

Dave's Story

When I joined the program, I weighed 333 pounds. I had no way to deal with my eating habits, didn't exercise regularly, and would lose some weight then gain it all back.

At a regular medical appointment, my doctor brought up concerns about my weight and general health. He suggested that I check out the Sight Center's Diabetes Prevention Program. I had tried other classes in the past, but this program sounded different.

After attending my first meeting, I could see that my doctor was right. The DPP at the Sight Center was different. It focused on how to use diet and exercise in easy to understand, everyday ways with practical and achievable goals.

My results have been far greater than I'd hoped! After only 14 weeks in the program, I lost 50 pounds and my glucose levels dropped. I've adopted an organized exercise routine and am keeping a food journal so that I know how many calories, protein, carbohydrates and fat I'm eating every day. I have more energy and stamina and I am set to begin a new full-time job.

I am so grateful for all that I've learned through this program. Thank you to the Sight Center for all that you're doing. It's not just making lives better, it's saving them!

Thank you, **SIGHT CENTER**

Take the Test—Know Your Score!

Answer these seven simple questions. For each "Yes" answer, add the number of points listed. All "No" answers are 0 points.

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

Height	Weight lbs.	Height	Weight lbs.	Height	Weight lbs.	Height	Weight lbs.
4'10"	129	5'3"	152	5'8"	177	6'1"	204
4'11"	133	5'4"	157	5'9"	182	6'2"	210
5'0"	138	5'5"	162	5'10"	188	6'3"	216
5'1"	143	5'6"	162	5'11"	193	6'4"	221
5'2"	147	5'7"	172	6'0"	199		

Score 3-8: Your risk is low. Keep it low by making healthy choices and getting regular exercise.

Score 9 or More: Your risk of prediabetes is HIGH! Contact the Sight Center today to learn about the new game-changing CDC-recognized program available at the Sight Center.

* CS232302A www.cdc.gov/diabetes



THE MISSION THAT WORKS

Diabetes Prevention

Diabetes Prevention Program

A Commitment to Mission: *Blindness Prevention*

At the Sight Center, we are passionate about our mission to prevent blindness and promote independence for those with vision loss. Diabetes is a leading cause of blindness in working age adults, and we are leading the way to make diabetes prevention available to those who are at risk for this destructive disease.

- Prevention services improve overall health & well-being.
- Pre-diabetes can be reversed through diet and lifestyle changes.

Recognized by the Centers for Disease Control and Prevention*

The Sight Center's Diabetes Prevention Program (DPP) is a 12-month curriculum that is fully recognized by and developed specifically for the National Centers for Disease Control and Prevention (CDC). This research-based program emphasizes lifestyle change as the key to preventing or delaying the onset of Type 2 diabetes.

Provided in a group setting, participants engage in detailed lessons and receive resources to best support their weight loss goals through improved diet and increased exercise. With the help, encouragement and individualized support of a trained lifestyle coach, participants are empowered to:

- Improve their diet through the addition of healthier options.
- Deal with stress in a more positive way and learn to cope with weight loss challenges.
- Accept small setbacks as normal and develop skills to refocus attention and efforts on personal goals.

* CDC 2018 www.cdc.gov



How Does DPP work?

The DPP is a year-long commitment:

- The first three months, you'll attend weekly meetings.
- The second three months, meetings will be held biweekly.
- The last six months, participants meet once a month.
- During the hour-long sessions, participants learn tips, strategies and skills to help meet personal weight loss goals and increase their level of physical activity.
- In addition to the regular schedule of classes, participants may meet one-on-one with their lifestyle coach and can also receive additional support via phone and email communication.
- Many insurance providers offer this prevention service as a paid benefit. To find out if you're covered, contact your insurance provider.
- Research shows that pre-diabetic individuals who participate in a diabetes prevention program are able to cut their risk of developing Type 2 diabetes by 58%, higher than any other preventive method.

We're all in this together and a supportive environment is a must. The Sight Center will encourage you, motivate you and hold you accountable as you do the serious work to change your lifestyle for the better.

To find out when the next DPP group starts, call the Sight Center, 814-455-0995.



Facts about Diabetes:

- Diabetes is a leading cause of blindness.
- 1 in 3 adults are pre-diabetic and 90% of them don't even know it.
- Pre-diabetes is reversible with significant diet and lifestyle changes.
- Lifetime medical costs for someone with diabetes are twice as high as someone without diabetes.
- People with diabetes are at higher risk for developing other significant health conditions including blindness, heart disease and stroke.