



YOU CAN CHANGE YOUR FUTURE

Change can be hard. We can help.

**Diabetes Prevention Program
Henderson Family YMCA**

1 OUT OF **3** U.S. ADULTS
HAS ONLY **10%** KNOW
THEY HAVE IT.

You don't have to do it alone! Everyone needs a push, a pat on the back, a helping hand sometimes. A little encouragement goes a long way when you are trying to make big changes. As a participant in the YMCA's Diabetes Prevention Program, you will have access to small, private classes over the course of a year surrounded by a group of supportive people with common goals. Working as a group will help make it easier to make lasting changes for a healthier lifestyle. And by setting a goal to lose weight, you can boost your energy and reduce your risk for developing diabetes.

Free program led by trained Lifestyle Coaches Do you qualify?

To participate in the program you must be:

- 18 years or older
- Overweight (BMI ≥ 25 , Asian individuals BMI ≥ 22)
- At risk for developing type 2 diabetes or
- Diagnosed with prediabetes (Individuals already diagnosed with either type 1 or 2 diabetes do not qualify for this program.)

GOALS

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

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.

REGISTER NOW

New program begins September 28!

Mondays 10:45 am—11:45 am

You do not have to be a Y member to participate.



Henderson Family YMCA
380 Ruin Creek Road
Henderson, NC 27536
252.438.2144
www.hendersonymca.org

**To find out if you qualify for this free program,
complete the following pages (keep top copy) and:**

Drop off at Henderson Family YMCA Member Services

or

Mail to: Henderson Family YMCA
380 Ruin Creek Road
Henderson, NC 27536

Questions? Call us at (252)438-2144
or email Renee at rgorby@email.phoenix.edu

Prediabetes Risk Test



1. How old are you?

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

Write your score in the boxes below

2. Are you a man or a woman?

- Man (1 point)
- Woman (0 points)

3. If you are a woman, have you ever been diagnosed with gestational diabetes?

- Yes (1 point)
- No (0 points)

4. Do you have a mother, father, sister, or brother with diabetes?

- Yes (1 point)
- No (0 points)

5. Have you ever been diagnosed with high blood pressure?

- Yes (1 point)
- No (0 points)

6. Are you physically active?

- Yes (0 points)
- No (1 point)

7. What is your weight category?

(See chart at right)

Total score:

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)		

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

If you scored 5 or higher

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, American Indians, Asian Americans, and Pacific Islanders.

Higher body weight increases diabetes risk for everyone. Asian Americans are at increased risk for type 2 diabetes at lower weights (about 15 pounds lower than weights in the 1 Point column).

You can reduce your risk for type 2 diabetes

Find out how you can reverse prediabetes and prevent type 2 diabetes through a CDC-recognized lifestyle change program at <https://www.cdc.gov/diabetes/prevention/lifestyle-program>.

Risk Test provided by the American Diabetes Association and the Centers for Disease Control and Prevention.





HENDERSON FAMILY YMCA

Diabetes Prevention Program

Participant name: _____

Date of birth: _____ Gender: _____

Address: _____

City: _____ State: _____ Zip: _____

Home phone #: _____ Cell Phone #: _____

Email address: _____

Parent/Guardian Name: _____ DOB: _____

Parent/Guardian Phone: _____

By visiting the Henderson Young Men's Christian Association, Inc., dba Henderson Family YMCA, as a guest/program participant, I agree to release the National Council of Young Men's Christian Associations of the United States of America, and the Henderson Family YMCA from claims of negligence for bodily injury or death in connection with the use of YMCA facilities, and from any liability for other claims, including loss of property, to the fullest extent of the law.

The YMCA conducts regular sex offender screenings on all members, participants, and guests. If a sex offender match occurs, the YMCA reserves the right to cancel membership, end program participation, and remove visitation access.

Participant Signature

Date