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

Learn more at:
cdc.gov/diabetes/prevention/about.htm

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E-mail: mail@shdhd.org

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Created 1/5/17
15-30% of people with prediabetes develop type 2 diabetes within 5 years.

**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**

<table>
<thead>
<tr>
<th>Risk Factor</th>
<th>YES</th>
<th>POINTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>I had a baby weighing more than 9 pounds at birth</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>I had gestational diabetes</td>
<td>9</td>
<td></td>
</tr>
<tr>
<td>I have a sister or brother with diabetes</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>I have a parent with diabetes</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>I am overweight</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>I am younger than 65 years of age AND get little or no exercise in a typical day</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>I am between 45 and 64 years of age</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>I am 65 years of age or older</td>
<td>9</td>
<td></td>
</tr>
</tbody>
</table>

**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

**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