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### **Are You at Risk for Prediabetes?**

BISMARCK, N.D. – It could be the person next to you. It could be your mother, brother, spouse—or even you. One in three adults has prediabetes. The diagnosis of prediabetes should be a serious wake-up call because it can lead to type 2 diabetes. Risk factors include being overweight or obese, having a family history of type 2 diabetes, and having had gestational diabetes. The North Dakota Department of Health Diabetes Program encourages North Dakota residents to take the online screening test located at [www.diabetesnd.org](http://www.diabetesnd.org) to assess their level of risk for diabetes.

Type 2 diabetes can be prevented with behavior changes that result in modest weight loss, like making healthier food choices, being more physically active, and managing social cues that affect lifestyle. The National Diabetes Prevention Program (NDPP), with trained lifestyle coaches, helps people with prediabetes prevent the onset of type 2 diabetes in a fun and supportive environment.

The NDPP uses a proven curriculum that can reduce a person’s risk for type 2 diabetes by 58 percent. Lifestyle coaches facilitate the classes in group settings allowing participants to learn from others in similar situations. The lifestyle coaches are there to motivate, encourage, and support participants throughout the year-long journey to a healthier lifestyle.

When asked what she would tell others about the program, Leila Brucker, a program participant said, “It is the best program I’ve ever gone through. The information provided was exactly what I needed!” Brucker also said she absorbed more than she thought and can still hear the lifestyle coaches encouraging her to make healthy choices.

Could you have prediabetes? If you don’t know, take the test. If you have prediabetes or are at risk for type 2 diabetes, the National Diabetes Prevention Program can help you. It can provide gradual, sustainable results. A healthier life is waiting for you. Find a program near you and learn more about the NDPP at [www.diabetesnd.org](http://www.diabetesnd.org), or contact Jane Myers, North Dakota Diabetes Program Director at 701-360-5263.

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