



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DIAGNOSED AS PREDIABETIC?

National Diabetes Prevention Program YMCA BUFFALO NIAGARA

Our 12-month prevention program is designed for those diagnosed with prediabetes or who are at risk of developing diabetes.* The program includes 16 weekly, one-hour sessions covering diet, exercise, and behavior modification (plus access to the Y). We then meet monthly for continued support and maintenance. For more information call your nearest YMCA.

INDEPENDENT HEALTH FAMILY BRANCH YMCA
Mondays 7:00–8:00 pm Session begins May 1
716-276-8319 | 150 Tech Dr, Amherst NY 14221

KEN-TON FAMILY YMCA
Saturdays 9:30–10:30 am Session begins May 6
716-874-5051 | 535 Belmont Ave, Kenmore NY 14223

SOUTHTOWNS FAMILY YMCA
Tuesdays 7:00–8:00 pm Session begins May 2
Saturdays 11:30 am–12:30 pm Session begins May 6
716-674-9622 | 1620 Southwestern Blvd,
West Seneca, NY 14224

WILLIAM-EMSLIE FAMILY YMCA
Tuesdays 5:30–6:30 pm Session begins May 9
716-845-5440 | 585 William St., Buffalo NY 14206

A referral from your physician is preferred and you do not need to be a member of the YMCA to be eligible. Fees are covered in full for most participants with BlueCross BlueShield of WNY. Independent Health members pay a \$50 registration fee. Self-pay cost: \$320. Grant available for eligible participants whose insurance will not cover the program.



* see reverse side for prediabetes
screening text

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 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 to see what it means.

3–8 Points – Your risk is low – follow healthy lifestyle practices: keep weight healthy, be active most days, don’t use tobacco. Eat low fat meals with fruits, vegetables and whole grain foods.

9 or more Points – Your risk is high for having prediabetes now. Please make an appointment with your health care provider soon.

AT-RISK WEIGHT CHART

Height	Weight (pounds)	Height	Weight (pounds)
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

Eligibility Requirements:

FPGT Blood Test must be 100–125 mg/dL

OGTT Blood Test must be 140–199

HbA1C Blood Test must be 5.7%–6.4%

CDC Risk test (above) score of 9 or higher