

SMART MOVES

86 MILLION
adults have prediabetes

BUT **9** OUT OF **10**



PEOPLE WITH
PREDIABETES
DON'T KNOW
THEY HAVE IT.

TAKE THIS TEST TO SEE IF YOU
ARE AT RISK:

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 for prediabetes and qualify for the Smart Moves Lifestyle Change Program



Smart Moves

MY LIFE, MY HEALTH



YOU ARE AT RISK FOR DIABETES. NOW WHAT?

Prediabetes is a serious condition, when your blood sugar level is higher than normal but not high enough yet to be diagnosed as type 2 diabetes.

15-30% of people with prediabetes develop type 2 diabetes within five years.

The **good news** is, it is preventable and there is support:

- **Get moving**
- **Weight Loss**
- **Eating healthy**

Smart Moves is a CDC National Diabetes Prevention Program offering support to promote lifestyle change and prevent diabetes. The program offers:

- **Life style coaches**
- **Support from others**
- **Skills to be successful**

**To enroll or for more information, please call
402-462-6211 or 877-238-7595**

SOUTH
HEARTLAND
DISTRICT



**HEALTH
DEPARTMENT**

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