

# Are **YOU** at risk for **DIABETES?**

## What is diabetes?

Diabetes is a disease in which blood sugar levels are abnormally high.

Diabetes is a serious disease. It can cause heart attack or stroke, blindness, kidney failure, or loss of feet or legs. But diabetes can be controlled and early detection is important.

**Type 2 diabetes** is usually found in adults and can be controlled with medications or insulin.

Having **prediabetes** means you are at very high risk of developing type 2 diabetes. But that risk can be lowered or reversed with simple lifestyle changes. See how on page 2.

## Did you know...

- 1 in 9 people in the U.S. already have diabetes. The CDC says 1 in 3 adults could have diabetes by 2050 if trends continue.
- An estimated 260,000 Minnesotans have been diagnosed with diabetes. Another 93,000 may have diabetes and not know it.
- More than 1 in 3 Minnesota adults have prediabetes – that's 1.7 million people! Yet only 1 in 5 of them know they have it.
- Most people with prediabetes have no symptoms.
- Studies show type 2 diabetes can be prevented or delayed in people with prediabetes by taking the 16-week Diabetes Prevention Program (DPP) classes to help them eat healthier foods, get regular physical activity and lose 7-10 pounds. Find a DPP site in your area on page 2.

## Take the Test – Know Your Risk!

Add the number score if you...

|   | SCORE |
|---|-------|
| Have a parent with diabetes   | 1     |
| Have a sister or brother with diabetes                                | 1     |
| Are a woman who has had a baby weighing more than 9 pounds at birth   | 1     |
| Are overweight  | 5     |
| Are under 65 years old and get little or no exercise in a typical day | 5     |
| Are between 45 and 64 years old                                       | 5     |
| Are 65 years old or older   | 9     |

Add your score



## What Your Score Means

**9 or more** **YOUR RISK IS HIGH** for having diabetes. Talk to your doctor! Take steps now to lower your risk. See how on page 2.

**3 to 8** Your risk is low for having diabetes now. Keep your risk low by following a healthy lifestyle. See how on page 2.

## Take Simple Steps to Lower Your Risk for Type 2 Diabetes

You can cut your risk for type 2 diabetes in half – even if you already have prediabetes!

- ☑ Make healthy food choices
  - Eat more fruits, vegetables and whole grains and lean meats.
  - Cut down on eating fatty foods and salt.
- ☑ Be active every day
  - Half of all adults get little or no exercise, and that is a big risk factor.
  - Set realistic goals and work up to being active 30 minutes every day.
- ☑ Do not smoke
  - Smoking triples your risk of developing type 2 diabetes.
- ☑ Watch your weight
  - The more you are overweight, the greater your risk.
  - Eat smaller portions and lose 10 pounds if you are overweight.
- ☑ Know your blood pressure and cholesterol numbers
  - Get checked at least once a year.
- ☑ Talk to your doctor!
  - Know your risk. Get screened for diabetes every year if you are 45 years and older or have other diabetes risk factors.
- ☑ If you have prediabetes, take the Diabetes Prevention Program (DPP) classes
  - The DPP has been proven to help prevent or delay developing type 2 diabetes with just 16 one-hour classes held once a week.



### Get More Information

#### Learn about Diabetes Prevention

- Am I at risk?  
<http://ndep.nih.gov/am-i-at-risk/>
- Check your risk for diabetes  
<http://www.cdc.gov/Features/DiabetesAlert/>
- Prevention tips & risk test <http://www.diabetes.org/diabetes-basics/prevention/>

#### Find a Diabetes Prevention Program (DPP) Site Near You

- The YMCA of the Greater Twin Cities  
<http://www.ydpp.org> Offers the DPP at more than 30 sites in the Metro area.
- YMCAs in greater Minnesota  
<http://www.ymca.net/diabetes-prevention/participating-ys.html> Has DPP sites in Grand Rapids, Willmar and Alexandria.
- I CAN Prevent Diabetes Minnesota  
<http://icanpreventdiabetes.org/groups.html> Program supports a growing number of DPP sites across the state.