



MIDLAND CARE CONNECTION, INC.

Hope, Comfort and Support

What is the 24 for Life—A Lifestyle Change Program For A Better You

24 for Life is part of the National Diabetes Prevention Program, in collaboration with American Diabetes Association and led by the Centers for Disease Control and Prevention. This program is an evidence based program proven to prevent or delay Type 2 Diabetes.

A trained lifestyle coach leads 24 1-hour group sessions. The program helps you change certain aspects of your lifestyle, like eating healthier, reducing stress, and getting more physical activity. The program also includes group support from others who share your goals and struggles.

This lifestyle change program is not a fad diet or an exercise class and is not a quick fix...it is a program focused on long-term changes and lasting results. It is only 24 hours of your life that you will dedicate to learn new habits, gain new skills, and build confidence.

Cost of the Program

Some insurance plans will cover the cost for 24 for Life. If you need financial assistance or help with your insurance to determine coverage, we will be happy to assist you.

How Can I Participate in a 24 for Life Program?

To sign up or learn more, email Bushra or Donna at 24forlife@midlandcc.org or call 1-866-394-3600. For more information please visit www.midlandcareconnection.org

In Order to Qualify for the Program, You Must

1. Be at least 18 years old
2. Be overweight (BMI > 25) (BMI > 23 if Asian)
3. Have received a diagnosis of Prediabetes or GDM (Gestational Diabetes Mellitus) or have a score of 5 or more after completing the survey "Do You have Prediabetes" located on the back of this flier or Received blood levels that fall within the ranges below.

(All of these qualifiers can be self-reported.)

- a. Fasting blood glucose (range 100-125 mg/dl)
- b. 2-hour glucose (range 140-199 mg/dl)
- c. HbA1c (range 5.7-6.4)
- d. Previous Gestational Diabetes Mellitus

4. Have no previous diagnosis of Diabetes - Type 1 or Type 2

1 OUT OF 3 US ADULTS
HAS PREDIABETES



9 OUT OF 10 PEOPLE WITH PREDIABETES
DON'T KNOW THEY HAVE IT

DO YOU HAVE PREDIABETES?

Prediabetes Risk Test



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MORE INFORMATION?

Donna Doel

785-250-5210

24forlife@midlandcc.org

www.midlandcareconnection.org

1 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)

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 status?
(see chart at right)

Write your score
in the box.



Add up
your score.



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 amount in the left column (0 points)			

☐

I WOULD LIKE MORE INFORMATION

CONTACT NAME: _____

EMAIL ADDRESS: _____

PHONE NUMBER: _____

If you scored 5 or higher:

You're likely to have prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes (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.

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

Higher body weights increase diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weights than the rest of the general public (about 15 pounds lower).



LOWER YOUR RISK

Here's the good news: it is possible with small steps to reverse prediabetes - and these measures can help you live a longer and healthier life.

If you are at high risk, the best thing to do is contact your doctor to see if additional testing is needed.

Visit DoIHAVEPrediabetes.org for more information on how to make small lifestyle changes to help lower your risk.

For more information, visit us at

DoIHAVEPrediabetes.org

