

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 Tamera Blades at:

157 Lincolnville Ave , Belfast ME 04915
Fax: (207)338-2505
tblades@waldocountyymca.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 110–125 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**

YMCA MEMBERSHIP NOT REQUIRED!

Financial assistance is available.

Sessions begin September 27 at the Waldo County YMCA.

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

Thank you to our Sustaining Sponsors and the Maine CDC for making this program possible.



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

Waldo County YMCA
Tamera Blades
(207)338-4598
157 Lincolnville Ave
Belfast, ME 04915

212101 05/21



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



REDEFINE YOUR HEALTH
TRANSFORM
YOUR LIFE

Diabetes Prevention Program
Waldo County YMCA

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 ≥ 23

** 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

As a participant, you'll 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.
- The flexibility of beginning the program when it's convenient for you. If there is space in a newly formed class, you can join up to the 4th session.

The YMCA's Diabetes Prevention Program, part of the CDC-led National Diabetes Prevention Program, is a yearlong program consisting of 25 sessions.

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.

A trained Lifestyle Coach helps participants learn strategies for healthy eating, physical activity and other lifestyle changes.

DO YOU QUALIFY?

To participate in the program, you must be:

- 18 years or older,
- Overweight (BMI ≥ 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.

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 SCORED 5 OR HIGHER

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood

sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. Talk to your doctor to see if additional testing is needed. If you are African American, Hispanic/Latino American, American Indian/Alaska Native, Asian American, or Pacific Islander, you are at higher risk for prediabetes and type 2 diabetes. Also, if you are Asian American, you are at increased risk for type 2 diabetes at a lower weight (about 15 pounds lower than weights in the 1 Point column). Talk to your doctor to see if you should have your blood sugar tested.

PREDIABETES RISK TEST

1. How old are you?
Younger than 40 years (0 points)
40–49 years (1 point)
50–59 years (2 points)
60 years or older (3 points)
2. Are you a man or a woman?
Man (1 point) Woman (0 points)
3. If you are a woman, have you ever been diagnosed with gestational diabetes?
Yes (1 point) No (0 points)
4. Do you have a mother, father, sister, or brother with diabetes?
Yes (1 point) No (0 points)
5. Have you ever been diagnosed with high blood pressure?
Yes (1 point) No (0 points)
6. Are you physically active?
Yes (0 points) No (1 point)
7. What is your weight category?
(See chart at right)

Total score

Height	Weight (lbs.)		
4' 10"	119–142	143–190	191+
4' 11"	124–147	148–197	198+
5' 0"	128–152	153–203	204+
5' 1"	132–157	158–210	211+
5' 2"	136–163	164–217	218+
5' 3"	141–168	169–224	225+
5' 4"	145–173	174–231	232+
5' 5"	150–179	180–239	240+
5' 6"	155–185	186–246	247+
5' 7"	159–190	191–254	255+
5' 8"	164–196	197–261	262+
5' 9"	169–202	203–269	270+
5' 10"	174–208	209–277	278+
5' 11"	179–214	215–285	286+
6' 0"	184–220	221–293	294+
6' 1"	189–226	227–301	302+
6' 2"	194–232	233–310	311+
6' 3"	200–239	240–318	319+
6' 4"	205–245	246–327	328+
	1 Point	2 Points	3 Points
	You weigh less than the 1 Point column (0 points)		

Risk Test provided by the American Diabetes Association and the Centers for Disease Control and Prevention.