

Take the Diabetes Risk Test!

Write your score in the green boxes below

1. How old are you?

Younger than 40 (0 points)

40–49 years (1 point)

50–59 years (2 points)

60 years or older (3 points)

2. Are you a man or a woman?

Man (1 point)

Woman (0 points)

3. If you are a woman, have you ever been diagnosed with gestational diabetes?

Yes (1 point)

No (0 points)

4. Do you have a mother, father, sister or brother with diabetes?

Yes (1 point)

No (0 points)

5. Have you ever been diagnosed with high blood pressure?

Yes (1 point)

No (0 points)

6. Are you physically active?

Yes (0 point)

No (1 points)

7. What is your weight category?

See chart on other side.

TOTAL SCORE:

A score of five 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 out if you have diabetes.

03/23

REDISCOVER WELLNESS

A National Diabetes
Prevention Program



CNY DIABETES EDUCATION PROGRAM
Faxton Campus
1676 Sunset Avenue, Utica, NY
315-624-5620

MVHEALTHSYSTEM.ORG/DIABETES



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 315-624-5620 and ask about Diabetes Education Sessions.

Evidence Based

According to the the Center for Disease Control and Prevention (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, and when combined with moderate activities, may be enough to prevent a chronic condition like diabetes.

Low Cost

Diabetes Prevention Services are approved for eligible beneficiaries by many insurances including Medicare and Medicaid.

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
- In-person and virtual settings
- 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 with challenges, information about carbohydrates and enjoying healthy foods.

CNY Diabetes is formally recognized by the CDC as a proven program to prevent or delay type 2 diabetes.

Rediscover Wellness is a CDC-recognized diabetes prevention program.

At-Risk Weight

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 (lbs.) | | |
|--------|----------------|-----------------|-----------------|
| 4'10" | 119-142 | 143-190 | 191+ |
| 4'11" | 124-147 | 148-197 | 198+ |
| 5'0" | 128-152 | 153- | 204+ |
| 5'1" | 132-157 | 158-210 | 211+ |
| 5'2" | 136-163 | 164-217 | 218+ |
| 5'3" | 141-168 | 169-224 | 225+ |
| 5'4" | 145-173 | 174-231 | 232+ |
| 5'5" | 150-179 | 180-239 | 240+ |
| 5'6" | 155-185 | 186-246 | 247+ |
| 5'7" | 159-190 | 191-254 | 255+ |
| 5'8" | 164-196 | 197-261 | 262+ |
| 5'9" | 169-202 | 203-269 | 270+ |
| 5'10" | 174-208 | 209-277 | 278+ |
| 5'11" | 179-214 | 215-285 | 286+ |
| 6'0" | 184-220 | 221-293 | 294+ |
| 6'1" | 189-226 | 227-301 | 302+ |
| 6'2" | 194-232 | 233-310 | 311+ |
| 6'3" | 200-239 | 240-318 | 319+ |
| 6'4" | 205-245 | 246-327 | 328+ |
| | 1 Point | 2 Points | 3 Points |