



Have questions or want to sign up?

Contact us!

Lewis County Public Health

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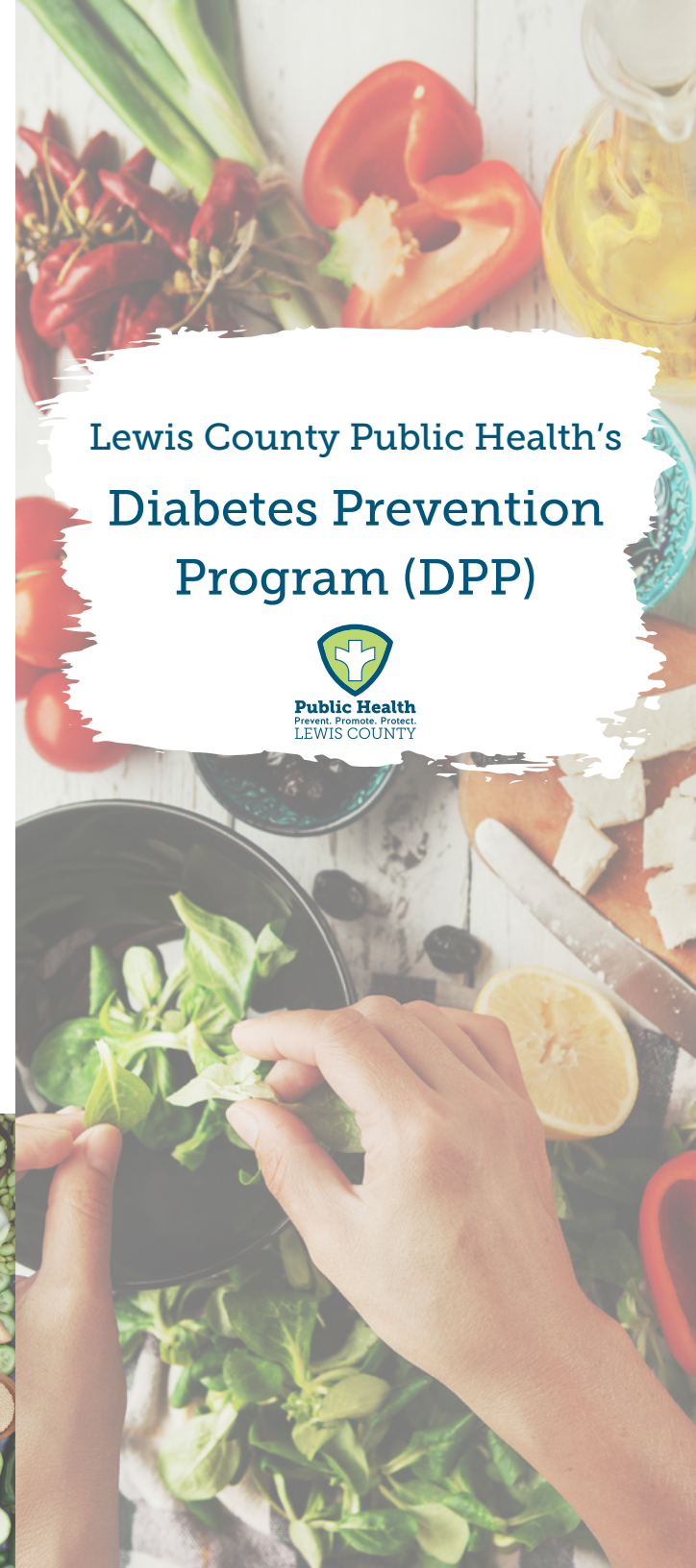
Fax: 315-376-7013

Website: lewiscountypublichealth.com

App: Naturally Healthy Lewis County

Facebook: Lewis County Public Health

Instagram: [lewisco_publichealth](https://www.instagram.com/lewisco_publichealth)



Lewis County Public Health's Diabetes Prevention Program (DPP)



Public Health
Prevent. Promote. Protect.
LEWIS COUNTY

What is DPP?

DPP works to make it easier for people with prediabetes to participate in affordable, high-quality lifestyle change programs to reduce their risk of type 2 diabetes and improve their overall health.

What is the class like?

Each group meets for class once a week for 16 weeks. Then, class is every other week for two months. Finally, for 6 months there will be one class each month. The entire program lasts one year. Each class is an hour long.

A trained lifestyle coach leads each session to help you improve your food choices and physical activity. You will also learn skills to adopt healthy lifestyle changes that will help maintain weight loss.

What does the class cost?

Nothing! This class is free.

Are you at risk for diabetes?

Take the test and find out!

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)
2. Are you a man or woman?
 Woman (0 points) Man (1 point)
3. If you are a woman, have you ever been diagnosed with gestational diabetes?
 Yes (1 point) No (0 points)
4. Do you have a mother, father, sister, or brother 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

Height	Weight (lbs.)		
	119-142	143-190	191+
4'10"	119-142	143-190	191+
4'11"	124-147	148-190	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+
	1 point	2 points	3 points
You weigh less than 1 point column (0 points)			



If you scored 5 or higher- You are at an increased risk for having prediabetes and are at high risk for type 2 diabetes. DPP can help you change this!

Praise from Lewis County Residents

“With your support, I am a new person! Thank you for helping me start a new lifestyle!”

“The people I met in my class have motivated me and I hope to keep them in my circle of friends.”

“After 16 weeks, I’ve learned when to eat, what to eat and how to eat. I also learned that we are responsible for ourselves. We have the willpower when it comes to eating and exercising.”

“I learned a lot from this class. I plan to continue using the information I learned for the rest of my life.”