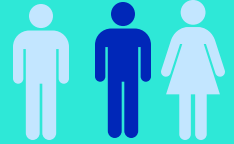


DIABETES PREVENTION PROGRAM

84.1
MILLION

84.1 million American adults -
more than 1 out of 3 -
have prediabetes

1 OUT OF **3**



9 OUT OF **10**

people with prediabetes
don't know they have it

WE CAN HELP YOU REDUCE YOUR RISK!

Learn more about Sequoia Wellness'
Diabetes Prevention Program by emailing
Chrystyna Zellers RDN LD at
czellers@sequoia-wellness.com

Take the quiz
on the back of
this flyer to see
if you are at
risk!



The Diabetes Prevention Program is based off of CDC guidelines:
www.cdc.gov/diabetes/prevention. Statistics from Center for Disease
Control

SEQUOIA
wellness

4209 State Route 44, Rootstown OH 44272
www.sequoia-wellness.com
330.325.6102

Are you at risk for type 2 diabetes?

WRITE YOUR SCORE
IN THE BOX.

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)
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 category?**
 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+

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 in which blood glucose levels are higher than normal but not yet high enough to be diagnosed as diabetes. Talk to your doctor to see if additional testing is needed.

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

Higher body weight increases diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weight than the rest of the general public (about 15 pounds lower).

1 point	2 points	3 points
If you weigh less than the amount in the left column: 0 points		

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

If you scored 5+ points, join Sequoia's Diabetes Prevention Program. We can help reduce your risk!

Email Chrys at czellers@sequoia-wellness.com for more information.