



DIABETES Prevention Program (DPP)

This is a CDC accredited program, proven to help people lower their risk for diabetes by up to 58% (71% for people over 60 years old).

THIS PROGRAM IS FOR YOU IF YOU...

- Have prediabetes or are at risk for diabetes
- Are looking to lose weight
- Like the support of others who are making lifestyle changes
- Are interested in learning to eat healthy, get more active, and find tools for managing stress and challenging situations

Learn your diabetes risk by taking the test on the back of this flyer.

TO LEARN MORE, PLEASE CONTACT:

Sonda Whipple at 707-263-8382 x1613, or
Dawn Pavli, RDN at 707-263-8382 x1629

HEAR WHAT ARE PARTICIPANTS ARE SAYING!

I love this class. Writing everything down and meeting with other classmates makes me more accountable for my actions.

I am a healthier person for having taken this weight loss class.



Lake County Tribal Health

Modern Medicine  Personalized Care

707-263-8382
1-800-750-7181

925 Bevins Ct., Lakeport
www.lcthc.com

Prediabetes Risk Test

	Points	Score
1. How old are you?		
Younger than 40 years	0	
40-49 years	1	
50-59 Years	2	
60 years or older	3	
2. Are you a man or a woman?		
Woman	0	
Man	1	
3. If you are a woman, have you ever been diagnosed with gestational diabetes?		
No	0	
Yes	1	
4. Do you have a mother, father, sister, or brother with diabetes?		
No	0	
Yes	1	
5. Have you ever been diagnosed with high blood pressure?		
No	0	
Yes	1	
6. Are you physically active?		
No	1	
Yes	0	
7. What is your weight category?		
See chart at right for point score		
TOTAL 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 1 POINT COLUMN (0 points)			

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>.

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