



*** FREE for North Carolina Residents:**

North Carolinians only pay \$30 and **receive ALL \$30 back* for meeting attendance and tracking requirements.
(covered program value = \$430)

This offer is available for all North Carolinians regardless of employment or insurance status.

DEADLINE for Registration
Friday, May 12th, 2023 at 5pm EST

Register Now

In order to participate in a [Diabetes Prevention Program](#), you must meet the following eligibility criteria:

Must have both of the following:

- No previous diagnosis of diabetes
- Body Mass Index (BMI) over 25 (or 23 if of Asian descent)

AND one of the following:

- History of gestational diabetes OR,
- Score of 5 or higher on the Risk Test OR,
- Blood glucose testing
 - A1C between 5.7 - 6.4
 - Fasting glucose between 100-125

What is Prediabetes?

PREDIABETES means a person's blood glucose (sugar) is higher than normal, but not high enough yet to be diagnosed with type 2 diabetes. People with prediabetes are on the road to develop type 2 diabetes and are also at increased risk for serious health problems such as stroke and heart disease. Prediabetes often can be reversed through lifestyle changes such as increased physical activity, healthy eating, and weight loss. The earlier people are diagnosed with prediabetes, the more likely they can reverse it and prevent type 2 diabetes.

You CAN prevent type 2 diabetes.

Eat Smart, Move More, Prevent Diabetes can help.

Am I at risk for type 2 diabetes?

1. How old are you? With age, your risk increases.

2. Are you a man or a woman? Men (1 point) Women (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, sibling, 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.)

Add up your score. If your score is 5 or more points, your risk is high for having prediabetes. You are eligible to participate in the Eat Smart, Move More, Prevent Diabetes program. Click HERE to see class times.

Height	Weight (pounds)
4'10"	119-142 143-166 167+
4'11"	124-147 148-197 198+
5'0"	128-152 153-203 204+
5'1"	132-157 158-210 211+
5'2"	136-161 162-217 218+
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

How many points does the 1 Point column (0 points) have?

100%

0

NC STATE UNIVERSITY

Eat Smart Move More Prevent Diabetes

Take the Risk Test!

Check out our Success Stories & Blogs!

**"My instructor and the
Eat Smart, Move More,
Prevent Diabetes
program have changed
my life!"**

- JIM

See more Success Stories



Read our Blogs

Eat Smart, Move More, Prevent Diabetes was created in partnership by
NC State University and NC Division of Public Health.