REDEFINE YOUR HEALTH
TRANSFORM YOUR LIFE

Diabetes Prevention Program
YMCA OF METROPOLITAN DENVER

YMCA’S DIABETES PREVENTION PROGRAM: CAN I PARTICIPATE?
Lifestyle changes such as eating healthier, increasing physical activity and losing a modest amount of weight can prevent or delay development of type 2 diabetes in those at high risk for the disease. The YMCA’s Diabetes Prevention Program can help you adopt and maintain these healthy habits to help you improve your overall health and well-being and reduce your risk.

DO YOU MEET THE PROGRAM REQUIREMENTS?
Please check each box that is true:
- I am at least 18 years old
- I am overweight (BMI ≥ 25)*
- I am at risk for developing type 2 diabetes or have been diagnosed with prediabetes† by a healthcare provider

DO YOU HAVE ONE OF THE FOLLOWING LAB VALUES OR DIAGNOSIS?
Please check each box that is true. These lab values available from your health care provider.
- A1c: ________ (must be 5.7% – 6.4%)
- Fasting Plasma Glucose: ________ (must be 100 – 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

ARE YOU AT RISK FOR DEVELOPING DIABETES?
Prediabetes means your blood glucose (sugar) is higher than normal, but not yet diabetes. Type 2 diabetes can be delayed or prevented in people with prediabetes through effective lifestyle programs. Take the first step. Find out your risk for prediabetes.

TAKE THE TEST – KNOW YOUR SCORE!
Answer these questions. Add the points for each answer.

<table>
<thead>
<tr>
<th>Points</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>How old are you?</td>
<td>under 40</td>
<td>40-49</td>
<td>50-59</td>
<td>60+</td>
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<tr>
<td>Are you a man or a woman?</td>
<td>woman</td>
<td>man</td>
<td></td>
<td></td>
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<tr>
<td>Have you ever been diagnosed with gestational diabetes?</td>
<td>no</td>
<td>yes</td>
<td></td>
<td></td>
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<tr>
<td>Do you have a mother, father, sister, or brother with diabetes?</td>
<td>no</td>
<td>yes</td>
<td></td>
<td></td>
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<tr>
<td>Have you ever been diagnosed with high blood pressure?</td>
<td>no</td>
<td>yes</td>
<td></td>
<td></td>
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<td>Are you physically active?</td>
<td>yes</td>
<td>no</td>
<td></td>
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</tbody>
</table>

TOTAL POINTS FOR ALL RESPONSES: __________

If you scored a 5 or higher, then you may be at risk for prediabetes or diabetes, and may qualify for the program. Contact Caitlin Stackpool at 720 390 9459 for more information. This does NOT mean you have diabetes. You will need a blood test to confirm if you have diabetes.

* Asian individual(s) BMI ≥ 23
† Individuals who have already been diagnosed with either type 1 or type 2 diabetes do not qualify for this program.