



DIABETES PREVENTION PROGRAM

NEXT SESSION STARTS 9/16

YOU CAN TURN IT AROUND PREVENT DIABETES!

JOIN THE YMCA'S DIABETES PREVENTION PROGRAM

- 25 sessions over the course of 1 year
- 12 months access to a trained Lifestyle Coach
- Lose 7% of your body weight
- Group support and accountability
- Increase physical activity
- Incentives to keep you motivated



ENROLL TODAY!
SPACE IS LIMITED

For more information or to enroll

Call 530-768-2185 www.sfymca.org/stop-diabetes



DIABETES PREVENTION PROGRAM

PARTICIPANT QUALIFICATION

Height (ft) [^]	Height (in) [^]	Weight [^]	BMI
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[^]self-reported

Note: For program participation, BMI ≥ 25 kg/m² is **required**; Asian individual(s) BMI ≥ 23 kg/m²

MEETS BLOOD VALUE/DIAGNOSIS QUALIFICATIONS

Check for the criteria below first. If this information is unavailable, proceed to "Meets CDC At-Risk Qualifications" section, below.

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 diagnoses of gestational diabetes during previous pregnancy ☐ No
☐ Yes
☐ N/A

Blood values must be within the last year

Note: An individual with a blood value in the normal range cannot be enrolled in the program, even if he or she meets at-risk qualifications (based on risk test below). Blood values are more accurate than risk scores for diabetes risk determination.

MEETS CDC AT-RISK QUALIFICATIONS

Complete the questions below based on the candidate's response only if above qualifying information is unavailable.

For each "Yes" answer, add the number of points listed.	YES	NO
Is the candidate a woman who has had a baby weighing more than 9 pounds at birth?	1	0
Does the candidate have a parent with diabetes?	1	0
Does the candidate have a brother or sister with diabetes?	1	0
Does the candidate weigh as much as or more than the weight listed for their height? (refer to chart on the right)	5	0
Is the candidate younger than 65 years of age and gets little or no activity in a typical day?	5	0
Is the candidate between 45 and 64 years of age?	5	0
Is the candidate 65 years of age or older?	9	0
Total Risk Score (score must be 9 or greater to qualify for enrollment in 'At-Risk' category)		

At-Risk Weight Chart (BMI should be calculated using a separate resource)

Height	Weight
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

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