

## To Register

Simply fill out this referral slip and fax it to us at: (607) 962-9755.

I, \_\_\_\_\_  
(First and Last Name)

would like to enroll in the National Diabetes Prevention Program.

The best method to reach me is:

Telephone

Email

(\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_  
(Phone Number)

\_\_\_\_\_@\_\_\_\_\_  
(Email Address)

Or contact our Programs Coordinator:

Kali Beilman-Martin

P.O. Box 97, Corning, NY 14830

Phone: (607) 962-8459

Email: k.beilman.martin@gmail.com

*We look forward to working with you!*

(Cut Here)

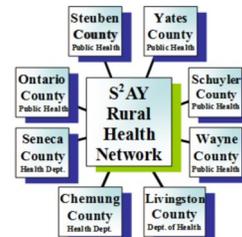
## The S<sup>2</sup>AY Rural Health Network

**Mission:** To integrate, promote, and expand appropriate components of the Public Health service delivery system to improve health outcomes for all residents of the Network region.

The S<sup>2</sup>AY Rural Health Network, formed in 1997, is a 501(c)(3), non-profit organization serving **Chemung, Livingston, Ontario, Schuyler, Seneca, Steuben, Wayne, and Yates Counties.**

To find out more about how the S<sup>2</sup>AY Rural Health Network is working to improve the health of your community or to see what other services we offer, at no cost to you, please visit us at our website:

[s2aynetwork.org](http://s2aynetwork.org)



# Living

# Healthy

# Workshops



## *The National Diabetes Prevention Program*



**Take Charge of Your Health Today!**

## Who Qualifies?

You are at a greater risk of developing type 2 diabetes if:

- You are 45 years of age or older.
- You are overweight.
- You have a family history of type 2 diabetes.
- You are physically active fewer than 3 times per week.
- You have had gestational diabetes.
- You gave birth to a baby that weighed 9 pounds or more.
- You took the Risk Test at [doihaveprediabetes.org](http://doihaveprediabetes.org) and scored in the prediabetic range.

You are already prediabetic if your bloodwork falls within the following ranges:

- 2-hour Plasma Glucose Test (OGTT)  
140 - 199 mg/dL
- Fasting Plasma Glucose Test (FPG)  
100 - 125 mg/dL
- Hemoglobin A1C Test  
5.7% - 6.4%

## About the NDPP

The National Diabetes Prevention Program (NDPP) is an evidence-based program that helps you eliminate or reduce your risk of developing type 2 diabetes by 58%.

A trained lifestyle coach facilitates workshops that help you lose at least 5% - 7% of your starting body weight through modest lifestyle changes.

Topics covered by the NDPP include:

- Buying and cooking healthy food.
- Managing stress.
- Finding time to be physically active.
- Coping mechanisms.
- Communicating effectively with family, friends, and healthcare providers.
- Eating healthy while traveling or at social events.
- Problem solving.
- Keeping your heart healthy.
- Losing weight and keeping it off.

## Benefits to You!

Participating in the program does not conflict with your existing treatment through your healthcare provider. The NDPP is designed to enhance regular treatment plans and education.

Workshops provide an environment where mutual support and success build your confidence and strengthen your ability to manage your health and maintain an active and fulfilling life.

Those who participate in the NDPP and utilize what they have learned find that they:

- Improve their overall health and reduce their risk of developing other health problems.
- Eliminate or cut in half their risk of developing type 2 diabetes.
- Lose at least 5% - 7% of their starting body weight.
- Are able to exercise at least 150 minutes per week.
- Help others improve their health.