

## What is prediabetes?

Prediabetes occurs when blood sugar levels are higher than normal but not high enough for a type 2 diabetes diagnosis. Risk for developing type 2 diabetes may be reduced or eliminated by weight loss, healthier eating and increased physical activity.

### 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

**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		

← CONTINUED ON THE OTHER SIDE

the **Y** YMCA  
 FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

**REDEFINE YOUR HEALTH  
 TRANSFORM  
 YOUR LIFE**  
**Diabetes Prevention Program  
 GREATER WICHITA YMCA**

**GREATER WICHITA YMCA**  
 402 N Market  
 Wichita, KS 67202  
 316-219-9622 ext. 5566

[www.ymcawichita.org/diabetes](http://www.ymcawichita.org/diabetes)

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**Can you measure a healthy life? Sure, you can—by the cup, the ounce and the block.**

**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

Let's face it, if change were easy, we'd all do it. You've spent years developing habits that you can't expect to change overnight. It's tough. We can help.

The YMCA's Diabetes Prevention Program gives you the skills you need and the support you deserve to make lasting, healthy lifestyle changes.

\* Asian individual(s) BMI ≥ 22

\*\* Qualified blood results in the prediabetes range are needed to confirm eligibility. Individuals who have already been diagnosed with either type 1 or type 2 diabetes do not qualify for this program.

YMCA's Diabetes Prevention Program ("YMCA's DPP") uses a CDC-approved curriculum and is part of the CDC-led National Diabetes Prevention Program. YMCA of the USA offers access to YMCA's DPP through a network of local YMCAs, and YMCA's DPP may or may not be a covered benefit under your health insurance policy, worksite wellness program, Medicare Plan, or other applicable federally funded healthcare program. To find out whether YMCA's DPP is covered under your policy and to determine any cost-sharing responsibilities, contact your insurance company, health plan administrator, wellness program sponsor, Medicare or Medicaid. Any dispute regarding coverage of YMCA's DPP should be brought to your insurance provider or benefit program administrator. Neither YMCA of the USA nor any local YMCA warrants or guarantees any specific outcome for YMCA's DPP participants with respect to diabetes prevention.

## GROUP SUPPORT KEEPS YOU MOTIVATED

A little encouragement goes a long way when you're making big changes. In the YMCA's Diabetes Prevention Program, you'll spend a year surrounded by a group of supportive colleagues who care about your well-being. And you will all be pursuing the same goal of improved health and lowered risk for developing diabetes.

You and your fellow participants will enjoy:

- A safe space where you can feel comfortable sharing and learning in private.
- Making new friends. You will support each other as you all trade old habits for healthier new ones.
- Working as a group. You don't have to figure this out alone.
- The new energy and confidence that comes with losing weight and reducing your risk for diabetes.

## IMPROVE YOUR HEALTH, BOOST YOUR ENERGY

To help reduce your risk for diabetes, your goal in the YMCA's Diabetes Prevention Program is to reduce your body weight by 7% and increase your physical activity by at least 150 minutes per week within the first half of the program.

For example, if you weigh 200 pounds your goal for the first half of the program would be to lose 14 pounds and increase your physical activity to what could be a brisk 30-minute walk, five days per week.

Lose weight, boost your energy, reduce your risk for diabetes and improve your health for life!

## DO YOU QUALIFY?

To participate in the program, you must be:

- 18 years or older.
- Overweight (BMI  $\geq$  25)\*, and
- Diagnosed with prediabetes via one of three blood tests or a previous diagnosis of gestational diabetes.\*\*

If you don't have a blood test result, you must have a qualifying risk score.

### DOT'S TESTIMONIAL

After going to the doctor for blood lab work, my A1C came back 6.2. It was at this point I got worried and I know for certain I don't want to be diabetic. I knew what I had to do so I signed up and started the class. There I was with people who understood how I feel, we had similar stories and life struggles. I am now almost 40 pounds lighter in just 22 weeks. After my last doctor visit, my A1C is now 5.8! Best of all, I am thinking about what I am eating and trying to make better food choices. I am also making a point to be more active. I now have the tools and motivation I need to be successful.

## DID YOU KNOW?

- Eating too much sugar does not cause diabetes, but being overweight is a risk factor.
- People with prediabetes may not have any symptoms.
- An estimated 86 million Americans ages 20 years and older have prediabetes.
- And... 89% of that 86 million have NO IDEA they're at risk.

National Institutes of Health research has shown that programs like the YMCA's Diabetes Prevention Program reduce the number of new cases of type 2 diabetes by 58% overall and by 71% in people over 60.

### YMCA MEMBERSHIP NOT REQUIRED!

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.

Greater Wichita YMCA complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATTENTION: If you speak Spanish or Vietnamese, language assistance services, free of charge, are available to you. Call 1-316-219-9622 ext. 5566.

**To find out if you qualify, or for more information, contact:**

**316-219-9622 ext 5566**  
**intake.coordinator@ymcawichita.org**  
Greater Wichita YMCA  
402 N Market  
Wichita, KS 67202

## INTEREST FORM

### YOUR CONTACT INFORMATION:

FIRST NAME: \_\_\_\_\_  
MIDDLE NAME: \_\_\_\_\_  
LAST NAME: \_\_\_\_\_  
GENDER: \_\_\_\_\_  
DATE OF BIRTH\*: \_\_\_\_\_  
EMAIL ADDRESS: \_\_\_\_\_  
STREET 1\*: \_\_\_\_\_  
STREET 2\*: \_\_\_\_\_  
CITY\*: \_\_\_\_\_  
STATE\*: \_\_\_\_\_  
ZIP CODE\*: \_\_\_\_\_  
PREFERRED PHONE: \_\_\_\_\_  
WEIGHT (LB)\*: \_\_\_\_\_

\*Required fields

**If you think you may qualify, and are interested in this program, please complete the following form, and send to Intake Coordinator at:**

402 N Market, Wichita, KS 67202  
316-264-0757 FAX  
intake.coordinator@ymcawichita.org

### DO YOU HAVE ONE OF THE FOLLOWING LAB VALUES OR DIAGNOSIS?

Please check each box that is true, and provide a value if possible:

- 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 DIAGNOSIS OF GESTATIONAL DIABETES (GDM) DURING PREVIOUS PREGNANCY**