

If you score 5 or higher on the diabetes risk test, or if you have ever been told by a health care professional that you:

- Are at risk of getting diabetes?
- Have pre-diabetes?
- Have borderline diabetes?
- Have high blood sugar or glucose?
- Had gestational diabetes?

YOU MAY QUALIFY FOR CDC'S DIABETES PREVENTION PROGRAM (DPP).

WHAT IS DIABETES PREVENTION PROGRAM (DPP)?



The CDC-led National Diabetes Prevention program offers communities an evidence-based lifestyle change program that is uniquely designed to prevent or delay type 2 diabetes.

- During the year-long program, participants at high risk for type 2 diabetes meet in a group with a trained Lifestyle Coach to learn ways to incorporate healthier eating and physical activity into their daily lives.
- Participants work with a Lifestyle Coach and the group to identify and overcome barriers to making modest lifestyle changes.

WHO QUALIFIES FOR DPP?

- 18 years or older
- BMI \geq 24 kg/m² (\geq 22 if Asian)
- Diagnosis of pre-diabetes or gestational diabetes based on :
 - Fasting blood glucose (range 100-125 mg/dl)
 - 2-hour glucose (range 140-199 mg/dl)
 - HbA1c (range 5.7-6.4)
 - Previous GDM (may be self-reported)

IControlMyHealth

is offering

Diabetes Prevention Program

in Montgomery and neighboring counties within MD. To refer or enroll patients, please email icontrolmyhealth.org@gmail.com or call **301.200.2480**.

IControlMyHealth, Inc. is a non-profit healthcare organization with exclusive focus on empowering people to live healthier lives through behavior change programs, education, and evidence generation. For any questions, comments, or to subscribe our monthly newsletter, please visit www.icontrolmyhealth.org or send an email to icontrolmyhealth.org@gmail.com.

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**Are you
at high-risk of
type 2 diabetes?**

- Are you overweight or obese?
- Did you have gestational diabetes (if women)?
- Do you have a sedentary lifestyle?
- Does diabetes run in your family?
- Do you have high blood pressure?

If you answered yes to one or more of the above questions, take the diabetes risk test on the next page and assess your risk.



DIABETES RISK TEST

WRITE YOUR SCORE IN THE BOX.

HOW OLD ARE YOU?

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

ARE YOU A MAN OR A WOMAN?

- Man (1 point) • Woman (0 points)

IF YOU ARE A WOMAN, HAVE YOU EVER BEEN DIAGNOSED WITH GESTATIONAL DIABETES?

- Yes (1 point) • No (0 points)

DO YOU HAVE A MOTHER, FATHER, SISTER, OR BROTHER WITH DIABETES?

- Yes (1 point) • No (0 points)

HAVE YOU EVER BEEN DIAGNOSED WITH HIGH BLOOD PRESSURE?

- Yes (1 point) • No (0 points)

ARE YOU PHYSICALLY ACTIVE?

- Yes (0 point) • No (1 points)

WHAT IS YOUR WEIGHT STATUS? (SEE CHART AT RIGHT)

ADD UP YOUR SCORE =

IF YOU SCORED 5 OR HIGHER:

You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or pre-diabetes (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal). Talk to your doctor to see if additional testing is needed.

IF YOU SCORED BELOW 5:

Even if your score was below 5, you may be at increased risk for having pre-diabetes (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal).

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, American Indians, Asian Americans, and Pacific Islanders.

To learn more about diabetes, please visit www.icontrolmyhealth.org

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	169-244	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 Point)	(3 Point)