



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DON'T BE A STATISTIC

Diabetes Prevention Program TAMPA METROPOLITAN AREA YMCA

For every 2.2 lbs of body weight loss, Type 2 Diabetes risk is decreased by 13%.

Our one year evidence-based program will help you lose weight, move more, and reduce your risk for developing Type 2 Diabetes. Among the topics covered during weekly sessions:

- **Be A Fat Detective**
- **Jump Start Your Physical Activity**
- **You Can Manage Stress**
- **Four Keys To Healthy Dining Out**

To see if you qualify, see a YMCA staff member to take the risk assessment quiz and **get started today!**

For more information and to enroll, call **813-922-2808** or email **ydpp@tampaymca.org**

1 in 3
U.S. adults have
prediabetes.

**Only 7% know
they have it.**

Campo YMCA | starting Tue Jan 23, 7:30pm
Northwest YMCA | starting Thu Jan 25, 6:30pm
New Tampa YMCA | starting Mon Feb 19, 6:30pm
East Pasco YMCA | starting Wed Feb 21, 6:30pm



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TAKE CONTROL OF YOUR HEALTH TODAY

Prediabetes means your blood glucose (sugar) is higher than normal, but not yet high enough to be considered diabetes. People with prediabetes are likely to develop diabetes if they don't take action to improve their health.

Take the first step. Find out your risk for prediabetes.

TAKE THE TEST – KNOW YOUR SCORE!

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 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:

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

If you scored a 9 or higher, then you may be at risk for prediabetes or diabetes, and may qualify for the program. You must be at least 18 years old with a BMI ≥ 25 to qualify[†]. Contact [Program Coordinator Name and Contact information] for more information. This does NOT mean you have diabetes. You will need a blood test to confirm if you have diabetes.

Based on Herman WH, Smith PJ, Thomason TJ, Englegau MM, Aubert RE. A new and simple questionnaire to identify people at risk for undiagnosed diabetes. Diabetes Care 1995 Mar;18(3):382-7.

[†] Individuals who have already been diagnosed with either type 1 or type 2 diabetes do not qualify for this program.

