

## WHAT IS PREDIABETES?

Prediabetes occurs when blood sugar levels are higher than normal but not high enough for a type 2 diabetes diagnosis. Risk for developing type 2 diabetes may be reduced or eliminated by weight loss, healthier eating and increased physical activity.

### WHAT IS YOUR RISK SCORE?

7 quick questions to see if you might be at risk.

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 below. Do you weigh as much 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 65 years of age?	5	0
Are you 65 years of age or older?	9	0

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.

### AT RISK WEIGHT CHART

HEIGHT	WEIGHT	HEIGHT	WEIGHT
4' 10"	129 lbs	5' 8"	177 lbs
4' 11"	133 lbs	5' 9"	182 lbs
5' 0"	138 lbs	5' 10"	188 lbs
5' 1"	143 lbs	5' 11"	193 lbs
5' 2"	147 lbs	6' 0"	199 lbs
5' 3"	152 lbs	6' 1"	204 lbs
5' 4"	157 lbs	6' 2"	210 lbs
5' 5"	162 lbs	6' 3"	216 lbs
5' 6"	167 lbs	6' 4"	221 lbs
5' 7"	172 lbs		

Can you measure a healthy life? Sure, you can—by the cup, the ounce and the block. If you're at risk for type 2 diabetes, you can make small, measurable changes that can reduce your risk and help you live a happier, healthier life.

### CHANGE IS TOUGH—WE CAN HELP

Let's face it, if change were easy, we'd all do it. You've spent years developing habits that you can't expect to change overnight. It's tough. We can help. The YMCA's Diabetes Prevention Program gives you the skills you need and the support you deserve to make lasting, healthy lifestyle changes.

58% OF NEW CASES OF TYPE 2 DIABETES CAN BE PREVENTED THROUGH PROGRAMS LIKE THE YMCA'S DIABETES PREVENTION PROGRAM



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



REDEFINE YOUR HEALTH  
TRANSFORM  
YOUR LIFE

THE GRANITE YMCA  
Diabetes Prevention Program

[www.graniteymca.org](http://www.graniteymca.org)

## GROUP SUPPORT KEEPS YOU MOTIVATED

Everyone needs a push, a pat on the back, a helping hand sometimes. A little encouragement goes a long way when you're making big changes. As a participant in the YMCA's Diabetes Prevention Program, you will take 25 classes over the course of a year surrounded by a group of supportive people with common goals who care about your well-being.

As a participant, you'll enjoy:

- A safe space where you can feel comfortable sharing and learning in private.
- Making new friends. You will support each other as you all trade old habits for healthier new ones.
- Working as a group. You don't have to figure this out alone.
- The new energy and confidence that comes with losing weight and reducing your risk for diabetes.
- The flexibility of beginning the program when it's convenient for you. Classes begin with no fewer than 8 participants and no more than 15 participants. If there is space in a newly formed class, you can join up to the 4th session.

## IMPROVE YOUR HEALTH, BOOST YOUR ENERGY

To help reduce your risk for diabetes, your goal in the YMCA's Diabetes Prevention Program is to reduce your body weight by 7% and increase your physical activity by at least 150 minutes per week within the first half of the program. For example, if you weigh 200 pounds your goal for the first half of the program would be to lose 14 pounds and increase your physical activity to what could be a brisk 30-minute

walk, five days per week. Lose weight, boost your energy, reduce your risk for diabetes and improve your health for life!

## DO YOU QUALIFY?

To participate in the program, you must be:

- 18 years or older,
- Overweight (BMI  $\geq$  25)\*, and
- Diagnosed with prediabetes via one of three blood tests or a previous diagnosis of gestational diabetes.\*\*

If you don't have a blood test result, you must have a qualifying risk score.

## DID YOU KNOW?

- Eating too much sugar does not cause diabetes, but being overweight is a risk factor.
- People with prediabetes may not have any symptoms.
- An estimated 86 million Americans ages 20 years and older have prediabetes.
- And... 89% of that 86 million have **no idea** they're at risk.

National Institutes of Health research has shown that programs like the YMCA's Diabetes Prevention Program reduce the number of new cases of type 2 diabetes by 58% overall and by 71% in people over 60. *YMCA membership not required!*

To find out if you qualify, or for more information about the YMCA's Diabetes Prevention Program, please contact:

**Cindy Lafond**  
Association Healthy Living Director  
603.232.8650 | [clafond@graniteymca.org](mailto:clafond@graniteymca.org)

If you think you may qualify, and are interested in this program, please complete the following form, and send to Cindy Lafond at:

YMCA of Downtown Manchester  
30 Mechanic St, Manchester, NH 03101  
Phone: 603.623.3558 | Fax: 603.623.5934

## INTEREST FORM

### YOUR CONTACT INFORMATION:

FIRST NAME\*:

MIDDLE NAME:

LAST NAME\*:

GENDER\*:

DATE OF BIRTH\*:

EMAIL ADDRESS:

STREET 1\*:

STREET 2:

CITY\* :

STATE\*:

ZIP CODE\*:

PREFERRED PHONE:

WEIGHT (LB)\*:

\*REQUIRED FIELDS

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

Please check each box that is true, and provide a value if possible:

- A1c:** (must be 5.7%–6.4%)
- Fasting plasma glucose:** (must be 110–125 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**