

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)

Total Points:

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+ |
| | 1 Point | 2 Points | 3 Points |

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.

THE GRANITE YMCA

YMCA ALLARD CENTER OF GOFFSTOWN

116 Goffstown Back Rd
Goffstown, NH 03045

YMCA OF DOWNTOWN MANCHESTER

30 Mechanic Street
Manchester, NH 03101

YMCA OF THE SEACOAST

550 Peverly Hill Road
Portsmouth, NH 03801

YMCA OF STRAFFORD COUNTY

35 Industrial Way
Rochester, NH 03867

YMCA OF GREATER LONDONDERRY

206 Rockingham Road
Londonderry, NH 03053

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

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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



REDEFINE YOUR HEALTH TRANSFORM YOUR LIFE

THE GRANITE YMCA Diabetes Prevention Program

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 ≥ 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!*

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**