

PREDIABETES

ARE YOU AT
RISK?

•
WHAT CAN BE
DONE?



Quick Prediabetes Facts

What is Prediabetes?

Prediabetes is a health condition where blood sugar levels are too high, but not high enough to be considered Type 2 diabetes.

Approximately 84 million Americans have prediabetes. More than 1 in 3 people have prediabetes, and 90% of people are not aware that they have it.

Some factors that lead to prediabetes are: being overweight, being 45 years old or older, having a parent or sibling with type 2 diabetes, being physically active less than 3 times per week, having/had gestational diabetes, having polycystic ovary syndrome



County Data

OBESITY RATES

In the Two Rivers Public Health Jurisdiction the obesity rates are:

- Phelps County 35%
- Buffalo County 34%
- Dawson County 32%
- Franklin County 32%
- Gosper County 31%
- Harlan County 36%
- Kearney County 34%

PREDIABETES

What can I do?

If you have prediabetes or are at risk for prediabetes there are some steps you can take to reverse or lower your risk of developing type 2 diabetes. If you are overweight, losing a small amount of weight, and making sure you are getting at least 150 minutes of physical activity each week can help. Keep in mind, 150 minutes of activity each week can be a brisk walk for 30 minutes 5 days a week.

A small amount of weight loss is around 5%-7% of your total body weight. For a person who is 200 lbs, this is about 10 to 14 lbs. Please contact staff members at Two Rivers Public Health Department if you are interested in any information about diabetes, prediabetes, or information to help you start your healthy lifestyle today!

ARE YOU AT
RISK?

•
WHAT CAN BE
DONE?

ARE YOU PHYSICALLY ACTIVE?

Here are the percentages of active adults in each county

- Phelps County 76%
- Buffalo County 78%
- Dawson County 74%
- Franklin County 74%
- Gosper County 76%
- Harlan County 72%
- Kearney County 76%

SERVICES PROVIDED

WORKSITE
WELLNESS
•
NDPP COURSES

Worksite Wellness and NDPP

Worksite Wellness

TRPHD offers wellness checks to district businesses. These checks are conducted by certified professionals. At each worksite wellness check, employees can expect to have blood pressure taken, height, weight, cholesterol testing, and blood sugar testing.

National Diabetes Prevention Program

The National Diabetes Prevention Program (NDPP) is conducted through a partnership between Two Rivers and local clinics. NDPP classes teach participants to prevent or delay the onset of type 2 diabetes. This is an evidence based program that is affordable and offers high quality lifestyle change programs to reduce the risk of type 2 diabetes and improve overall health.

Two Rivers supports 3 courses in the district at:

1. HelpCare Clinic – Kearney
3015 Avenue A
Kearney, NE 68847
308-224-2392
2. Kearney YMCA
4500 6th Ave
Kearney, NE 68845
308-237-9622
3. Lexington Regional Health Center
1201 N Erie St
Lexington, NE 68850
308-324-5651



We offer 2
services
beneficial to
businesses

Contact us if you are
interested

701 4th Ave, Suite 1
Holdrege, NE 68949

3715 29th Ave, Suite A2
Kearney, NE 68845

888-669-7154