



## 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 **PREDIABETES,**  
ONLY **10%** KNOW  
THEY HAVE IT.

## YOU DON'T HAVE TO DO IT ALONE!

In our Diabetes Prevention Program, participants gather in a relaxed classroom setting and work together in small groups to learn how to incorporate healthier eating and moderate physical activity into their daily lives.

### A one-year program led by trained Lifestyle Coaches

#### Program Qualifications:

- At least 18 years old
- Overweight (BMI  $\geq 25$ , Asian individuals BMI  $\geq 22$ )
- At risk for developing type 2 diabetes or
- Diagnosed with prediabetes (Individuals who have already been diagnosed with either type 1 or type 2 diabetes do not qualify for this program.)

# REGISTER NOW

**New program begins Feb. 21, 2022**

**Mondays 10:45—11:45 am**

**OPEN TO ALL**— register at Member Services



**Henderson Family YMCA**  
380 Ruin Creek Road  
Henderson, NC 27536  
252.438.2144  
[www.hendersonymca.org](http://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 [reneeg@henfamymca.org](mailto:reneeg@henfamymca.org)**

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