

JANUARY 20–APRIL 18, 2014

FREE

DIABETES PREVENTION PROGRAM

12-Week Exercise Program

Lower your Risk of Diabetes

- **Diabetes Prevention Classes** held Monday, Wednesday, and Friday at 8:15am–9:45am. Those who attend all classes are most likely to achieve their goal weight loss of a minimum of 5–7% in 12 weeks. This weight loss has been clinically shown to reduce the risk for diabetes by 58%!
- For females and males, 18-80 years of age who don't have diabetes, scores of 5 or more on the NDEP Risk for Diabetes test and scores of 2 or 3 on height/weight chart increase your risk for Type 2 diabetes (*View NDEP Risk for Diabetes Test on backside.*) Information and participant recruitment sessions and 100 Citizen Diabetes Prevention Classes offered in Spanish and English to be held at Recreation Park.

- Information and Recruitment Sessions:
Required to attend one 90-minute session!

Date and Time:

Jan. 8, at 9:00am–10:30am and 4:00pm–5:30pm
Jan. 9, at 9:00am–10:30am
Jan. 10, at 9:30am–11:00am
Jan. 13, at 8:30am–10:00am and 4:00pm–5:30pm
Jan. 14, at 8:30am–10:00am and 4:00pm–5:30pm

Please contact park staff at 818.898.1290 for more information or questions. Para información en Español, llame a la oficina 818.898.1290



THE CITY OF
SAN FERNANDO

Recreation Park
208 Park Ave., San Fernando, CA.
818.898.1290
www.sfcity.org
www.100citizens.org

California State University
Northridge | Kinesiology





Are You at Risk for Type 2 Diabetes?

Diabetes Risk Test

One in four Americans with diabetes is undiagnosed. Could you be one of the 7 million Americans who has diabetes and doesn't know it? Take the test and learn more about your risk for getting type 2 diabetes.

1 How old are you?

- a. Less than 40 years (0 points)
- b. 40–49 years (1 point)
- c. 50–59 years (2 points)
- d. 60 years or older (3 points)



2 Are you a man or a woman?

- a. Man (1 point)
- b. Woman (0 points)



3 Are you a woman who has ever been diagnosed with gestational diabetes or given birth to a baby weighing 9 pounds or more?

- a. Yes (1 point)
- b. No (0 points)



4 Do you have a mother, father, sister, or brother with diabetes?

- a. Yes (1 point)
- b. No (0 points)



5 Have you ever been diagnosed with high blood pressure?

- a. Yes (1 point)
- b. No (0 points)



6 Are you physically active?

- a. Yes (0 points)
- b. No (1 point)



7 What is your weight status? (see chart at right)



Add up Your Score

Height	Weight		
	lbs.	lbs.	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)

The higher your score, the higher your risk.

If you scored 5 or more: You are at increased risk for having type 2 diabetes. Talk to your health care provider about simple blood tests to check for diabetes or prediabetes. Early diagnosis and treatment can prevent or delay heart attack, stroke, blindness, kidney disease, and other health problems.

If you scored below 5: Even if your score was below 5, you may be at increased risk for having prediabetes—blood sugar levels that are higher than normal but not high enough to be called diabetes. The good news for people with prediabetes is that you can lower your risk for type 2 diabetes. Talk to your health care team about getting tested, particularly if you are over 45, overweight, or have a family member with diabetes. Find out about the small steps you can take to prevent or delay type 2 diabetes and live a long and healthy life.

Type 2 diabetes is more common in African Americans and people with African ancestry, Hispanics and Latinos, American Indians, Alaska Natives, Asian Americans, Native Hawaiians, and Pacific Islanders. NDEP has special information for these groups.

National Diabetes Education Program

1-888-693-NDEP (1-888-693-6337) TTY: 1-866-569-1162

HHS' NDEP is jointly sponsored by NIH and CDC with the support of more than 200 partner organizations.



Adapted from the American Diabetes Association's Diabetes Risk Test.

www.YourDiabetesInfo.org