



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# REDEFINE YOUR HEALTH TRANSFORM YOUR LIFE

## Diabetes Prevention Program YMCA OF METROPOLITAN DENVER

### 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† by a healthcare provider

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

Please check each box that is true. These lab values available from 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?

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.

### TAKE THE TEST – KNOW YOUR SCORE!

Answer these questions. Add the points for each answer.

	0 POINTS	1 POINT	2 POINTS	3 POINTS
How old are you?	under 40	40-49	50-59	60+
Are you a man or a woman?	woman	man		
Have you ever been diagnosed with gestational diabetes?	no	yes		
Do you have a mother, father, sister, or brother with diabetes?	no	yes		
Have you ever been diagnosed with high blood pressure?	no	yes		
Are you physically active?	yes	no		
What is your weight category? (See chart at right.)				

TOTAL POINTS FOR ALL RESPONSES:

If you scored a 5 or higher, then you may be at risk for prediabetes or diabetes, and may qualify for the program. Contact Caitlin Stackpool at 720 390 9459 for more information. This does NOT mean you have diabetes. You will need a blood test to confirm if you have diabetes.

HEIGHT	WEIGHT (LBS.)		
4' 10"	119-142	143-190	191+
4' 11"	124-147	148-197	198+
5' 0"	128-152	153-203	204+
5' 1"	132-157	158-210	211+
5' 2"	136-163	164-217	218+
5' 3"	141-168	169-224	225+
5' 4"	145-173	174-231	232+
5' 5"	150-179	180-239	240+
5' 6"	155-185	186-246	247+
5' 7"	159-190	191-254	255+
5' 8"	164-196	197-261	262+
5' 9"	169-202	203-269	270+
5' 10"	174-208	209-277	278+
5' 11"	179-214	215-285	286+
6' 0"	184-220	221-293	294+
6' 1"	189-226	227-301	302+
6' 2"	194-232	233-310	311+
6' 3"	200-239	240-318	319+
6' 4"	205-245	246-327	328+
	1 POINT	2 POINTS	3 POINTS
<b>IF YOU WEIGH LESS THAN THE 1 POINT COLUMN, ADD 0 POINTS</b>			

\*Asian individual(s) BMI ≥ 23

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