

Are You at Risk for Diabetes?

Garnet Health Offers a Free Diabetes Prevention Program

Garnet Health is offering a free, scientifically proven and effective lifestyle-enhancement program that can help prevent Type 2 diabetes. This program is proven to motivate and support people with prediabetes to make practical, real-life changes, while decreasing the risk of developing Type 2 diabetes by more than half.

Prediabetes Is a Big Deal

Don't let the "pre" fool you. Prediabetes is a serious health condition. People with prediabetes have higher blood sugar than normal, but not high enough yet for a diabetes diagnosis. Prediabetes puts you at increased risk of developing Type 2 diabetes, heart disease, or suffering a stroke.

Approximately 96 million American adults—more than one in three—have prediabetes. Of those with prediabetes, more than 80% don't know they have it.

The good news is that if you have prediabetes, the CDC-led National Diabetes Prevention Program (DPP) can help you make lifestyle changes to prevent or delay Type 2 diabetes and other serious health problems.

The free 12-month program is designed to teach individuals how to make better food choices, increase physical activity and find helpful ways to cope with problems and stress.

The program lasts one year, with 16 sessions occurring about once a week and six to eight more sessions meeting once a month.

Qualified participants will work together to achieve their goals, under the guidance of our certified lifestyle coaches.

Exceptional lives here.



How can I find out my risk for prediabetes?

Take the test at
<https://doihaveprediabetes.org>.

How do I qualify for the DPP program?

- Do you have an A1C between 5.7% and 6.4%?
- Are you over age 18?
- Are you overweight?

If you answered yes to all three questions or scored positive for the online risk test, then you may qualify for the DPP program.

To find out more, please call
(845) 333-2705.

garnethealth.org

Prediabetes Risk Test

1. How old are you?

- Younger than 40 years (0 points)
- 40–49 years (1 point)
- 50–59 years (2 points)
- 60 years or older (3 points)

Write your score in the boxes below

2. Are you a man or a woman?

- Man (1 point)
- Woman (0 points)

3. If you are a woman, have you ever been diagnosed with gestational diabetes?

- Yes (1 point)
- No (0 points)

4. Do you have a mother, father, sister, or brother with diabetes?

- Yes (1 point)
- No (0 points)

5. Have you ever been diagnosed with high blood pressure?

- Yes (1 point)
- No (0 points)

6. Are you physically active?

- Yes (0 points)
- No (1 point)

7. What is your weight category?

(See chart at right)

Height	Weight (lbs.)		
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+
	1 Point	2 Points	3 Points
	You weigh less than the 1 Point column (0 points)		

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

Total score:

If you scored 5 or higher

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. **Talk to your doctor to see if additional testing is needed.**

If you are African American, Hispanic/Latino American, American Indian/Alaska Native, Asian American, or Pacific Islander, you are at higher risk for prediabetes and type 2 diabetes. Also, if you are Asian American, you are at increased risk for type 2 diabetes at a lower weight (about 15 pounds lower than weights in the 1 Point column). Talk to your doctor to see if you should have your blood sugar tested.

You can reduce your risk for type 2 diabetes

Find out how you can reverse prediabetes and prevent or delay type 2 diabetes through a **CDC-recognized lifestyle change program** at <https://www.cdc.gov/diabetes/prevention/lifestyle-program>.

Risk Test provided by the American Diabetes Association and the Centers for Disease Control and Prevention.

