

ARE YOU AT RISK FOR TYPE 2 DIABETES?



Diabetes Risk Test

1 How old are you?

- Less than 40 years (0 points)
- 40—49 years (1 point)
- 50—59 years (2 points)
- 60 years or older (3 points)

Write your score
in the box.



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 points) No (1 point)

7 What is your weight status? (see chart at right)

Height	Weight (lbs.)		
4' 10"	119-142	143-190	191+
4' 11"	124-147	148-197	198+
5' 0"	128-152	153-203	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)
You weigh less than the amount in the left column (0 points)			

Add up
your score.



If you scored 5 or higher:

You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal). Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, American Indians, and Asian Americans and Pacific Islanders.

For more information, visit us at
www.diabetes.org or call 1-800-DIABETES

 Visit us on Facebook
[Facebook.com/AmericanDiabetesAssociation](https://www.facebook.com/AmericanDiabetesAssociation)



Adapted from Bang et al., Ann Intern Med 151:775-783, 2009.
Original algorithm was validated without gestational diabetes as part of the model.

Lower Your Risk

The good news is that you can manage your risk for type 2 diabetes. Small steps make a big difference and can help you live a longer, healthier life.

If you are at high risk, your first step is to see your doctor to see if additional testing is needed.

Visit diabetes.org or call 1-800-DIABETES for information, tips on getting started, and ideas for simple, small steps you can take to help lower your risk.

NATIONAL DIABETES PREVENTION PROGRAM

WORKING
TOGETHER
TO PREVENT
TYPE 2 DIABETES



THE GROWING THREAT OF PREDIABETES

Prediabetes is identified when your blood sugar level is higher than normal but not high enough yet to be diagnosed as type 2 diabetes

86 MILLION
adults have
prediabetes



9 OUT OF 10 people with prediabetes
don't know they have it

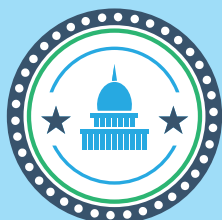


Without weight loss
and moderate
physical activity

15–30% of people with
prediabetes will
develop type 2 diabetes
within 5 years



REDUCING THE IMPACT OF DIABETES



Congress authorized CDC to establish the NATIONAL DIABETES PREVENTION PROGRAM (National DPP)—a public-private initiative to offer evidence-based, cost effective interventions in communities across the United States to prevent type 2 diabetes

It brings together:



to achieve a greater impact on reducing type 2 diabetes

Research shows
structured lifestyle
interventions can
cut the risk of
type 2 diabetes in

HALF



Groups in the National Diabetes Prevention Program are working to:



Build a workforce that can implement the lifestyle change program effectively



Ensure quality and standardized reporting



Deliver the lifestyle change program through organizations nationwide



Increase referrals to and participation in the lifestyle change program

A key part of the National DPP is a lifestyle change program that provides:



A TRAINED LIFESTYLE COACH



CDC-APPROVED CURRICULUM



GROUP SUPPORT OVER THE COURSE OF A YEAR

JOIN IN THIS NATIONAL EFFORT

Everyone can play a part in preventing type 2 diabetes



RAISE AWARENESS of prediabetes



SHARE INFORMATION about the National DPP



ENCOURAGE PARTICIPATION in a local lifestyle change program



PROMOTE the National DPP as a covered health benefit

Find out how to get involved with the National Diabetes Prevention Program

www.cdc.gov/diabetes/prevention

TYPE II DIABETES

in South Dakota



RISK FACTORS FOR TYPE II DIABETES

THE MAIN RISK FACTORS FOR DEVELOPING
TYPE II DIABETES INCLUDE:



42,000

REPORTED NUMBER OF **SOUTH
DAKOTANS** OVER THE AGE
OF 18 **DIAGNOSED WITH**
DIABETES IN 2010.

90-95%

OF DIAGNOSED CASES OF
DIABETES IN ADULTS ARE **TYPE II.**

200,000

ESTIMATED NUMBER OF SOUTH
DAKOTANS OVER THE AGE OF 18
TO HAVE **PRE-DIABETES.**

PREVENTING TYPE II DIABETES



58% REDUCTION IN THE DEVELOPEMENT OF
TYPE II DIABETES WITH **5-7% BODY WEIGHT**
REDUCTION AND INCREASED PHYSICAL ACTIVITY.

MEDICAL EXPENDITURES ARE **2.3%**
HIGHER FOR THOSE WITH DIAGNOSED
DIABETES THAN FOR THOSE WITHOUT.



DIAGNOSED DIABETES **COSTS THE**
U.S. \$245 BILLION ANNUALLY.

COMPLICATIONS OF TYPE II DIABETES

1

DIABETES IS THE
7TH LEADING
CAUSE OF
DEATH IN
SOUTH DAKOTA.

2

PEOPLE WITH
DIABETES ARE
2-4 TIMES
MORE LIKELY TO
DEVELOP **HEART**
DISEASE OR
STROKE.

3

DIABETES IS THE
LEADING CAUSE
OF NEW CASES
OF **BLINDNESS**
AMONG ADULTS
AGED 20-74
YEARS.

4

MORE THAN
60% OF NON-
TRAUMATIC
LOWER-LIMB
AMPUTATIONS
OCCUR IN
PEOPLE WITH
DIABETES.

5

DIABETES IS
THE **LEADING**
CAUSE OF
KIDNEY FAILURE,
ACCOUNTING
FOR **44% OF ALL**
NEW CASES OF
KIDNEY FAILURE IN
2008.



SOUTH DAKOTA
DEPARTMENT OF **HEALTH**

<http://diabetes.sd.gov>

Sources

- US Census: <http://quickfacts.census.gov/qfd/states/46000.html>
- SD BRFSS: <http://doh.sd.gov/Statistics/>
- National Diabetes Fact Sheet: http://www.cdc.gov/diabetes/pubs/pdf/ndfs_2011.pdf
- ADA: <http://www.diabetes.org/advocate/resources/cost-of-diabetes.html>

- CDC Diabetes: <http://www.cdc.gov/diabetes/pubs/general11.htm#what>
- 2010 SD Mortality Report: <http://doh.sd.gov/Statistics/2010Vital/Mortality.pdf>
- SD School Height/Weight Report: <http://doh.sd.gov/SchoolWeight/PDF/2011-2012Summary.pdf>



LIVING HEALTHY WORKS.
GOOD & HEALTHY SOUTH DAKOTA WORKPLACES



SOUTH DAKOTA



DIABETES
PROGRAM

Lower the Risk.

Prevent type 2 diabetes. It's up to you.

Diabetes prevention is proven, possible, and powerful. Studies show that people at high risk for type 2 diabetes can prevent or delay the onset of the disease by losing 5 to 7 percent of their weight – that's 10 to 14 pounds for a 200 - pound person.

Two keys to success:

- Get 150 minutes of moderate exercise per week.
- Eat a variety of foods that include fruits and vegetables, foods that are low in fat, and reduce the number of calories you eat per day.



SOUTH DAKOTA
DEPARTMENT OF HEALTH

www.diabetes.sd.gov