

## ABOUT THE SMART MOVES PROGRAM

- Diabetes Prevention Program
- CDC lifestyle change program
- Participants meet in a small group with a lifestyle coach
  - 16 week sessions
  - ongoing support for a year

**REGISTER TODAY!**

For more information:  
South Heartland District  
Health Department  
402-462-6211  
or 877-238-7595



SOUTH  
HEARTLAND  
DISTRICT



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Learn more at:  
[cdc.gov/diabetes/prevention/about.htm](http://cdc.gov/diabetes/prevention/about.htm)



UNITING PARTNERS TO KICK  
CHRONIC DISEASE TO THE CURB

Supported by Cooperative Agreement # DP0055493-01  
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Services to South Heartland District Health Department



**Smart Moves**  
MY LIFE, MY HEALTH



SOUTH  
HEARTLAND  
DISTRICT



**HEALTH  
DEPARTMENT**

# PREVENTING DIABETES

**86 MILLION** adults have prediabetes

**BUT**



PEOPLE WITH PREDIABETES  
DON'T KNOW THEY HAVE IT.

Type 2  
Diabetes

Prediabetes

Normal

## 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	1	
I had gestational diabetes	9	
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	

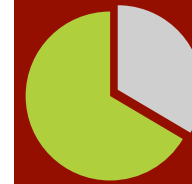
ENTER YOUR TOTAL POINTS \_\_\_\_\_

**If your score is 9 or more you:**

- are at risk
- qualify for Smart Moves

## WHAT CAN YOU DO TO PREVENT DIABETES?

- Be physically active
- Lose weight
- Eat healthy
- Attend Smart Moves



**15-30%** of people with prediabetes develop type 2 diabetes within **5 YEARS**

## WHAT WILL THE PROGRAM DO FOR YOU?

- Provide lifestyle coaching and group support
- Help you learn to eat healthy
- Learn ways to be physically active
- Learn ways to overcome challenges
- Build skills to be successful