



# Diabetes Prevention Program 2019

*\*Open to all employees and dependents\**

According to the American Diabetes Association, Diabetes affects 9.3% of the U.S. population. And 37% of U.S. adults have prediabetes. *86 MILLION Americans are at risk. Are you?*

The Wellness Program is offering a full year of health coaching sessions in a safe, confidential environment to help lose weight and reduce risk of diabetes

**AND a chance to win a FREE Apple Watch!**

## GOT 30 SECONDS?

Take this quiz—it could add years to your life.

Y	N	QUESTION
1	0	Are you a woman who had a baby weighing more than 9 pounds at birth?
1	0	Do you have a sister or brother with diabetes?
1	0	Do you have a parent with diabetes?
5	0	Find your height on the chart. Do you weigh more than the weight listed for your height?
5	0	Are you younger than 65 years of age and get little or no exercise in a typical day?
5	0	Are you between 45 and 65 years of age?
9	0	Are you 65 years of age or older?
		<b>◀TOTAL</b> Add up your score and see below.

HGT	WGT
4' 10"	128
4' 11"	132
5' 0"	137
5' 1"	142
5' 2"	146
5' 3"	151
5' 4"	156
5' 5"	161
5' 6"	166
5' 7"	171
5' 8"	176
5' 9"	181
5' 10"	187
5' 11"	192
6' 0"	198
6' 1"	203
6' 2"	209
6' 3"	215
6' 4"	220

### ABOUT YOUR SCORE

**9 or more points:** High risk for prediabetes. Prediabetes means your blood glucose (sugar) is higher than normal, but not yet diabetes. Type 2 diabetes can be delayed or prevented through effective lifestyle programs. Please consider getting your blood glucose tested for elevated levels. If you have Prediabetes, consider enrolling in the diabetes prevention program that can help reduce your risk.

**3 to 8 points:** Lower risk for having prediabetes today, but keep your risk low by maintaining a healthy weight.

To enter the drawing:

← Take the quiz

Submit your name at:  
[WhatcomCounty.us/DPP](http://WhatcomCounty.us/DPP)  
before November 26, 2018

2 winners and more information on the 2019 program will be announced  
November 28