



REDEFINE YOUR HEALTH

YMCA's Diabetes Prevention Program

The **YMCA's Diabetes Prevention Program** focuses on small, measurable, reasonable goals to give participants confidence they can make the necessary changes to **reduce their risk** for type 2 diabetes and live healthier lives. In a classroom setting, a trained lifestyle coach will facilitate a small group of participants in learning about healthier eating, physical activity and other behavior changes over 25 sessions. The year-long program consists of 16 weekly sessions and 3 sessions every other week during the first 6 months followed by monthly sessions in the second 6 months. A YMCA membership is **not required** to participate.

To find out if you are at risk for prediabetes, complete the **Prediabetes Risk Test** on the reverse side of this flyer. If you score a 5 or higher, contact us to see how you can reduce your risk, right here in your own community.

The program emphasizes two primary goals for the first half of the program:

- Reduce body weight by 5 – 7%
- Increase physical activity by 150 minutes per week

To qualify, participants must be:

- At least 18 years old
- Overweight (BMI \geq 25)
- Diagnosed with prediabetes via a blood test or gestational diabetes (*if a blood test is not available, participants must have a qualifying risk score*)

UPCOMING PROGRAM START DATES (virtual and in person class options)

YMCA of Downtown Manchester	YMCA Allard Center of Goffstown	YMCA of Concord	Fully Virtual
April 12 9:30 am	April 12 3:00 pm	March 17 9:30 am	March 7 6:00 pm
	April 21 9:00 am		May 17 6:00 pm
YMCA of Strafford County	YMCA of the Seacoast	Exeter Area YMCA	
	March 30 6:30 pm	May 12 6:15 pm	
	May 16 5:30 pm		

For more information, contact Cindy Lafond, Association Director of Health Interventions at 603.232.8668 or health@graniteymca.org.

THE GRANITE YMCA | www.graniteymca.org

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 at right)

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.

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
<i>You weigh less than the 1 Point column (0 points)</i>			

If you think you may qualify and are interested in this program, complete the form below, and send to health@graniteymca.org or print and fax to 1.978.616.4513 (HIPAA Secure).

YMCA's DIABETES PREVENTION PROGRAM INTEREST FORM

*REQUIRED FIELDS

First Name*: _____ Last Name*: _____

Gender*: _____ Date of Birth*: _____ Weight (LB)*: _____

Email Address: _____ Preferred Phone: _____

Address: _____ City: _____ State: _____ Zip: _____

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