

# Changing Today for a Healthier Tomorrow

Next Session Begins August 1, 2018!

**FREE**  
to Those Who Qualify

## Prevent T2 Program Tri-State Memorial Hospital

Reduce your risk for type 2 diabetes and gain tools for healthy living!

**86 million adults** have prediabetes

**9 out of 10 people** with prediabetes do not know they have it.

**15-30% of people** with prediabetes will develop type 2 diabetes in 5 years.

**60% reduction** of type 2 diabetes can be achieved with a Diabetes Prevention Program according to the National Institutes of Health research.

If you are at risk for type 2 diabetes, Tri-State Memorial Hospital's Prevent T2 Program provides a supportive environment. You can work with others in a small group setting to learn how to adopt healthy habits to reduce your chances of developing the disease.

The program, which is led by a trained Lifestyle Coach in a classroom setting, is delivered over a **12-month period**, beginning with 16 weekly sessions **every Wednesday from 12:00pm to 1:00pm**, followed by monthly maintenance. **You will learn strategies for eating healthier, increasing your physical activity and making other changes that will improve your overall health and well-being.**



Healthy EATING

Get and Stay ACTIVE

Lose WEIGHT

Prevent DISEASE



**Tri-State**  
Memorial Hospital &  
Medical Campus

[www.TriStateHospital.org](http://www.TriStateHospital.org)

For more information about the Prevent T2 Program or to see if you qualify for participation, please contact:

Jennifer Raykovich, RDN, Prevent T2 Coordinator and Coach  
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# Take Control

## Find out your prediabetes risk

Answer these seven questions. For each "yes" answer, add the number of points listed:

	Yes	No
Are you a woman who has had a baby weighing more than 9 pounds?	1	0
Do you have a parent with diabetes?	1	0
Do you have a brother or sister with diabetes?	1	0
Are you younger than 65 years of age and get little or no physical activity in a day?	5	0
Are you between 45 and 64 years of age?	5	0
Are you 65 years of age or older?	9	0
According to the chart, do you weigh as much or more than the weight listed for your height?	5	0

 YOUR TOTAL:

 **At-Risk Weight Chart**

Height	Weight pounds
4'10"	129
4'11"	133
5'0"	138
5'1"	143
5'2"	147
5'3"	152
5'4"	157
5'5"	162
5'6"	167
5'7"	172
5'8"	177
5'9"	182
5'10"	188
5'11"	193
6'0"	199
6'1"	204
6'2"	210
6'3"	216
6'4"	221

**If you score a 9 or higher, you are at risk for prediabetes and this program may be right for you!**

## Take Control Today!

How can you delay or prevent diabetes?

- Achieve 150 minutes of weekly physical activity
- Lose 5% - 7% of starting body weight

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