

# START HERE!

Fill out and tear off this form to give to your provider.

NAME: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_

EMAIL/PHONE: \_\_\_\_\_

## AT-RISK WEIGHT CHART

HEIGHT	WEIGHT		
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+
	<b>1 POINT</b>	<b>2 POINTS</b>	<b>3 POINTS</b>

If you weigh less than the amount in the left column: **0 POINTS**



# ONE IN THREE AMERICANS

has prediabetes, but only 11% know they have it.

## WE ARE HERE FOR YOU

Take your first step today!  
To learn more, contact one of our Lifestyle Coaches at:

**541-672-8533**

**COW CREEK HEALTH AND WELLNESS CENTER**  
**NORTH (ROSEBURG) CLINIC**  
2589 NW Edenbower Blvd.  
Roseburg, OR 97471

**CLINIC HOURS**  
8 AM - 5 PM | Monday - Friday

COW CREEK HEALTH AND WELLNESS CENTER



# DIABETES PREVENTION PROGRAM



**PREVENT T2**  
A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

## WHAT IS THE PREVENTION PROGRAM?

Native Americans are more than twice as likely to get diabetes than the rest of the population. While there is no cure for T2 Diabetes, it can be prevented or delayed. Our Lifestyle Coaches want to help you in three main ways:

### 1. START WITH SMALL CHANGES

Your Lifestyle Coach will work with you to make realistic and attainable goals to make changes in your life.

### 2. LOSE WEIGHT AND KEEP IT OFF

Our Registered Dietitian will help you choose foods and create a healthy meal plan that works best for you and your family.

### 3. GET FIT TO STAY HEALTHY

Your Lifestyle Coach will work with you to become more active and improve your overall health.



## SMALL STEPS, BIG REWARDS

Your Toolkit for Preventing T2 Diabetes

The changes needed to reduce your diabetes risk are not as big as you think. Making any change is hard, but here are some ways our team can help:

- Nutrition program cards to reduce the costs of purchasing healthier foods.
- Tribal-specific recipes, cookbooks, cooking utensils, exercise tools, pedometers, and other fitness supplies.
- Cooking demonstrations led by a Registered Dietitian.
- A community of people working toward the same goal.



## DIABETES RISK TEST

	LESS THAN 40 YRS	0
How old are you?	40-49 YRS	+1
	50-59 YRS	+2
	60+ YRS	+3

Are you a man or a woman?	MAN	+1
	WOMAN	0

If you are a woman, have you ever been diagnosed with gestational diabetes?	YES	+1
	NO	0

Do you have a mother, father, sister, or brother with diabetes?	YES	+1
	NO	0

Have you ever been diagnosed with high blood pressure?	YES	+1
	NO	0

Are you physically active?	YES	0
	NO	+1

What is your weight status?  
(Your score from reverse side) \_\_\_\_\_

**TOTAL YOUR SCORE:** \_\_\_\_\_

## WHAT YOUR SCORE MEANS

### IF YOU SCORED 5 OR HIGHER:

You are at 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 the blood glucose levels are higher than normal). Talk to your doctor to see if additional testing is needed and if this program is right for you.