

Did you know?

1 in 3 people have prediabetes and do not know

Obesity is the biggest risk factor for type 2 diabetes

Weight loss is the most effective way to reduce the risk of type 2 diabetes

Diabetes is one of the leading causes of death and disability in the U.S.

Type 2 diabetes may be prevented just by making a few lifestyle changes!



REFERRAL FORM

Health Care Providers, you can refer to MCDPP by completing this form and sending with your patient to contact us. Thank You!

Patient Name

Is recommended for MCDPP based on the following

- ✓ 18 years or older
- ✓ BMI ≥ 24 kg/m² or (≥ 22 if Asian)
- ✓ Diagnosis of prediabetes or gestational diabetes based on one of the following:
 - Fasting blood glucose (range 100-125 mg/dl)
 - 2-hour glucose (range 140-199)
 - HbA1c (range 5.7-6.4)
 - Previous Gestational DM (may be self-reported)

Health care Provider Signature

**Montgomery Co. Diabetes
Prevention Program**
(859) 498-3808
montgomerycountyhealth.com



Montgomery County Health Department
Your partner in making a difference.

YOU CAN PREVENT TYPE 2 DIABETES



**TAKE CHARGE
OF YOUR
LIFE**

Are You At Risk? Take the test!

A score of **9** or higher means you are at risk for prediabetes or type 2 diabetes and may qualify for the Diabetes Prevention Program. This does NOT mean you have diabetes.

Please take your results below to your health care provider and talk about diabetes testing. If you are at risk, MCDPP can help. Ask your provider for a referral which is found on the back of this brochure.

Risk test	Yes	Points
I had a baby weighing more than 9 pounds at birth OR I have had gestational diabetes (diabetes during pregnancy).	1	
I have a sister or a brother with diabetes.	1	
I have a parent with diabetes.	1	
I am overweight. (See At-Risk Weight Chart)	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:		



At-Risk Weight Chart

Find your height in the chart located below. If you weigh as much as or more than the weight listed for your height, you are at increased risk for type 2 diabetes.

Height	Weight (in pounds)
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

The Montgomery County Diabetes Prevention Program (MCDPP) is a proven way to prevent diabetes in people who have prediabetes or are at risk for type 2 diabetes, by making small lifestyle changes. The MCDPP meets in a small group for one hour every week for 16 weeks. Following the 16 weeks, monthly sessions are available for further support. A trained lifestyle coach leads the sessions to help you improve your food choices, increase physical activity, and learn coping skills to maintain weight loss and healthy lifestyle changes.

How can Type 2 Diabetes Be Prevented?

The main goals of the program are to:

1. Lose 5-7% of body weight and keep it off.
2. Be more physically active

Lifestyle change is not easy, but the goals of this program are reachable.

What you get with MCDPP

- Lifestyle coaching
- Group and individual support
- Educational materials
- Personalized feedback
- Introduction to physical activity
- Lifetime friends
- Useful information
- A healthier you!