

KNOW YOUR RISK

Take the Community Health Assessment

MEMBER SERVICES USE	
STAFF USE ONLY	Staff Initials: _____
	Date: _____
	Membership #: _____

Name (please print) _____

E-mail _____ Date of birth _____

Phone _____ Employer _____

Address _____

TAKE THE TEST – KNOW YOUR SCORE!

Answer these nine questions – for each “Yes” answer, add the number of points listed:	Yes	No
Are you a woman who has had a baby weighing more than 9 pounds at birth?	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 to the right. Do you weigh as much or more than the weight listed for your height? Height _____ Weight _____	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 64 years of age?	5	0
Are you 65 years of age or older?	9	0
Do you currently take medication to manage your blood sugars?	9	0
Has your doctor diagnosed you with type 2 diabetes?	9	0
TOTAL POINTS FOR ALL “YES” RESPONSES:		

AT RISK WEIGHT CHART

Height	Weight (lbs)
4’10”	129
4’11”	133
5’0”	138
5’1”	143
5’2”	147
5’3”	152
5’4”	157
5’5”	162
5’6”	167
5’7”	172
5’8”	177
5’9”	182
5’10”	188
5’11”	193
6’0”	199
6’1”	204
6’2”	210
6’3”	216
6’4”	221

If you scored a 9 or higher, then you may be at risk for prediabetes or diabetes, and may qualify for the program. You must be at least 18 years old with a BMI ≥ 25 to qualify[†]. This does NOT mean you have diabetes. You will need a blood test to confirm if you have diabetes. For more questions on eligibility, contact **Justin Kopanko, 434.369.9622 ext. 32** or jksfit@gmail.com.

Please return completed form to the WELLNESS CENTER OFFICE. THANKS!

[†]Based on Herman WH, Smith PJ, Thomason TJ, Englegau MM, Aubert RE. A new and simple questionnaire to identify people at risk for undiagnosed diabetes. Diabetes Care 1995 Mar;18(3):382-7

The YMCA's Diabetes Prevention Program is part of the Centers for Disease Control and Prevention-led National Diabetes Prevention Program and is nationally supported by the Diabetes Prevention and Control Alliance, ("YMCA") and the National Council of Young Men's Christian Association of the United States of America ("YMCA of the USA"), have made a commitment to collaborate on efforts to support a national movement to increase awareness and take measures to prevent diabetes and its complications among groups at risk, and to help support treatment outcomes for individuals who have confirmed diagnoses or indications of prediabetes by promoting an effective lifestyle change. The parties referenced above do not warrant or guarantee any specific outcomes for program participants, with respect to diabetes prevention.

