

YMCA'S DIABETES PREVENTION PROGRAM

CAN I PARTICIPATE?

USE THE FOLLOWING CHECKLISTS TO FIND OUT IF YOU ARE ELIGIBLE TO PARTICIPATE:

DO YOU MEET THE PROGRAM REQUIREMENTS?

Please check each box that is true:

- I am at least 18 years old
- I am overweight (BMI \geq 25)*
- I am at risk for developing type 2 diabetes or have been diagnosed with prediabetes[†] by a healthcare provider

DO YOU HAVE ONE OF THE FOLLOWING LAB VALUES OR DIAGNOSIS?

Please check each box that is true:

- A1c: _____ (must be 5.7% - 6.4%)
- Fasting Plasma Glucose: _____ (must be 100 - 125 mg/dL)
- 2-hour (75 gm glucola) Plasma Glucose: _____ (must be 140 - 199 mg/dL)
- Prediabetes determined by clinical diagnosis of Gestational Diabetes (GDM) during previous pregnancy

ARE YOU AT RISK FOR DEVELOPING DIABETES?

Prediabetes means your blood glucose (sugar) is higher than normal, but not yet diabetes. Type 2 diabetes can be delayed or prevented in people with prediabetes through effective lifestyle programs. Take the first step. Find out your risk for prediabetes.¹

TAKE THE TEST – KNOW YOUR SCORE!

Answer these seven questions – for each “Yes” answer, add the number of points listed:

| | YES | NO |
|---|-----|----|
| Are you a woman who has had a baby weighing more than 9 pounds at birth? | 1 | 0 |
| Do you have a parent with diabetes? | 1 | 0 |
| Do you have a brother or sister with diabetes? | 1 | 0 |
| Find your height on the chart to the right. Do you weigh as much as or more than the weight listed for your height? | 5 | 0 |
| Are you younger than 65 years of age and get little or no physical activity in a typical day? | 5 | 0 |
| Are you between 45 and 64 years of age? | 5 | 0 |
| Are you 65 years of age or older? | 9 | 0 |

TOTAL POINTS FOR ALL “YES” RESPONSES:

If you scored a 9 or higher, then you may be at risk for prediabetes or diabetes, and may qualify for the program.

This does NOT mean you have diabetes. You will need a blood test to confirm if you have diabetes.

| AT-RISK WEIGHT CHART | |
|----------------------|--------------------|
| Height | Weight (in pounds) |
| 4'10" | 129 |
| 4'11" | 133 |
| 5'0" | 138 |
| 5'1" | 143 |
| 5'2" | 147 |
| 5'3" | 152 |
| 5'4" | 157 |
| 5'5" | 162 |
| 5'6" | 167 |
| 5'7" | 172 |
| 5'8" | 177 |
| 5'9" | 182 |
| 5'10" | 188 |
| 5'11" | 193 |
| 6'0" | 199 |
| 6'1" | 204 |
| 6'2" | 210 |
| 6'3" | 216 |
| 6'4" | 221 |

*Asian individual(s) BMI \geq 22

[†]Individuals who have already been diagnosed with either type 1 or type 2 diabetes do not qualify for this program.

¹ Based on Herman WH, Smith PJ, Thomason TJ, Englegau MM, Aubert RE. A new and simple questionnaire to identify people at risk for undiagnosed diabetes. Diabetes Care 1995 Mar;18(3):382-7.