

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 Bri Spicer at:

bspicer@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.

Accepting coverage for Medicare and some insurance!



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

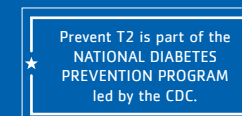
LA CROSSE AREA FAMILY Y

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

608-519-5496
bspicer@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—in a fun and welcoming environment.
- A year-long program with weekly meetings for the first six months, then once or twice a month for the second six months.

98 million 98 million American adults—**more than 1 in 3**—have prediabetes

More than 8 in 10 adults with prediabetes **don't know they have it**

BLOOD SUGAR

Type 2 diabetes
Prediabetes
Normal

With prediabetes, your blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes

PREDIABETES RISKS

Prediabetes increases your risk of:

- Type 2 diabetes
- Heart disease
- Stroke

TYPE 2 DIABETES HEALTH RISKS

If you ignore prediabetes, your risk for type 2 diabetes goes up—type 2 diabetes increases your risk for serious health conditions:

- Blindness
- Kidney failure
- Heart disease
- Stroke
- Loss of toes, feet, or legs

MAKE A CHANGE AND START TODAY!

To participate in a CDC-recognized lifestyle change program, you'll 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. Medicare requires 110–125 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. Risk test is not an option for eligibility for Medicare participants.



You'll also 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.

TESTIMONIAL

"The class is casual and the support of my classmates was uplifting and invaluable. It was a year-long journey, baby steps at first to make changes, but produced better results than I could have imagined. I'm grateful that the YMCA sponsors this program and would encourage anyone who wants to make healthful changes to take the journey. I feel great!"

– MARILYN, 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

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

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.