



A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

ELIGIBILITY

To be considered for the Diabetes Prevention Program, participants must be 18 years of age or older and have a BMI \geq 24. While participating in this year long, 26 session program, you commit to attend: a minimum of **6 sessions during the first 6 months**, a minimum of **4 sessions during the last 6 months**, to submit physical activity minutes at each session, to have weight recorded during each session, & to achieve a weight loss of 5% of your starting weight.

Further, you must fulfill **at least one** of the following requirements (*please check all that apply*):

- A1c: _____ (must be 5.7% - 6.4% w/in the past 12 mos.)**
- Fasting glucose level: _____ (must be 100-125 mg/dL w/in the past 12 mos.)**
- Pre-diabetes determined by clinical diagnosis of Gestational Diabetes (GDM) during a previous pregnancy**
- Score 9 or higher on the CDC Pre-diabetes Screening Test (on reverse)**

Those previously diagnosed with either type 1 or type 2 diabetes are NOT eligible for this program.

Name: _____

Address: _____

Cell : _____ Check box if you give permission for texting

Other Phone #: _____

Email address: _____

Date of Birth (mm/dd/yyyy): _____ Gender: _____ Height: _____

Signature: _____

Ethnicity:

Hispanic or Latino

Not Hispanic or Latino

Race:

White

Black or African American

American Indian or Alaska Native

Asian

Native Hawaiian or Other Pacific Islander

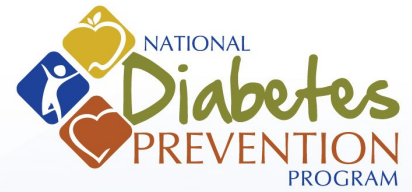
I consent to having my participation in this program and eligibility criteria, as well as periodic progress updates, sent to my physician: YES NO

Physician: _____

Address: _____



CDC Prediabetes Screening Test



COULD YOU HAVE PREDIABETES?

Prediabetes means your blood glucose (sugar) is higher than normal, but not yet diabetes. Diabetes is a serious disease that can cause heart attack, stroke, blindness, kidney failure, or loss of feet or legs. Type 2 diabetes can be delayed or prevented in people with prediabetes through effective lifestyle programs. Take the first step. Find out your risk for prediabetes.

TAKE THE TEST—KNOW YOUR SCORE!

Answer these seven simple questions. For each “Yes” answer, add the number of points listed. All “No” answers are 0 points.

Yes	No
1	0
1	0
1	0
5	0
5	0
5	0
9	0

Are you a woman who has had a baby weighing more than 9 pounds at birth?

Do you have a sister or brother with diabetes?

Do you have a parent with diabetes?

Find your height on the chart. Do you weigh as much as or more than the weight listed for your height?

Are you younger than 65 years of age and get little or no exercise in a typical day?

Are you between 45 and 64 years of age?

Are you 65 years of age or older?

Add your score and check the back of this page to see what it means.

AT-RISK WEIGHT CHART

Height	Weight <small>Pounds</small>	Height	Weight <small>Pounds</small>
4'10"	129	5'7"	172
4'11"	133	5'8"	177
5'0"	138	5'9"	182
5'1"	143	5'10"	188
5'2"	147	5'11"	193
5'3"	152	6'0"	199
5'4"	157	6'1"	204
5'5"	162	6'2"	210
5'6"	167	6'3"	216
		6'4"	221

