

ARE YOU AT RISK FOR TYPE 2 DIABETES?



WRITE YOUR SCORE
IN THE BOX

How old are you?

- Less than 40 (0 points)
- 40-49 (1 point)
- 50-59 (2 points)
- 60+ (3 points)

Are you a man or 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 or sibling 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 points) No (1 point)

What is your weight category?

See chart on 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

If you weigh less than the amount in the left column: 0 points

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 diabetes.



You can manage your risk of type 2 diabetes & live a long healthy life.

DIABETES PREVENTION PROGRAM



THE GROWING THREAT OF PREDIABETES

1 OUT OF 3 adults have prediabetes



9 OUT OF 10 people with prediabetes don't know they have it

15-30% of people with prediabetes will develop type 2 diabetes within 5 years



By improving food choices and increasing physical activity, you can cut your risk of developing type 2 diabetes in



MAKE THE CHANGE

Join VINE's free Diabetes Prevention Program

THIS PROGRAM WILL

- 1 help you lose weight
- 2 increase your physical activity
- 3 teach you healthier eating habits

The National DPP is a lifestyle change program providing:



A TRAINED
LIFESTYLE COACH



CDC-APPROVED
CURRICULUM



GROUP SUPPORT
OVER THE COURSE
OF A YEAR

CLASS INFORMATION

START
June 20

4 months: meet weekly

2 months: meet bi-monthly

6 months: meet monthly

26

TOTAL SESSIONS

3:30-4:30 pm

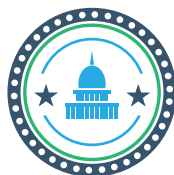


Meetings will be held
at SMILES Center for
Independent Living

709 S Front St.
Mankato, MN

REDUCING THE IMPACT OF DIABETES

Congress authorized CDC to establish the National Diabetes Prevention Program (DPP) - a public-private initiative to offer evidence-based, cost effective interventions in communities across the United States to prevent type 2 diabetes.



This program is sponsored by
the Minnesota Department of
Health (MDH) & Centers for
Disease Control (CDC)

Is VINE's class for me?

Take the short quiz on the following page to determine whether you are at risk of developing prediabetes. If you are, we invite you to inquire about the National Diabetes Prevention Program at VINE. We are working to adapt the program to be more inclusive of people with mobility challenges. Our aim is to make this free, evidence-based program helpful for people with prediabetes who:

- Experience barriers or pain when moving.
- Have a mobility disability or limitation.
- Use a cane, walker, or wheelchair.

CONTACT

For more information or to register contact Katie at 507-386-5591 or katiec@vinevolunteers.com