

# National Diabetes Prevention Program

## What is the National DPP?

The National Diabetes Prevention Program offers **one year of lifestyle coach support** following an evidence-based curriculum.

It reduces the risk of developing **type 2 diabetes**. Participants learn to:

1. Eat right
2. Move more
3. Lose weight
4. Improve mental health



## Patient Eligibility

To qualify, a person must have a prediabetes diagnosis, scored more than 5 on the risk test, or have had gestational diabetes

### Patients must also:

- >18 years of age
- BMI >25
- Not be pregnant
- No previous diagnosis of Type 1 or Type 2 diabetes

## Coverage is Available:

**\$500**

Approximate cost for the National DPP

Many insurance companies provide coverage for the National DPP, including Medicare, Medicaid, Aetna, Cigna, Molina, SelectHealth, and more.

**Encourage your patients to check their coverage.**

Learn more at <https://heal.utah.gov/diabetes/>  
Email questions to [pchapman@brhd.org](mailto:pchapman@brhd.org)



# Prediabetes Risk Test



## 1. How old are you?

- Younger than 40 years (0 points)
- 40-49 years (1 point)
- 50-59 years (2 points)
- 60 years or older (3 points)

Write your score in the boxes below

## 2. What is your sex assigned at birth?

- Male (1 point)
- Female (0 points)

## 3. If you have ever been pregnant, were you ever diagnosed with gestational diabetes?

- Yes (1 point)
- No (0 points)

## 4. Do you have a parent or sibling with diabetes?

- Yes (1 point)
- No (0 points)

## 5. Have you ever been diagnosed with high blood pressure?

- Yes (1 point)
- No (0 points)

## 6. Are you physically active?

- Yes (0 points)
- No (1 point)

## 7. What is your weight category?

(see chart at right)

## Prediabetes

A condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes.

Height	Weight (lbs.)		
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+
	<b>1 Point</b>	<b>2 Points</b>	<b>3 Points</b>

You weigh less than the 1 point column (0 points)

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, American Indians, Asian Americans, and Pacific Islanders.

**Total score:**

Higher body weight increases diabetes risk for everyone. Asian Americans are at increased risk for type 2 diabetes at lower weights (about 15 pounds lower than weights in the 1 point column).

## If you scored 5 or higher:

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes. Talk to your doctor to see if additional testing is needed.

You also qualify to participate in the National Diabetes Prevention Program. The Bear River Health Department offers the year-long lifestyle change program. New classes start regularly. Visit [brhd.org/classes](http://brhd.org/classes) or call 435-792-6510 to learn more.