

Are you at Risk for Type 2 Diabetes?

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 program. This does NOT mean you have diabetes. Please see your health care provider for a blood test to find out if you have type 2 diabetes.



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

See if your Body Mass Index (BMI) is 24 or greater.

BMI	24
Height	Weight
4'10"	115
4'11"	119
5'0"	123
5'1"	127
5'2"	131
5'3"	135
5'4"	140
5'5"	144
5'6"	148
5'7"	153
5'8"	158
5'9"	162
5'10"	167
5'11"	172
6'0"	177
6'1"	182
6'2"	186
6'3"	192
6'4"	197

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		

The National Diabetes Prevention Program in New York State (NDPP in NYS) 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 NDPP in NYS meets in a small group for just one hour every week for 16 weeks. A trained lifestyle coach leads the weekly 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 the NDPP in NYS

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