



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

If you're at risk for type 2 diabetes, you can make small, measurable changes that can reduce your risk and help you live a happier, healthier life. Change is tough - we can help.

# LOSE WEIGHT DECREASE RISK

**Diabetes Prevention Program**

**YMCA of York and York County [www.yorkcoymca.org](http://www.yorkcoymca.org)**

**\$429 for one year program; scholarships and payment plans available**

**Check with your insurance company. Many will reimburse as of Jan. 1, 2018.**

## **PROGRAM FEATURES**

- 25 sessions delivered over the course of one year.
- Led by a trained Lifestyle Coach.
- A group that offers motivation and support.
- 6 month adult YMCA membership

### **Contact:**

Justin Casteel [jcasteel@yorkcoymca.org](mailto:jcasteel@yorkcoymca.org)

717-843-7884, ext 248

The Y is a leading nonprofit committed to improving the nation's health. Financial assistance is available to those who qualify. Please contact the Y for more information.

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

The YMCA of York and York County 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 with the nation's YMCAs 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. YMCA of the USA nor any YMCA offering the YMCA's Diabetes Prevention Program warrants or guarantees any specific outcomes for program participants with respect to diabetes prevention.

# YMCA'S DIABETES PREVENTION PROGRAM

## CAN I PARTICIPATE?

USE THE FOLLOWING CHECKLISTS TO FIND OUT IF YOU ARE ELIGIBLE TO PARTICIPATE:

<b>DO YOU MEET THE PROGRAM REQUIREMENTS?</b>	
Please check each box that is true:	
<input type="checkbox"/> I am at least 18 years old	
<input type="checkbox"/> I am overweight (BMI $\geq$ 25)*	
<input type="checkbox"/> I am at risk for developing type 2 diabetes or have been diagnosed with prediabetes† by a health care provider	
<b>DO YOU HAVE ONE OF THE FOLLOWING LAB VALUES** OR DIAGNOSIS?</b>	
Please check each box that is true:	
<input type="checkbox"/> A1c: _____ (must be 5.7% - 6.4%)	
<input type="checkbox"/> Fasting Plasma Glucose: _____ (must be 100 - 125 mg/dL)	
<input type="checkbox"/> 2-hour (75 gm glucola) Plasma Glucose: _____ (must be 140 - 199 mg/dL)	
<input type="checkbox"/> Prediabetes determined by clinical diagnosis of Gestational Diabetes (GDM) during previous pregnancy	
<b>ARE YOU AT RISK FOR DEVELOPING DIABETES?</b>	
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.†	
<b>TAKE THE TEST – KNOW YOUR SCORE!</b>	<b>YES</b> <b>NO</b>
Answer these seven questions - for each "Yes" answer, add the number of points listed:	
Are you a woman who has had a baby weighing more than 9 pounds at birth?	1 0
Do you have a parent with diabetes?	1 0
Do you have a brother or sister with diabetes?	1 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?	5 0
Are you younger than 65 years of age and get little or no physical activity in a typical day?	5 0
Are you between 45 and 64 years of age?	5 0
Are you 65 years of age or older?	9 0
<b>TOTAL POINTS FOR ALL "YES" RESPONSES:</b>	

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

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 you have a blood value in the normal range, you will not qualify for the program even if you meet at-risk qualifications.

Please contact Angie Brandt, Healthy Living Coordinator, for more information: Donna Fimmano 717-843-7884, ext. 248 dfimmano@yorkcoymca.org

\*Asian individual(s) BMI  $\geq$  22

\*\*Individuals with lab values in the normal range cannot enroll in the program even if they qualify on risk. Blood values are more accurate than risk scores for diabetes risk determination.

†Individuals who have already been diagnosed with either type 1 or type 2 diabetes do not qualify for this program. Based on Herman WH, Smith PJ, Thomason TJ, Englegau MM, Aubert RE. A new and simple questionnaire to identify people at risk for undiagnosed diabetes. Diabetes Care 1995 Mar;18(3):382-7.