



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# BIG REWARDS SMALL STEPS

## Diabetes Prevention Program YMCA OF SOUTH HAMPTON ROADS

If you are at high risk of developing type 2 diabetes, the **YMCA's Diabetes Prevention Program** can help you make lifestyle changes that will improve your overall health and well-being and reduce your chances of developing the disease. Take the first step in controlling your health. Find out your risk for prediabetes.

In order to qualify for the YMCA's Diabetes Prevention Program, participants must be at least 18 years old, overweight (BMI ≥ 25)\* and at high risk for developing type 2 diabetes or have been diagnosed with prediabetes†.

### 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 given birth to a baby weighing more than 9 pounds?	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 Wendy Pierce at [preventdiabetes@ymcashr.org](mailto:preventdiabetes@ymcashr.org) for more information. This does NOT mean you have diabetes. You will need a blood test to confirm if you have diabetes.

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.

\*Asian individual(s) BMI ≥ 22

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

**PLEASE COMPLETE THE INFORMATION ON THE BACK OF THIS FORM.**

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

- 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

## 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\*

Zip code\*

Home phone

Work phone

Mobile phone

Height (Ft, In)\*‡

Weight\*‡

### RACE/ETHNICITY:

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

### 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: \_\_\_\_\_

The YMCA's Diabetes Prevention Program is part of the Centers for Disease Control and Prevention-led National Diabetes Prevention Program and is nationally supported by the Diabetes Prevention and Control Alliance.

People with private health insurance should check with their employer about the availability of this program as a covered benefit, or contact the Diabetes Prevention and Control Alliance to confirm eligibility at 1 800 237 4942.

YMCA OF SOUTH HAMPTON ROADS, ("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.



\*Required information to complete enrollment

‡Self-reported