



YMCA DIABETES PREVENTION PROGRAM

To qualify participants must...

___ Be 18 years or older ___ Have a BMI \geq 25

...and have:

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Have a qualifying risk score of 9 or higher:

What is your risk score? Answer the 7 questions below to find out.

For each "yes" answer, add the number of points listed:	Yes	No
Are you a woman who has given birth to a baby weighing more than nine pounds?	1	0
Do you have a parent with diabetes?	1	0
Do you have a brother or sister with diabetes?	1	0
Find your height on the chart on the reverse side. Do you weigh more than the weight listed for your height?	5	0
Are you younger than 65 years of age and get little or no physical activity in a typical day?	5	0
Are you between 45 and 65 years of age?	5	0
Are you 65 years of age or older?	9	0
TOTAL		

HEIGHT	WEIGHT (in pounds)	HEIGHT	WEIGHT (in pounds)
4'10"	129	5'8"	177
4'11"	133	5'9"	182
5'0"	138	5'10"	188
5'1"	143	5'11"	193
5'2"	147	6'0"	199
5'3"	152	6'1"	204
5'4"	157	6'2"	210
5'5"	162	6'3"	216
5'6"	167	6'4"	221
5'7"	172		

Email document to kdelong@muskegonymca.org
OR fax to (231) 525.2890 OR call Kelli at (231) 722.9622 ext. 205
OR mail to YDPP, 1115 Third Street, Muskegon MI 49441

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