



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

CHANGE TODAY FOR A HEALTHIER FUTURE

Diabetes Prevention Program Hamilton Area YMCA

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 \geq 25)*
- I am at risk for developing type 2 diabetes or have been diagnosed with prediabetes[†] by a healthcare provider

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!	Y	N	Hgt.	Wgt.
Answer these seven questions - for each "yes" answer, add the number of points listed:			4'10"	129
			4'11"	133
			5'0"	138
Are you a woman who has had a baby weighing more than 9 pounds at birth?	1	0	5'1"	143
			5'2"	147
Do you have a parent with diabetes?	1	0	5'3"	152
			5'4"	157
			5'5"	162
Do you have a brother or sister with diabetes?	1	0	5'6"	167
			5'7"	172
Find your height on the chart. Do you weigh as much or more than the weight listed for your height?	5	0	5'8"	177
			5'9"	182
			6'0"	199
			6'1"	204
Are you younger than 65 years of age and get little or no physical activity in a typical day?	5	0	6'2"	210
			6'3"	216

If you scored a 9 or higher, then you may be at risk for prediabetes or diabetes, and may qualify for the program. For more information, contact the Healthy Living Department at 609.581.9622 ext. 132 or prevention@hamiltonymca.org. This does NOT mean you have diabetes. You will need a blood test to confirm if you have diabetes.

*Asian individual(s) BMI \geq 22

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

Total for all yes responses: _____

Please complete the information on the back of this form.

CONTACT INFORMATION AND REFERRAL SOURCE

Your contact information:

First name* _____

Middle name _____

Last name* _____

Gender* _____

Date of birth* _____

Email address _____

Street 1* _____

Street 2 _____

City* _____

State* _____

Zip code* _____

Home phone _____

Work phone _____

Mobile phone _____

Height (ft., in.)*# _____

Weight (lbs.)*# _____

Race/Ethnicity:

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

For more information, contact the Healthy Living Department at 609.581.9622 ext. 132 or prevention@hamiltonymca.org.

*Required information to complete enrollment

#Self-reported

Referral Method:

- Doctor/Physician
- Nurse
- Diabetes Educator
- Dietician/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 is part of the Centers for Disease Control and Prevention-led National Diabetes Prevention Program and is nationally supported by the Diabetes Prevention and Control Alliance.

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 1800.237.4942.

Hamilton Area 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 diagnoses or indications of prediabetes by promoting an effective lifestyle change. The parties referenced above do not warrant or guarantee any specific outcomes for program participants, with respect to diabetes prevention.

