

## What can you do to prevent diabetes?

Studies show that people can lower their risk of diabetes by:

- Losing weight
- Eating healthy
- Exercising regularly
- Taking part in a lifestyle change program such as Smart Moves



## What will the program do for you?

- Provide lifestyle coaching and group support
- Promote healthier eating and weight loss
- Explore ways to be physically active
- Create strategies to overcome barriers
- Apply coping skills to stay successful




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

 *Thayer County*  
*Health Services*



Learn more at:

<http://www.cdc.gov/diabetes/prevention/about.htm>

  
**Smart Moves**  
MY LIFE, MY HEALTH



TAKE THE RISK TEST INSIDE!



# MY LIFE, MY HEALTH



## DO YOU HAVE PREDIABETES?

Prediabetes is when your blood sugar level is higher than normal but not high enough yet to be diagnosed as type 2 diabetes.

### RISK TEST

YES      POINTS

I had a baby weighing more than 9 pounds at birth OR I had gestational diabetes	1	
I have a sister or brother with diabetes	1	
I have a parent with diabetes	1	
I am overweight	5	
I am younger than 65 years of age AND get little or no exercise in a typical day	5	
I am between 45 and 64 years of age	5	
I am 65 years of age or older	9	

## ABOUT THE SMART MOVES PROGRAM

- Smart Moves is a lifestyle change program of the National Diabetes Prevention Program.
- Participants meet with trained lifestyle coaches in a small group setting with other individuals making similar life changes to prevent diabetes. Sessions are held weekly for 16 weeks, then once a month for 6 months.
- Proven program to help people with prediabetes make lasting and healthy changes and cut their risk of type 2 diabetes.

**86** MILLION adults have prediabetes

**9**  
OUT OF  
**10**

People with prediabetes don't know they have it.



ENTER YOUR TOTAL POINTS \_\_\_\_\_

If your score is **9 or more** you are at risk for prediabetes and qualify for the **Smart Moves: My Life, My Health Program.**

**REGISTER TODAY!**

Contact:  
Marissa Bongers  
Wellness Coordinator  
402-768-4676  
mbongers@tchsne.org