



Diabetes Prevention Research Matters



**1 in 3 Americans are
at risk for diabetes.
Are you
one of them?**

 American Diabetes Association.

ALERT! DAY

TUESDAY MARCH 24, 2015

To learn more and to see if you
are eligible to join **D2d**, contact
us today

✉ tufts@d2dstudy.org

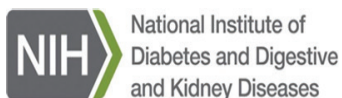
☎ **617-636-2842**

**You may be at risk for diabetes
and may qualify for D2d, a national
diabetes prevention study if any of
the following are true. You:**

- Are at least 45 years old
- Are overweight (body mass index over 24)
- Have a parent or sibling with diabetes
- Have high blood pressure or high cholesterol
- Had diabetes during pregnancy

Not sure? Take the Diabetes Risk Test on-line at **D2dStudy.org** or on the opposite page.

D2d is sponsored by:





Vitamin D and type 2 diabetes

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DIABETES RISK TEST

1 **How old are you?**
Less than 40 years (0 points)
40—49 years (1 point)
50—59 years (2 points)
60 years or older (3 points)

Write your points
in the box.

2 **Are you a man or a woman?**
Man (1 point) - Woman (0 points)

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 status?**
(... chart at right)

HEIGHT	WEIGHT (lbs)		
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+
	(1 Point)	(2 Points)	(3 Points)
You weigh less than the amount in the left column (0 points)			

If you scored 5 or higher:

You are at high risk for diabetes
and you may qualify for D2d.

Add up
your score

☐

By checking the box, I agree
to be contacted to see if I may be
eligible to participate.

CONTACT INFORMATION

Salutation: ☐ Dr. ☐ Mr. ☐ Mrs. ☐ Ms. ☐ None

First Name

Last Name

Street Address

City

State

Zip

Email

Home Phone - Preferred ☐

Work Phone - Preferred ☐

Cell Phone - Preferred ☐