

# 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<sup>†</sup> 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.<sup>1</sup>

### 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  |
| <b>TOTAL POINTS FOR ALL “YES” RESPONSES:</b>  | <div style="border: 1px solid black; width: 50px; height: 25px; display: inline-block;"></div> |    |

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.

| 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

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

<sup>1</sup> 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.