

## 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 an 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

For more information or to enroll in the program, visit our website, [mvhealthsystem.org/diabetes](http://mvhealthsystem.org/diabetes) or call CNY Diabetes at 315-624-5620 or email [mrrios1@mvhealthsystem.org](mailto:mrrios1@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.



CNY Diabetes Education Program  
 Faxton Campus  
 1676 Sunset Avenue, Utica, NY  
[mvhealthsystem.org/diabetes](http://mvhealthsystem.org/diabetes)

## Rediscover Wellness A Weight Loss and Wellness Program



*Rediscover Wellness is a Center for Disease Control (CDC) recognized diabetes prevention program.*



# Central New York (CNY) Diabetes Rediscover Wellness Program

The CNY Diabetes Rediscover Wellness Program is a **diabetes prevention and weight loss program** that teaches people how to eat healthier and get the right amount of physical activity to lose weight and help control blood sugar. This year-long lifestyle change program is taught by a registered nurse and dietician lifestyle coaches.

If you have been diagnosed with **diabetes**, please contact CNY Diabetes (315) 625-5620 and ask about Diabetes Education Classes.

## Evidence Based

According to the CDC, 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.

## Program Goal

Losing five to seven percent of your body weight is the goal. That when combined with moderate activities, may be enough to prevent a chronic condition like diabetes.

## Low Cost

Rediscover Wellness is Medicare approved if you are 65 years of age or older and meet the eligible criteria. 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 habits and behaviors.

## Healthy Eating

Smarter choices at mealtimes are critical. Your coach will show you new options for healthy, balanced meals that are lower in fat and control carbohydrates.

## Trained Leaders

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

## Daily Activity

Expecting a big workout? Don't worry. Moderate activity and even walking short distances are effective.

## Program Highlights

- 22 lifestyle coaching sessions over one year
- Nutrition and exercise counseling
- Private, weekly weigh-ins
- Detailed program handbook
- Convenient locations
- Follow-up monthly maintenance.

## Essential Topics

In the first six months, classes cover a range of topics including: physical activity, healthy eating, shopping for healthy food and cooking. The second six months offer topics such as: why weight loss can fail, how to cope

## 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 healthcare provider for a blood test to find

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		