**Prediabetes Screening Test**

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are you a woman who has had a baby weighing more than 9 pounds at birth?</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Do you have a sister or brother with diabetes?</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Do you have a parent with diabetes?</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Find your height on the chart below. Do you weigh as much as or more than the weight listed for your height?</td>
<td>5</td>
<td>0</td>
</tr>
<tr>
<td>Are you younger than 65 years of age and get little or no exercise in a typical day?</td>
<td>5</td>
<td>0</td>
</tr>
<tr>
<td>Are you between 45 and 64 years of age?</td>
<td>5</td>
<td>0</td>
</tr>
<tr>
<td>Are you 65 years of age or older?</td>
<td>9</td>
<td>0</td>
</tr>
</tbody>
</table>

The numbers on this chart reflect a BMI of ≥27

9 or more points: High risk for having prediabetes now.
3 to 8 points: Probably low risk for having prediabetes now.

You can download this test sheet for use with your patients at www.diabetesnm.org.

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Learn more by visiting www.diabetesnm.org

New Mexico Department of Health
Diabetes Prevention and Control Program
Phone: 888-523-2966
Email: dpcp@diabetesnm.org

The program is supported by the Centers for Disease Control and Prevention and the New Mexico Department of Health Diabetes Prevention and Control Program.

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A group lifestyle change program to prevent diabetes among high-risk New Mexicans
Diabetes Prevention

How can we prevent diabetes?

The New Mexico Department of Health - Diabetes Prevention and Control Program is supporting and helping to facilitate the National DPP throughout the state.

The program is free of charge to eligible participants.

The National DPP was developed by the CDC for people with prediabetes. This intensive lifestyle initiative is based on the original Diabetes Prevention Program (DPP) National Institutes of Health study that demonstrated a 5-7% weight loss achieved and maintained through regular physical activity and improved nutrition, prevented or delayed the progression of prediabetes to diabetes by 58% compared to standard lifestyle recommendations.

Weight loss through lifestyle change has proven effective in preventing diabetes.

About the New Mexico Program

Participants work with a lifestyle coach in a group setting to receive a one-year lifestyle change program that includes:

- 16 core sessions (usually one per week) encouraging participants to make changes in diet and exercise.
- 6 post-core sessions (one per month) designed to help patients maintain a healthy lifestyle.
- trained lifestyle coaches, many of them healthcare professionals, supporting the participants and helping motivate them to sustain healthy choices.

Program goals:
- Learn how to reduce calorie and fat intake.
- Engage in 150 minutes of moderate physical activity each week.
- Achieve and maintain a 5-7% loss of body weight.

Participant Criteria

- 18 years and older
- BMI ≥24 kg/m² (≥22 kg/m² if Asian)
- Readiness to change

Plus

Ideally 50% of the participants have:
- a history of gestational diabetes
- prediabetes according to one of the following blood tests:
  1. Fasting plasma glucose of 100 to 125 mg/dl
  2. Plasma glucose measured 2 hours after a 75 gm glucose load of 140 to 199 mg/dl
  3. A1c of 5.7 to 6.4

Another option is that 50% are eligible if they screen positive for prediabetes based on the CDC Prediabetes Screening Test (see next page).

If your patient meets these criteria, please consider referring them to the closest National DPP program.

Local contact: