



# DIABETES PREVENTION PROGRAM

## YOU CAN TURN IT AROUND PREVENT DIABETES!

### NEXT COHORT STARTS IN FEBRUARY

- One-year lifestyle change program with 25 total group sessions, meeting Tue 4–5pm.
- Access to a trained Lifestyle Coach.
- Goals: lose 7% of your body weight & increase physical activity time.
- Group support and accountability.
- Incentives to keep you motivated.



**ENROLL  
TODAY**

For more information: 530-768-2185  
[www.sfymca.org/stop-diabetes](http://www.sfymca.org/stop-diabetes) [ymcadpp@sfymca.org](mailto:ymcadpp@sfymca.org)



# PREDIABETES RISK TEST

## 1. How old are you?

Younger than 40 years (0 points)  
 40–49 years (1 point)  
 50–59 years (2 points)  
 60 years or older (3 points)

Write your score in the boxes below

## 2. Are you a man or a woman?

Man (1 point) Woman (0 points)

## 3. If you are a woman, have you ever been diagnosed with gestational diabetes?

Yes (1 point) No (0 points)

## 4. Do you have a mother, father, sister, or brother with diabetes?

Yes (1 point) No (0 points)

## 5. Have you ever been diagnosed with high blood pressure?

Yes (1 point) No (0 points)

## 6. Are you physically active?

Yes (0 points) No (1 point)

## 7. What is your weight category?

(See chart at right)

Total score:

## Height

Height	1 Point	2 Points	3 Points
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+
	1 Point	2 Points	3 Points
You weigh less than the 1 Point column (0 points)			

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

## If you scored 5 or higher

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. **Talk to your doctor to see if additional testing is needed.**

If you are African American, Hispanic/Latino American, American Indian/Alaska Native, Asian American, or Pacific Islander, you are at higher risk for prediabetes and type 2 diabetes. Also, if you are Asian American, you are at increased risk for type 2 diabetes at a lower weight (about 15 pounds lower than weights in the 1 Point column). Talk to your doctor to see if you should have your blood sugar tested.

## You can reduce your risk for type 2 diabetes

Find out how you can reverse prediabetes and prevent or delay type 2 diabetes through a **CDC-recognized lifestyle change program** at <https://www.cdc.gov/diabetes/prevention/lifestyle-program>.

Risk Test provided by the American Diabetes Association and the Centers for Disease Control and Prevention.



For more information: 530-768-2185

[www.sfymca.org/stop-diabetes](http://www.sfymca.org/stop-diabetes) [ymcadpp@sfymca.org](mailto:ymcadpp@sfymca.org)