

# Diabetes CAN be prevented.

## Diabetes Free NC can help.

If you have prediabetes, a diabetes prevention program can help you cut your risk for developing type 2 diabetes by 58%.<sup>2</sup> DiabetesFreeNC.com can help you find a diabetes prevention program 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 **esmmpreventdiabetes.com/blog**.

- *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 **esmmpreventdiabetes.com/blog**.

DiabetesFreeNC.com is a collaboration between NC State University and NC Division of Public Health.



#### References:

1. Centers for Disease Control and Prevention. National Diabetes Prevention Program. Accessed at [cdc.gov/diabetes/prevention/prediabetes-type2/index](https://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](https://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.<sup>1</sup>

Without intervention, up to 30% of people with prediabetes will develop type 2 diabetes within 5 years.<sup>1</sup>

## 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"/>

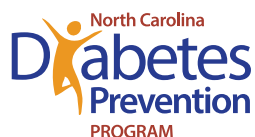
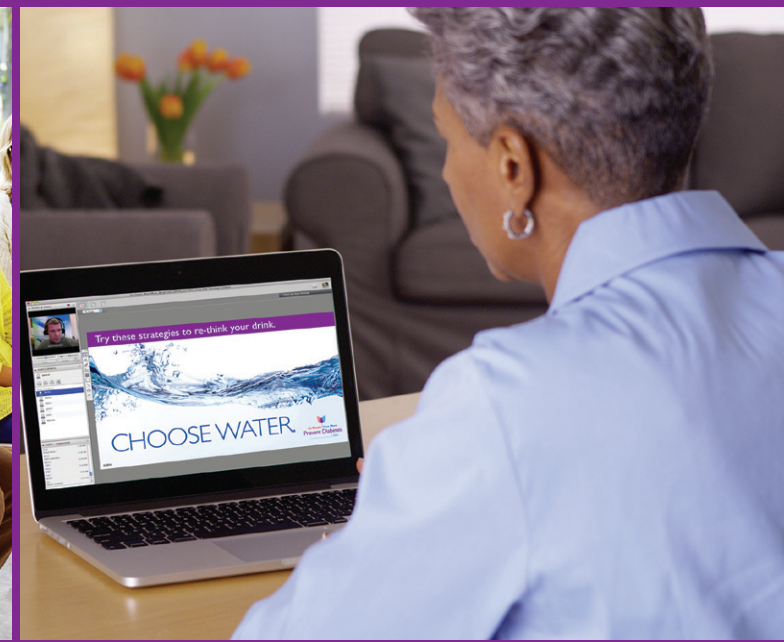
Add up your score. If your score is 9 or more points, your risk is high for having prediabetes. You may be eligible to participate in a Diabetes Prevention Program available at [DiabetesFreeNC.com](http://DiabetesFreeNC.com).

TOTAL

### AT-RISK WEIGHT CHART

Ht.	Wt. Pounds	Ht.	Wt. Pounds	Ht.	Wt. 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 an ONSITE or ONLINE program.



The **ONSITE PROGRAM** is offered in selected counties across North Carolina by providers located in the community, often in YMCAs, local health departments or pharmacies. Classes include some discussion and physical activity. You will also receive personalized support outside of class from the instructor.



The **ONLINE PROGRAM** is delivered in a real-time, online format, so you see and hear your instructor, and can interact with other participants in live sessions on your computer or mobile device. Your instructor also works with you outside the group session through individual communication using a secure, online portal.

### How much does a diabetes prevention program (DPP) cost?

- Check with your health insurance provider to see if DPP is a covered benefit.
- If you are uninsured or underinsured, you may be eligible for a discount.

### How do I get into a DPP?

- Talk with a health care provider about being tested for prediabetes.
- Visit [DiabetesFreeNC.com](http://DiabetesFreeNC.com) for more information.

"Last year, I needed to lose weight due to (high) blood sugar.

I was referred to the diabetes prevention program by my doctor. I lost the weight and lowered my (blood) sugar to acceptable levels. Several people at the office have commented on my weight loss. The diabetes prevention program is a great program!"

—Diabetes Prevention Program Participant

For more information or to register for an upcoming onsite or online program, go to [DiabetesFreeNC.com](http://DiabetesFreeNC.com)