

Learn More

Thanks to Our Winning at Work Sponsors



Join thousands of others in your community at one of the largest diabetes programs in the country.

Free Health Screenings.

April 18, 2009
FREE EVENT!
10am-5pm
Qwest Field Event Center
Seattle, WA



PASSPORT
To Wellness



Know Your Numbers

Cholesterol: _____ mg/dl

Total Cholesterol < 200mg/dl

HDL > 60mg/dl LDL < 100mg/dl

BMI: _____ kg/m²

Underweight < 18.5

Normal 18.5-24.9

Overweight 25-29.9

Obese > 30.0

Blood Pressure: _____ / _____ mmHg

Normal	Less than 120	Less than 80
Prehypertension	120-139	80-89
High- Stage 1	140-159	90-99
High- Stage 2	160 or higher	100 or higher

Glucose: _____ mg/dl

Fasting Blood Glucose <100

Waist Circumference: _____ inches

Male < 40 inches Female < 35 inches

Online Resources

diabetes.org/risk-test

Use the simple tool to determine your risk for pre-diabetes and diabetes

diabetes.org/diabetesphd

Use this comprehensive tool to create a personal health record and predict your risk for diabetes based on lifestyle changes.

diabetes.org/i-decide-campaign.jsp

Join the Fight Against Diabetes. Visit the I Decide to Fight Diabetes Campaign web site to learn more.

diabetes.org/myfoodadvisor

Use this unique calorie and carbohydrate counting tool to help with diabetes management and nutrition.

Get Involved

Take the Ride of Your Life
Tour de Cure

May 16, 2009

Marymoor Park
Redmond, WA

Visit: diabetes.org/tour for more information

Walk to Fight Diabetes
StepOut

October 10, 2009
Seattle & Tacoma

Visit: diabetes.org/walk for more information

Start or Join a Walk or Tour Team today!