

WHAT IS PREDIABETES?

Prediabetes occurs when blood sugar levels are higher than normal but not high enough for a type 2 diabetes diagnosis. Without developing type 2 diabetes, you may experience increased fatigue, hunger, itching and decreased physical ability.

WHAT IS YOUR RISK SCORE?

Try to get a total score of 10 or less for all items.

Factor	YES	NO
Family history of type 2 diabetes	1	0
Previous diagnosis of gestational diabetes	1	0
Diagnosis of type 2 diabetes	1	0
Diagnosis of type 2 diabetes with A1c	1	0
Fastest 1-hour blood glucose level Diagnosis of type 2 diabetes through oral glucose tolerance test	3	0
Fastest 2-hour blood glucose level Diagnosis of type 2 diabetes through oral glucose tolerance test	3	0
Fastest 1-hour blood glucose level Diagnosis of type 2 diabetes through oral glucose tolerance test	3	0
Fastest 2-hour blood glucose level Diagnosis of type 2 diabetes through oral glucose tolerance test	3	0

Special instructions: If you have been diagnosed with type 1 or type 2 diabetes, you do not qualify for this program. Please call 617-927-8077 for more information. Thank you!

ASIAN WEIGHT CHART

Height	Weight	BMI	Weight	BMI
4'10"	100	23.7	100	23.7
4'11"	105	23.7	105	23.7
4'12"	110	23.7	110	23.7
4'13"	115	23.7	115	23.7
4'14"	120	23.7	120	23.7
4'15"	125	23.7	125	23.7
4'16"	130	23.7	130	23.7
4'17"	135	23.7	135	23.7
4'18"	140	23.7	140	23.7
4'19"	145	23.7	145	23.7
4'20"	150	23.7	150	23.7



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WHO QUALIFIES?

- Adults 18+
- Overweight (BMI >25)*
- At risk for or have been diagnosed with PREDIABETES†
- Previous diagnosis of gestational diabetes.
- Blood test with one of the following results
- Fasting Plasma Glucose between 100 – 125 mg/dL
- 2-hour (75 gm gluco) Plasma Glucose between 140-199 mg/dL
- A1c between 5.7% and 6.4%
- A qualifying risk score based on a combination of risk factors— family history, age, etc.

*Asian individual(s) BMI > 22

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

FOR MORE INFORMATION CONTACT:

ymcadpp@ymcaboston.org or 617-927-8077



YMCA OF GREATER BOSTON
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