



Workforce Health

Diabetes: Know Your Risk

DIABETES PREVENTION PROGRAM

At Risk Weight Chart

Height	Weight
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

This program is designed to significantly reduce the risk of type 2 diabetes and is not meant for individuals already diagnosed.

Presented by
Froedtert Workforce Health

This program is **FREE** to City of Milwaukee employees and spouses.



Workforce Health



86 million US adults—
more than a third—
have prediabetes, and 90%
of them don't know it.

CDC Fast Fact 2016

**Take the quiz inside
to assess your risk.**

Then sign-up to cut your risk
of type 2 diabetes in half!



CDC Diabetes Prevention Program Standards and Operating Procedures 2015

Take the Diabetes Risk Test

Answer these seven simple questions. For each “Yes” answer, circle the number of points listed.

2019 Diabetes Prevention Program

CDC-Recognized Diabetes Lifestyle Change Program



Learn how to cut your type 2 diabetes risk in half and earn **Healthy Rewards Points**

YES

Are you a woman who has had a baby weighing more than 9 pounds at birth?	1 point
Do you have a sister or brother with diabetes?	1 point
Do you have a parent with diabetes?	1 point
Find your height on the chart. Do you weigh as much as or more than the weight listed for your height? (See <i>At Risk Weight Chart</i>)	5 points
Are you younger than 65 years of age and get little or no exercise in a typical day?	5 points
Are you between 45 and 64 years of age?	5 points
Are you 65 years of age or older?	9 points
Total points for all “yes” responses:	_____

If your score is **9 points or more**, you may be at risk for prediabetes and eligible to enroll in the Diabetes Prevention Program.

Call today for program information and to determine eligibility **414-777-3410**. Space is limited to 12 participants.

Reference: www.cdc.gov/diabetes/home/index.html

Program Qualifications:

- At least 18 years of age
 - Diagnosis of **Prediabetes** or **Gestational Diabetes**
- OR**
- Score of 9 or more on the Diabetes Risk Test

To receive additional program information call:

414-777-3410

or fill out the form below and leave it with staff at the Wellness Center or Workplace Clinic in the Zeidler Municipal Building.

Diabetes Prevention Program:

I may be at risk and I’m interested in learning more about the program:

Name: _____

Phone Number: _____

Best time/day to call: _____

E-mail: _____

This program is FREE to City of Milwaukee employees and spouses.

12-Month Program Information

Start Date: Tuesday, January 15, 2019

Class Time: 12:00–1:00 p.m.

Location: City Hall, Room 303
200 E. Wells Street

Class Schedule:

First 4 months

- Meet every Tuesday from 12:00 – 1:00 p.m. for the first four months (Jan. 15 - Apr. 30)

Remaining 8 months

- Meet the second Tuesday of each month on the following dates:
5/14, 6/11, 7/9, 8/13, 9/10, 10/8, 11/12, 12/10

Program Goals:

- Consistent attendance
- Loss of 5% – 7% of initial weight
- 2.5 hours of physical activity/week (30 min/day)
- Healthy/mindful eating

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

Earn an additional 10 points if you lose over 3 pounds by the end of the year-long program.