



FOR YOUTH DEVELOPMENT®  
**FOR HEALTHY LIVING**  
 FOR SOCIAL RESPONSIBILITY

# CHANGE TODAY FOR A HEALTHIER FUTURE

## Diabetes Prevention Program YMCA OF GREENSBORO

### YMCA'S DIABETES PREVENTION PROGRAM: CAN I PARTICIPATE?

Lifestyle changes such as eating healthier, increasing physical activity and losing a modest amount of weight can prevent or delay development of type 2 diabetes in those at high risk for the disease. The YMCA's Diabetes Prevention Program can help you adopt and maintain these healthy habits to help you improve your overall health and well-being and reduce your risk.

#### DO YOU MEET THE PROGRAM REQUIREMENTS?

Please check each box that is true:

- I am at least 18 years old
- I am overweight (BMI ≥ 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. You can get these lab values through your health care provider.

- 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? 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:

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

If you scored a 9 or higher, then you may be at risk for prediabetes or diabetes, and may qualify for the program. Contact [Program Coordinator Name and Contact information] for more information. This does NOT mean you have diabetes. You will need a blood test to confirm if you have diabetes.

\*Asian individual(s) BMI ≥ 22

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



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## CONTACT INFORMATION AND REFERRAL SOURCE

### YOUR CONTACT INFORMATION:

\_\_\_\_\_  
First name\*

\_\_\_\_\_  
Middle name

\_\_\_\_\_  
Last name\*

\_\_\_\_\_  
Gender\*

\_\_\_\_\_  
Date of birth\*

\_\_\_\_\_  
Email address

\_\_\_\_\_  
Street 1\*

\_\_\_\_\_  
Street 2

\_\_\_\_\_  
City\*

\_\_\_\_\_  
State\*

\_\_\_\_\_  
Postal code\*

\_\_\_\_\_  
Home phone

\_\_\_\_\_  
Work phone

\_\_\_\_\_  
Mobile phone

\_\_\_\_\_  
Height (ft)\*\*#      Height (in)\*\*#      Weight (lbs)\*\*#

### RACE/ETHNICITY:

- American Indian or Alaska Native
- Asian
- Native Hawaiian or Other Pacific Islander
- Black or African American
- Hispanic/Latino of any race
- White

\*Required information to complete enrollment

#Self-reported

### REFERRAL METHOD:

- Doctor/Physician
- Nurse
- Diabetes Educator
- Dietician/Nutritionist
- Practice Manager or Office Manager
- Dentist
- Optometrist/Ophthalmologist
- Pharmacist
- Screening/Testing Event or Health Fair
- Family/Friend or Word of Mouth
- Employer
- Insurance Company
- Media (TV, web, radio, print, etc.) \_\_\_\_\_
- Staff Member
- Other: \_\_\_\_\_

PLEASE CHECK ONE: Is your employer/insurer paying any portion of the fee for you to participate in the YMCA's Diabetes Prevention Program?

- Yes    No

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YMCA of Greensboro ("YMCA") and the National Council of Young Men's Christian Association of the United States of America ("YMCA of the USA"), have made a commitment to collaborate on efforts to support a national movement to increase awareness and take measures to prevent diabetes and its complications among groups at risk, and to help support treatment outcomes for individuals who have confirmed diagnoses or indications of prediabetes by promoting an effective lifestyle change. The parties referenced above do not warrant or guarantee any specific outcomes for program participants, with respect to diabetes prevention.