

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**



Contact:

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Learn more at:

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



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!



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