

ADVANCE AND ENHANCE YOUR LIFE

Diabetes Prevention Program



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

The Y is urging everyone to **LEARN YOUR RISK** for developing type 2 diabetes.

29 MILLION AMERICANS HAVE
DIABETES

86 MILLION AMERICANS HAVE
PREDIABETES



Source: Centers for Disease Control and Prevention (2014)

ymca.net/diabetes

LET'S FOCUS ON PREVENTION

Prevention is the only cure for diabetes. Chances are you know at least one person with diabetes, and the likelihood that you know one of the 86 million people with prediabetes is even greater. You may not be at risk, but what about the people you love? Your family, friends, community—your Y.

Tackling diabetes in America is a team effort. Let's join together to help those we love learn their risk and prevent new cases of diabetes.

TOGETHER, we can help prevent new cases of type 2 diabetes.

Take this
RISK TEST
today!

SHARE THIS RISK TEST WITH YOUR Y COMMUNITY or send them to ymca.net/diabetes to take the test online.

WHAT IS YOUR RISK SCORE?

7 quick questions to see if you might be at risk.

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 below. Do you weigh as much 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 65 years of age?	5	0
Are you 65 years of age or older?	9	0
ADD YOUR 'YES' RESPONSES		

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.

AT RISK WEIGHT CHART

HEIGHT	WEIGHT (in pounds)	HEIGHT	WEIGHT (in pounds)
4' 10"	129	5' 8"	177
4' 11"	133	5' 9"	182
5' 0"	138	5' 10"	188
5' 1"	143	5' 11"	193
5' 2"	147	6' 0"	199
5' 3"	152	6' 1"	204
5' 4"	157	6' 2"	210
5' 5"	162	6' 3"	216
5' 6"	167	6' 4"	221
5' 7"	172		