

WELL AWARE



A Quarterly Health & Wellness Benefit Message from the EUTF

August 2019 Issue 11

Did you know that nearly 40% of the adult population in Hawaii has prediabetes? The good news is prediabetes can often be reversed with healthy habits and lifestyle changes! **Learn about the *Diabetes Prevention Program* included in your plan benefits:**

HMSA Active Members

People have a higher risk of developing prediabetes if a parent or sibling has diabetes, if they have high blood pressure, or if they're overweight. Take the diabetes risk test at www.cdc.gov/diabetes/risktest and located on the back of this message, to find out if you are at risk.

If you're at risk. Talk to your primary care provider about what to do next. You may be eligible to participate in the HMSA Diabetes Prevention Program (DPP). DPP is a scientifically proven program designed to help people with prediabetes lose weight gradually through dietary changes and increased physical activity. Eligible HMSA members can participate in the DPP at no cost. To find out if you're eligible to enroll in the program, talk to your PCP or call HMSA at 948-6499 on Oahu or 1 (800) 776-4672 toll-free on the Neighbor Islands. Representatives are available Monday through Friday, 7 a.m. to 7 p.m., and on Saturday from 9 a.m. to 1 p.m.

Kaiser Permanente Members

Beginning July 1, 2019, EUTF Kaiser Permanente (KP) members who have prediabetes may be eligible to participate in a facility-based or digital-based Diabetes Prevention Program (DPP) without a member fee. The digital DPP Program is offered through Omada Health to support KP members in their efforts to delay or prevent the onset of Type II diabetes. Omada, along with the KP Lifestyle Coaches provide members with resources to make the healthy changes that matter most—whether that's around eating, activity, sleep, or stress. It's an approach shown to help individuals lose weight and reduce the risks of type 2 diabetes. KP members may self-refer by calling (808) 432-2260 and ask to speak with a Coach to learn of the various prediabetes programs available including DPP.

SEE IF YOU'RE AT RISK. TAKE THE 1-MINUTE PREDIABETES RISK TEST ON PAGE 2 OF THIS MESSAGE.

To learn more about your EUTF health and wellness benefits visit our website
<https://eutf.hawaii.gov/health-and-wellness>

Hawaii Employer-Union Health Benefits Trust Fund - 201 Merchant Street - Suite 1700
Honolulu, HI 96813 (808) 586-7390 x62177

Prediabetes Risk Test

1. How old are you?

- Younger than 40 years (0 points)
- 40–49 years (1 point)
- 50–59 years (2 points)
- 60 years or older (3 points)

Write your score in the boxes below

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 category?

(See chart at right)

Height	Weight (lbs.)		
4'10"	119-142	143-190	191+
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 1 Point column (0 points)		



Total score:

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

If you scored 5 or higher

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. **Talk to your doctor to see if additional testing is needed.**

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, American Indians, Asian Americans, and Pacific Islanders.

Higher body weight increases diabetes risk for everyone. Asian Americans are at increased risk for type 2 diabetes at lower weights (about 15 pounds lower than weights in the 1 Point column).

You can reduce your risk for type 2 diabetes

Find out how you can reverse prediabetes and prevent type 2 diabetes through a **CDC-recognized lifestyle change program** at <https://www.cdc.gov/diabetes/prevention/lifestyle-program/>.

Risk Test provided by the American Diabetes Association and the Centers for Disease Control and Prevention.

