Change your **risk** for type 2 diabetes with a change to your lifestyle.



Our Diabetes Prevention Program may be just what you need! It's a CDC based diabetes lifestyle change program designed to significantly reduce the risk of type 2 diabetes*. Take the quiz on back to assess your risk.

To participate, you must meet ALL FOUR requirements:

1. Age 18 years or older
2. BMI of 25 or higher (23 or higher if Asian American)
3. Not previously diagnosed with type 1 or type 2 diabetes
4. Not pregnant

You also need to meet ONE of the following:

- Hemoglobin A1C: 5.7%–6.4%
- Fasting plasma glucose: 100–125 mg/dL
- 2-hour plasma glucose (after a 75g glucose load): 140–199 mg/dL
- Previously diagnosed with gestational diabetes during pregnancy
- Received score of 5 or higher on the Prediabetes Risk Test (*see next page*)

Program Goals:

- Consistent attendance
- Loss of 5% to 7% of initial weight
- 150 minutes of physical activity per week
- Healthy and mindful eating

For more information:

- Call Workforce Health at **414-777-3410**

Watch our informational video:
https://froedtert.webex.com/froedtert/ldr.php?RCID=35af47ff75627a3af259f10271099e36
Password: Wellness1

When ready to enroll, complete this Intake Form (use company code 0007)

12-Month Program Information

Start date: Wednesday, Jan. 27, 2027
Class time: Wednesdays 12-1 p.m.
Virtual via Webex

Class Schedule:

First 4 months - 16 weekly sessions
Months 5 and 6 - 4 biweekly sessions
Last 6 months - 6 monthly sessions

Attend three on-site biometric screening events:

- Start of program
- Midway point - 6th month
- End of program - 12th month

Dates and times to be communicated upon program enrollment.

A FREE program for City of Milwaukee employees and spouses.

Space is limited to 16 participants.

Earn 20 Healthy Rewards Points for attending at least 10 of the first 16 meetings.

Earn an additional 20 points for completing the year-long program.

Froedtert & Medical College of Wisconsin
Workforce Health

*Not meant for individuals already diagnosed with type 2 diabetes.

Prediabetes Risk Test

NATIONAL DIABETES PREVENTION PROGRAM

Write your score in the boxes below

1. How old are you?

Younger 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)

Total score:

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 1 Point 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.

A score of 5 or higher indicates risk for prediabetes.

For program information, call Workforce Health.

414-777-3410

Risk Test provided by the American Diabetes Association and the Centers for Disease Control and Prevention

Froedtert & Medical College of Wisconsin

Workforce Health

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