



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COULD YOU BE AT RISK?

Diabetes Prevention Program YMCA OF NORTHWEST NORTH CAROLINA

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 prediabetes.

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†.

TAKE THE TEST – KNOW YOUR SCORE!

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?	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

TOTAL POINTS FOR ALL “YES” RESPONSES:

If you scored a 9 or higher, then you may be at risk for prediabetes and qualify for the program. Contact Carrie Schuster at c.schuster@ymcanwnc.org or 336 724 9205 ext. 6354 for more information. This does NOT mean you have diabetes. You will need a blood test to confirm if you have diabetes.

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

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.

*Asian individual(s) BMI ≥ 22

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