

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 or contact Dana Boler at:

dboler@laxymca.org

Mail forms to:

1140 Main Street
La Crosse, WI 54601

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**

The PreventT2 lifestyle change program is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC). This proven program can help you make modest lifestyle changes and cut your risk of type 2 diabetes by more than half.



Visit our website at www.laxymca.org/diabetes to learn more about the program or fill out the contact form to learn about upcoming classes

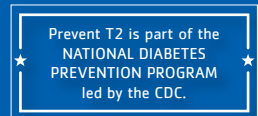
LA CROSSE AREA FAMILY Y

Dahl Family YMCA
1140 Main Street, La Crosse, WI 54601

608-519-5473
dboler@laxymca.org

YOU CAN DO THIS

FEEL BETTER AND PREVENT TYPE 2 DIABETES



PREVENT TYPE 2 DIABETES WITH THE PREVENT T2 PROGRAM

If you have prediabetes or other risk factors for type 2 diabetes, it's time to take charge of your health. The PreventT2 lifestyle change program can help you make lasting changes to prevent type 2 diabetes.

With the PreventT2 Program you get:

- A CDC-approved curriculum.
- The skills you need to lose weight, be more physically active, and manage stress.
- A trained lifestyle coach to guide and encourage you.
- Support from other participants with the same goals as you – and fun.
- A year-long program with weekly meetings for the first six months, then once or twice a month for the second six months.

PREDIABETES CAN LEAD TO TYPE 2 DIABETES

One out of three American adults have prediabetes, and most of them do not know it. Having prediabetes means your blood glucose (sugar) level is higher than normal but not high enough to be diagnosed as diabetes, heart disease, and stroke.

Without weight loss or moderate physical activity, many people with prediabetes can develop type 2 diabetes within five years. Type 2 diabetes is a serious condition that can lead to health issues such as heart attack; stroke; blindness; kidney failure; or loss of toes, feet, or legs.

You may have prediabetes and be at risk for type 2 diabetes if you:

- Are 45 years of age or older.
- Are overweight.
- Have a family history of type 2 diabetes.
- Are physically active fewer than three times per week.
- Ever had diabetes while pregnant (gestational diabetes) or gave birth to a baby that weighed more than nine pounds.

MAKE A CHANGE AND START TODAY!

To participate in a CDC-recognized lifestyle change program, you'll need to meet ALL four of these requirements:

1. Be 18 years or older.
2. Have a body mass index (BMI) of 25 or higher (23 or higher if Asian American).
3. Not be previously diagnosed with type 1 or type 2 diabetes.
4. Not be pregnant.

You'll also need to meet one of these requirements:

1. Had a blood test result in the prediabetes range within the past year (includes any of these tests and results):
 - Hemoglobin A1C: 5.7–6.4%.
 - Fasting plasma glucose: 100–125 mg/dL.
 - Two-hour plasma glucose (after a 75 g glucose load): 140–199 mg/dL.
2. Be previously diagnosed with gestational diabetes (diabetes during pregnancy).
3. Received a high-risk result (score of 5 or higher) on the Prediabetes Risk Test.

TESTIMONIAL

"The group provided me with fellow members who were facing the same challenge. The program is designed to encourage discussions, share solutions and experiences, and offer ways to improve our health. As a result, I improved my diet and fitness, enhanced my quality of life, developed friendships, and members of my group provided support. As a result of my experience, I recommend this program highly and without reservation."

– JANICE SOLIE, PROGRAM PARTICIPANT

WHAT IS YOUR RISK SCORE?

Seven quick questions to see if you might be at risk. Write your points in the boxes on right:

1. **How old are you?**
 - Younger than 40 years – 0 points
 - 40 to 49 years – 1 point
 - 50 to 59 years – 2 points
 - 60 years or older – 3 points
2. **Are you a woman or man?**
 - Woman – 0 points
 - Man – 1 point
3. **If you are a woman, have you ever been diagnosed with gestational diabetes?**
 - No – 0 points
 - Yes – 1 point

4. **Do you have a mother, father, sister, or brother with diabetes?**
 - No – 0 points
 - Yes – 1 point
5. **Have you ever been diagnosed with high blood pressure?**
 - No – 0 points
 - Yes – 1 point
6. **Are you physically active?**
 - Yes – 0 points
 - No – 1 point
7. **What is your weight category?**

See chart below.
If you weight less than the 1 point column – 0 points

AT RISK WEIGHT CHART	AT RISK WEIGHT CHART		
	1 POINT	2 POINTS	3 POINTS
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+

Total Score

If you scored a five or higher then you may be at risk for prediabetes or diabetes, and may qualify for the program. This does NOT mean you have diabetes. You will need a blood test to confirm if you have diabetes.