



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

REDUCE YOUR DIABETES RISK WITH THE YMCA'S DIABETES PREVENTION PROGRAM

If you are at high risk for type 2 diabetes, the YMCA's Diabetes Prevention Program can help you adopt and maintain a healthy lifestyle that will help to reduce your chances of developing diabetes by eating healthier, increasing physical activity, and losing a modest amount of weight.

Research by the National Institutes of Health has proven that programs like the YMCA's Diabetes Prevention Program can reduce the number of new cases of type 2 diabetes by 58% overall and by 71% in individuals over age 60.

ABOUT THE PROGRAM

In a classroom setting, a trained lifestyle coach will help facilitate a small group of participants in learning about healthier eating, physical activity and other behavior changes. This year-long lifestyle intervention program consists of 25, one-hour small group sessions delivered over the course of a year to provide participants with the skills and confidence necessary to reduce their risk for type 2 diabetes.

PROGRAM GOALS:

- Reduce body weight by **7%**
- Increase physical activity to **150 minutes** per week

WHO CAN PARTICIPATE?

In order to qualify for the program, you must be at least 18 years old, overweight (BMI \geq 25)* and at high risk for developing type 2 diabetes indicated by a **confirmatory blood value[†], prediabetes determined by a previous clinical diagnosis of Gestational Diabetes (GDM), or a qualifying risk score.**

*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.

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 health care 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)
- Clinical diagnosis of Gestational Diabetes (GDM) during previous pregnancy
- None of these

ARE YOU AT RISK FOR DEVELOPING DIABETES?

Prediabetes means your blood glucose (sugar) is higher than normal, but not yet diabetes. the first step. Find out your risk for prediabetes.¹

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

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
In the above chart, 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:

A score of 9 or higher means you may be at risk for diabetes, and you may qualify for the program. This does NOT mean you have diabetes. Please note, if you have a recent blood value in the normal range, you will not qualify for the program even if you meet at-risk qualifications.

NAME: _____

DOB: _____

*Asian individual(s) BMI \geq 22** Blood values are more accurate than risk scores for diabetes risk determination.
[†]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.

PHONE: _____ EMAIL: _____

Please bring this form to any YMCA of Muncie location or contact the Program Coordinator at 765-741-5563 or by email at kstanton@muncieymca.org to see if you qualify for this program.

*Asian individual(s) BMI \geq 22** Blood values are more accurate than risk scores for diabetes risk determination.

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

[‡] 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.