New Bedford, Are You at Risk for Diabetes?

Why Avoiding Diabetes Is Important

Diabetes is a serious disease than can lead to stroke, blindness, high blood pressure, and kidney damage. Fortunately, you can decrease your risk of developing diabetes by making small lifestyle changes.

- Eating Healthier
- Being More Active
- Losing Some Weight
- Staying Away from Tobacco
### Prediabetes Screening Quiz

<table>
<thead>
<tr>
<th>Question</th>
<th>Points for Yes Answers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are you a woman who had a baby weighing more than nine pounds at birth?</td>
<td>1</td>
</tr>
<tr>
<td>Do you have a parent with diabetes?</td>
<td>1</td>
</tr>
<tr>
<td>Do you have a brother or sister with diabetes?</td>
<td>1</td>
</tr>
<tr>
<td>Are you overweight?</td>
<td>5</td>
</tr>
<tr>
<td>Are you younger than 65 and getting little or no exercise in a typical day?</td>
<td>5</td>
</tr>
<tr>
<td>Are you between 45 and 64 years old?</td>
<td>5</td>
</tr>
<tr>
<td>Are you 65 years of age or older?</td>
<td>9</td>
</tr>
</tbody>
</table>

**Total Points**

If you scored 9 or more points, you may be at risk. Talk to your doctor for more information.

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### What You Can Do to Avoid Diabetes

- Find out if you're at risk
- Make healthy lifestyle decisions
- Join a diabetes prevention program

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### Get Help!

**Sign Up for a No-Cost Diabetes Prevention Program**

We’ve partnered with the YMCA Southcoast to offer their Diabetes Prevention Program at no cost to eligible New Bedford employees and their families. To see if you’re qualified, contact the YMCA Southcoast at:

- **Phone:** 1-508-996-9622 ext. 141
- **Email:** ymcadpp@ymcasouthcoast.org

**Talk to Your Doctor**

Your doctor can give you more information about your health and the best steps to take to avoid diabetes.