

## PREDIABETES RISK TEST

Write your score in the boxes below

### How old are you?

Younger than 40 (0 points) 50 - 59 (2 points)  
40 - 49 (1 point) 60 or older (3 points)

### Are you a man or a woman?

Man (1 point) Woman (0 points)

If you are a woman, have you ever been diagnosed with gestational diabetes? Yes (1 point) No (0 points)

Do you have a mother, father, sister, or brother with diabetes? Yes (1 point) No (0 points)

Have you ever been diagnosed with high blood pressure? Yes (1 point) No (0 points)

Are you physically active? Yes (0 points) No (1 point)

What is your weight category? (See chart below)

IF YOU SCORED A 5 OR HIGHER then you may be at risk for prediabetes or diabetes, and may qualify for the program. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition where blood sugar levels are higher than normal but not high enough for a type 2 diabetes diagnosis.

## AT RISK WEIGHT CHART

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+
	<b>1 Point</b>	<b>2 Points</b>	<b>3 Points</b>

*You weigh less than the 1 point column (0 points)*

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.

### Offered at the following locations:

#### YMCA ALLARD CENTER OF GOFFSTOWN

116 Goffstown Back Rd  
Goffstown, NH 03045

#### YMCA OF THE SEACOAST

550 Peverly Hill Road  
Portsmouth, NH 03801

#### YMCA OF GREATER LONDONDERRY

206 Rockingham Road  
Londonderry, NH 03053

#### EXETER AREA YMCA

56 Linden Street  
Exeter, NH 03833

#### YMCA OF DOWNTOWN MANCHESTER

30 Mechanic Street  
Manchester, NH 03101

#### YMCA OF STRAFFORD COUNTY

35 Industrial Way  
Rochester, NH 03867

#### YMCA OF CONCORD

15 North State Street  
Concord, NH 03301

### For more information please contact:

Cindy Lafond, Association Healthy Living Director  
E: [health@graniteymca.org](mailto:health@graniteymca.org) | P: 603.232.8668  
F: 1.978.616.4513 (HIPAA Secure)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# REDEFINE YOUR HEALTH

## The YMCA's Diabetes Prevention Program

**THE GRANITE YMCA**  
[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 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! **This program is offered both in person and virtually.**

## 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.



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

## 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** .....