



YMCA'S DIABETES PREVENTION PROGRAM

WHO QUALIFIES FOR THE YDPP?

TO QUALIFY FOR THE YMCA'S DIABETES PREVENTION PROGRAM, PARTICIPANTS MUST BE OVERWEIGHT/OBESE (BMI \geq 25) AND AT HIGH RISK FOR DEVELOPING TYPE 2 DIABETES, OR HAVE BEEN DIAGNOSED WITH PREDIABETES.

USE THE FOLLOWING CHART TO DETERMINE IF AN INDIVIDUAL QUALIFIES FOR THE YDPP:

A PERSON WHO IS OVERWEIGHT/OBESE (BMI \geq 25) AND HAS ONE OF THE FOLLOWING LAB VALUES OR DIAGNOSES:

- A1C: _____ (must be 5.7% - 6.4%)
- Fasting Plasma Glucose: _____ (must be 100 - 125 mg/dl)
- Random or casual blood glucose: _____ (must be 140 - 199 mg/dl)
- 2-hour (75 gm glucola) Plasma Glucose: _____ (must be 140 - 199 mg/dl)
- Prediabetes Diagnosis
- Gestational Diabetes Diagnosis (diabetes during pregnancy)

A PERSON WHO IS OVERWEIGHT/OBESE (BMI \geq 25 KG/M2) AND MEETS AT LEAST TWO OF THE FOLLOWING CRITERIA:

- Blood pressure is 140/90 or higher
- Elevated cholesterol levels
- Participates in physical activity less than two times per week
- Has or had a parent or sibling with diabetes
- Is 45 years of age or older

FOR MORE INFORMATION PLEASE CONTACT:

Y NAME:

PHONE:

EMAIL: