



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

CHANGE TODAY FOR A HEALTHIER FUTURE

Diabetes Prevention Program YMCA OF GREATER SPARTANBURG

Lifestyle changes such as eating healthier, increasing physical activity and losing a modest amount of weight can prevent or delay development of type 2 diabetes in those at high risk for the disease. The YMCA's Diabetes Prevention Program can help you adopt and maintain these healthy habits to help you improve your overall health and well-being and reduce your risk.

DO YOU MEET THE PROGRAM REQUIREMENTS? TAKE THE TEST!

I am at least 18 years old

Answer these seven questions - for each "Yes" answer, add the number of points listed:

	YES	NO
Are you a woman who has had a baby weighing more than 9 pounds at birth?	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 weight 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 64 years of age?	5	0
Are you 65 years of age or older?	9	0

TOTAL POINTS FOR ALL "YES" RESPONSES:

If you score 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)
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

For information about the program, fees, and financial assistance, please complete the back of this form and submit to any YMCA OF GREATER SPARTANBURG location.

YMCA's Diabetes Prevention Program Information

(Phone) 864 585 0306

(Email) bhelsel@spartanburgymca.org

(Web) <http://www.spartanburgymca.org/diabetes-prevention.php>





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Diabetes Prevention Program Interest Form YMCA OF GREATER SPARTANBURG

YOUR CONTACT INFORMATION:

Full Name* _____

Email address _____

Primary phone* _____

Street address* _____

City* _____

State* _____

Zip code* _____

RACE / ETHNICITY:

- American Indian or Alaska Native
- Asian
- Native Hawaiian or Other Pacific Islander
- Black or African American
- Hispanic / Latino of any race
- White

GENDER:

- Male
- Female

DATE OF BIRTH:

____ / ____ / ____

HEIGHT & WEIGHT:

Height ____ ft. ____ in. *‡ Weight _____ lbs. *‡

BMI _____

PREFERRED PROGRAM LOCATION

- Thomas E. Hannah YMCA
- Middle Tyger YMCA

Please return this completed form to any YMCA OF GREATER SPARTANBURG location or email to bhelsel@spartanburgymca.org.

* Required information to complete enrollment
‡ Self-reported

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

Please check each box that is true, and provide a copy of labs. If you do not know any of these values, leave blank, and we will refer you to a health provider for lab work.

- A1c: _____ (must be 5.7% - 6.4%)
- Fasting Glucose: _____ (must be 100 - 125 mg/dL)
- Prediabetes determined by clinical diagnosis of Gestational Diabetes (GDM) during previous pregnancy.

REFERRAL METHOD

- Doctor / Physician - Name: _____
- Nurse
- Diabetes Educator
- Dietician / Nutritionist
- Practice Manager or Office Manager
- Dentist
- Optometrist / Ophthalmologist
- Pharmacist
- Screening / Testing Event or Health Fair
- Family / Friend or Word of Mouth
- Employer
- Insurance Company
- Media (TV, web, radio, print, etc.)
- Staff Member
- Other: _____

PLEASE CHECK ONE: Is your employer / insurer paying any portion of the fee for you to participate in the YMCA's Diabetes Prevention Program?

- Yes
- No

The YMCA OF GREATER SPARTANBURG and the National Council of Young Men's Christian Association of the United States of America ("YMCA of the USA"), have made a commitment to collaborate on efforts to support a national movement to increase awareness and take measures to prevent diabetes and its complications among groups at risk, and to help support treatment outcomes for individuals who have confirmed diagnoses or indications of prediabetes by promoting an effective lifestyle change. The parties referenced above do not warrant or guarantee any specific outcomes for program participants, with respect to diabetes prevention.