18 years of age to participate.**

If you want more information about the program or want to enroll, contact **Felix Colon** at Connecting for Children & Families 401-766-3384 or email [fcolon@ccfcenter.org](mailto:fcolon@ccfcenter.org)