



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

MEASURABLE PROGRESS, UNLIMITED SUPPORT

Diabetes Prevention Program KETTLE MORAINÉ YMCA

If you are at high risk of developing type 2 diabetes, the YMCA'S Diabetes Prevention Program can help you make lifestyle changes that will improve your overall health and well-being and reduce your chances of developing the disease. Take the first step in controlling your health. Find out your risk for type 2 diabetes.

In order to qualify for the YMCA's Diabetes Prevention Program, participants must be at least 18 years old, overweight (BMI ≥ 25)* and at high risk for developing type 2 diabetes or have been diagnosed with prediabetes.†

KNOW YOUR RISK - RISK FACTOR ASSESSMENT

Answer these seven questions - for each "yes" answer, add the number of points listed:

	YES	NO
Are you a woman who has given birth to a baby weighing more than 9 pounds?	<input type="checkbox"/> 1	<input type="checkbox"/> 0
Do you have a parent with diabetes?	<input type="checkbox"/> 1	<input type="checkbox"/> 0
Do you have a brother or sister with diabetes?	<input type="checkbox"/> 1	<input type="checkbox"/> 0
Find your height on the chart to the right. Do you weigh as much as or more than the weight listed for your height?	<input type="checkbox"/> 5	<input type="checkbox"/> 0
Are you younger than 65 years of age and get little or no physical activity in a typical day?	<input type="checkbox"/> 5	<input type="checkbox"/> 0
Are you between 45 and 64 years of age?	<input type="checkbox"/> 5	<input type="checkbox"/> 0
Are you 65 years of age or older?	<input type="checkbox"/> 9	<input type="checkbox"/> 0

Total Points for all "YES" Responses:

If you scored a **9 or higher**, then you may be at risk for prediabetes or diabetes, and may qualify for the program. This does NOT mean you have diabetes. You will need a blood test to confirm if you have diabetes.

If your blood values fall within the ranges stated above, you may qualify for the YMCA's Diabetes Prevention Program.

DO YOU HAVE ONE OF THE FOLLOWING LAB VALUES OR DIAGNOSIS?

- 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

AT-RISK WEIGHT CHART

Height	Weight (in pounds)
4'10"	129
4'11"	133
5'0"	138
5'1"	143
5'2"	147
5'3"	152
5'4"	157
5'5"	162
5'6"	167
5'7"	172
5'8"	177
5'9"	182
5'10"	188
5'11"	193
6'0"	199
6'1"	204
6'2"	210
6'3"	216
6'4"	221

PLEASE COMPLETE THE INFORMATION ON THE BACK OF THIS FORM.

Based on Herman WH, Smith PJ, Thomason TJ, Engelgau MM, Aubert RE. A new and simple questionnaire to identify people at risk for undiagnosed diabetes. Diabetes Care 1995 Mar; 18(3):382-7

*Asian individual(s) BMI ≥ 22

†Individuals who already have been diagnosed with either type 1 or type 2 diabetes do not qualify for this program.

KETTLE MORAINÉ YMCA | www.kmymca.org

West Washington Branch
 1111 W. Washington St., West Bend, WI 53095
 262-334-3405

Feith Family Ozaukee Branch
 465 Northwoods Rd., Port Washington, WI 53074
 262-268-9622

River Shores Branch
 705 Village Green Way, West Bend, WI 53090
 262-247-1050

CONTACT INFORMATION AND REFERRAL SOURCE

First Name*

Middle Name

Last Name*

Gender

Date of birth*

E-mail address

Street 1*

Street 2

City *

State*

Zip Code*

Home phone

Work phone

Mobile phone

Height (Ft, In)*

Weight[†]

RACE/ETHNICITY:

- American Indian or Alaska Native
- Asian
- Native Hawaiian or Other Pacific Islander
- Black or African American
- Hispanic/Latino of any race
- White

*Required information to complete enrollment

[†]Self-reported

REFERRAL METHOD:

- Doctor/Physician
- Nurse
- Diabetes Educator
- Dietitian/Nutritionist
- Practice Manager or Office Manager
- Dentist
- Optometrist/Ophthalmologist
- Pharmacist
- Screening/Testing Event or Health Fair
- Family/Friend or Word of Mouth
- Employer
- Insurance Company
- Media (TV, web, radio, print, etc.)
- Staff Member
- Other: _____

The YMCA's Diabetes Prevention Program uses a CDC-approved curriculum and is part of the CDC-led National Diabetes Prevention Program.

People with private health insurance should check with their employer about the availability of this program as a covered benefit, or contact the Diabetes Prevention and Control Alliance to confirm eligibility at 1-800-237-4942

KETTLE MORaine YMCA, ("YMCA") and the National Council of Young Men's Christian Association of the United States of America ("YMCA of the USA"), have made a commitment to collaborate on efforts to support a national movement to increase awareness and take measures to prevent diabetes and its complications among groups at risk, and to help support treatment outcomes for individuals who have confirmed diagnosis or indications of prediabetes by promoting an effective lifestyle change. The parties referenced above do no warrant or guarantee any specific outcome for program participants, with respect to diabetes prevention.

Cost of program: \$429 for 25 sessions.
Payment plans are available.

FOR MORE INFORMATION CONTACT:

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