



Are you at risk for diabetes? Take the Test!

A score of nine or higher means you are at risk for prediabetes or diabetes and may qualify you for the program. This does NOT mean you have diabetes. Please see your health care provider for a blood test to find out if you have diabetes.

Diabetes Risk Test	Points	Yes
I had a baby weighing more than nine pounds at birth OR I have had gestational diabetes (diabetes during pregnancy).	1	
I have a sister or a brother with diabetes.	1	
I have a parent with diabetes.	1	
I am overweight (see At-Risk Weight Chart).	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	
Enter your TOTAL POINTS		

At-Risk Weight Chart

Find your height in the chart located below. If you weigh as much as or more than the weight listed for your height, you are at increased risk for type 2 diabetes.

Height	Weight (in pounds)
4'10"	129
4'11"	133
5'0"	138
5'1"	143
5'2"	147
5'3"	152
5'4"	157
5'5"	162
5'6"	167
5'7"	172
5'8"	177
5'9"	182
5'10"	188
5'11"	193
6'0"	199
6'1"	204
6'2"	210
6'3"	216
6'4"	221

CNY Diabetes Prevention Program "Prevent T2"

Recognized by the CDC as a Proven Program to Prevent or Delay Type 2 Diabetes



CNY Diabetes Education Program
Faxton Campus
1676 Sunset Avenue, Utica, NY
www.mvhealthsystem.org/diabetes





CLINICALLY TESTED

Your risk of developing type 2 diabetes can be reduced by almost 60 percent. If you're over the age of 60, your risk can be reduced by 70 percent. Lifestyle changes have been found to be more effective than medication.²

CNY Diabetes Prevention Program

Type 2 diabetes threatens one in three Americans and 90 percent of these individuals don't even know they're at risk.¹ Now a new program provides proven, community-based classes to help prevent the disease.

The Central New York Diabetes Education Program (CNY Diabetes) is offering a diabetes prevention program (CNY DPP) which focuses on treating prediabetes to prevent type 2 diabetes. At this early stage, blood sugar levels are elevated but not so high they can't be lowered. Lifestyle changes are the key. By taking practical, everyday steps, you may reverse prediabetes and avoid type 2 diabetes, and associated dangers such as heart attack, stroke, blindness and amputation.

Program Goal

Losing five to seven percent of your body weight is the goal. That may be enough to reverse prediabetes and lower your risk of developing type 2 diabetes.

Low Cost

Contact CNY Diabetes for details.

Group Setting

You're not alone. Group support helps participants feel inspired and stay motivated. Together, you can learn how to successfully adopt healthy new behaviors.

Daily Activity

Expecting a big workout? Don't worry. Thirty minutes of moderate activity most days of the week is enough. Even short walks are effective.

Participants receive 10 free sessions at the Wellness Center at the Faxton Campus of the Mohawk Valley Health System, 1676 Sunset Avenue, Utica.

Healthy Eating

Smarter choices at mealtime are critical. Your coach will show you new options for healthier, delicious meals, particularly those that reduce fat intake.

PROGRAM HIGHLIGHTS

Available as part of your CNY DPP health benefits:

- 22 lifestyle coaching sessions
- Nutrition counseling
- Private weekly weigh-ins
- Detailed program handbook
- Convenient locations
- Follow-up monthly maintenance.

Trained Leaders

Specially-trained coaches lead the small group sessions and work closely with participants for active problem-solving and individual goal-setting.

Essential Topics

In the first six months, classes cover a wide range of topics including: getting active to prevent type 2, eating well to prevent type 2, and shopping and cooking to prevent type 2. The second six months offer topics such as: why weight loss can fail, how to cope with challenges, information about carbs and enjoying healthy foods.

Foot Care

CNY Diabetes also offers Certified Nurse Foot Care Services, shoe fittings and Dr. Comfort shoes.

¹ Centers for Disease Control and Prevention. National diabetes fact sheet: national estimates and general information on diabetes and prediabetes in the United States, 2011. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2011.

² New England Journal of Medicine, Vol. 346, No. 6 (2002)

To enroll in the program, call 315-624-5620 or email Michelle Rios at mrios1@mvhealthsystem.org.

CNY Diabetes is formally recognized by the Center for Disease Control and Prevention (CDC) as a proven program to prevent or delay type 2 diabetes.

To determine your eligibility or for more information, call CNY Diabetes at 315-624-5620. You can also visit www.mvhealthsystem.org/diabetes for more information.

