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.

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.

DO YOU HAVE PREDIABETES OR AT RISK FOR DEVELOPING TYPE 2 DIABETES?

- Do you have a fasting blood glucose level in the following range: 100-125 mg/dL
- Do you have a A1c value in the following range: 5.7% - 6.4%
- Or, do you score a 9 or higher using the risk assessment below:

WHAT IS YOUR RISK SCORE?

For each “yes” answer, add the number of points listed:

<table>
<thead>
<tr>
<th>Question</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are you a woman who has given birth to a baby weighing more than 9 pounds?</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Do you have a parent with diabetes?</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Do you have a brother or sister with diabetes?</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Do you weigh as much or more than the recommended weight for your height?</td>
<td>5</td>
<td>0</td>
</tr>
<tr>
<td>See chart</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are you younger than 65 years and get little or no physical activity in a typical day?</td>
<td>5</td>
<td>0</td>
</tr>
<tr>
<td>Are you between 45 and 65 years of age?</td>
<td>5</td>
<td>0</td>
</tr>
<tr>
<td>Are you 65 years of age or older?</td>
<td>9</td>
<td>0</td>
</tr>
</tbody>
</table>

WHAT IS THE YMCA’S DIABETES PREVENTION PROGRAM

The YMCA’s Diabetes Prevention Program is a behavior change program designed to help adults who are at a high risk for developing type 2 diabetes reduce their chances of developing the disease. The program is 12 months, starting with 16 weekly sessions, then 9 additional sessions at a gradual lower frequency.

Participants enjoy:

- A safe space where you can feel comfortable sharing and learning
- 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
- 3-month Family Membership at the YMCA to support physical activity goals

YMCA MEMBERSHIP NOT REQUIRED! Fees may apply (financial assistance is available)

Individuals that have already been diagnosed with either type 1 or type 2 diabetes do not qualify for this specific program.

WOULD YOU BE INTERESTED IN THE YMCA’S DIABETES PREVENTION PROGRAM IF IT WAS OFFERED BY __________________________?

(company name)

Please return the survey below to gauge employee interest. (no names necessary)

_____YES, I am interested in participating/learning more

_____YES, my spouse is interested in participating/learning more