

ABOUT THE SMART MOVES PROGRAM

- Diabetes Prevention Program
- CDC lifestyle change program
- Participants meet in a small group with a lifestyle coach
 - 16 week sessions
 - ongoing support for a year

REGISTER TODAY!

For more information:
South Heartland District
Health Department
402-462-6211
or 877-238-7595



SOUTH
HEARTLAND
DISTRICT



**HEALTH
DEPARTMENT**

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Learn more at:
cdc.gov/diabetes/prevention/about.htm



UNITING PARTNERS TO KICK
CHRONIC DISEASE TO THE CURB

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Smart Moves
MY LIFE, MY HEALTH



SOUTH
HEARTLAND
DISTRICT



**HEALTH
DEPARTMENT**

PREVENTING DIABETES

86 MILLION adults have prediabetes

BUT



PEOPLE WITH PREDIABETES
DON'T KNOW THEY HAVE IT.

Type 2
Diabetes

Prediabetes

Normal

DO YOU HAVE PREDIABETES?

Prediabetes is when your blood sugar level is higher than normal but not high enough yet to be diagnosed as type 2 diabetes.

RISK TEST

	YES	POINTS
I had a baby weighing more than 9 pounds at birth	1	
I had gestational diabetes	9	
I have a sister or brother with diabetes	1	
I have a parent with diabetes	1	
I am overweight	5	
I am younger than 65 years of age AND get little or no exercise in a typical day	5	
I am between 45 and 64 years of age	5	
I am 65 years of age or older	9	

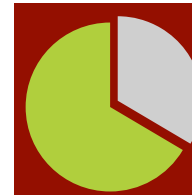
ENTER YOUR TOTAL POINTS _____

If your score is 9 or more you:

- are at risk
- qualify for Smart Moves

WHAT CAN YOU DO TO PREVENT DIABETES?

- Be physically active
- Lose weight
- Eat healthy
- Attend Smart Moves



15-30% of people with prediabetes develop type 2 diabetes within **5 YEARS**

WHAT WILL THE PROGRAM DO FOR YOU?

- Provide lifestyle coaching and group support
- Help you learn to eat healthy
- Learn ways to be physically active
- Learn ways to overcome challenges
- Build skills to be successful