

ARE YOU AT RISK FOR DEVELOPING DIABETES?

Prediabetes means your blood glucose (sugar) is higher than normal, but not yet diabetes. Type 2 diabetes can be delayed or prevented in people with prediabetes through effective lifestyle programs. Take the first step. Find out your risk.

TAKE THE TEST – KNOW YOUR SCORE!

Answer these seven questions – for each “Yes” answer, add the number of points:

| | 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 on the back of this page. Do you weigh as much as 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 scored a **9** or higher, then you may be at significant risk for diabetes, and you may qualify for the YMCA’s Diabetes Prevention Program.

Contact Linda McVey healthyliving@clevelandY.org 216.509.3480
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| 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 |

People with type 1 or type 2 diabetes are NOT eligible for this prevention program.

1 in 3 adults is at risk for developing type 2 diabetes, which increases to 1 in 2 adults after age 60.

Is it you?

The YMCA’s Diabetes Prevention Program helps those at high risk for diabetes adopt and maintain healthy lifestyles that will help them reduce their chances of developing type 2 diabetes.

The YMCA’s Diabetes Prevention Program targets those who are overweight and have prediabetes, and engages them in a personalized year-long group lifestyle intervention to help them avoid the often devastating effects of diabetes.

The YMCA’s Diabetes Prevention Program is part of the CDC-led National Diabetes Prevention Program. Research shows that programs like this can reduce the number of cases of diabetes by 58%, and an astonishing 71% in adults over age 65.

Is this for you?

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