



Data source: Diabetes Prevention Program, Montana, 2008-2015. 6,584 participant attended  $\geq 1$  session and 2,252 (34%) participants had recorded risk score. \*Risk score is based on the CDC's Prediabetes Screening Test. Adults aged  $\geq 18$  years with additional risk factors are eligible for the DPP.

- Among DPP enrollees with recorded prediabetes risk score, only 10% (220) of participants had low risk score (3-8).
- DPP participants with a low risk were more frequently Millennials and Generation X than Baby Boomers and the Silent and Greatest generations. These data suggest that high risk scores for prediabetes are more often associated with older age.
- Those who scored between 3 and 8 on the prediabetes screening test should keep their risk low by being active, not using tobacco, and eating low-fat meals with fruits, vegetables, and whole-grain foods.
- Those with score  $\geq 9$  are at a high risk for having prediabetes and should see their health care provider soon.

## CONTACT

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## RESOURCES

Visit our website for more information on Diabetes Prevention Program:

<http://dphhs.mt.gov/publichealth/Diabetes/DPP.aspx>

View the CDC Prediabetes Screening Test:

<https://www.cdc.gov/diabetes/prevention/pdf/prediabetes-screening-test-tag508.pdf>