

YMCA'S DIABETES PREVENTION PROGRAM INTAKE FORM

CONFIRM SELF-PAY OR WORKSITE WELLNESS

Self-pay Worksite Wellness

STEP ONE: PARTICIPANT DETAILS

First name* _____
 Middle name _____
 Last name* _____
 Gender* _____
 Date of birth* _____

Race/Ethnicity:

- American Indian or Alaska Native
- Asian
- Native Hawaiian or Other Pacific Islander
- Black or African American
- Hispanic/Latino of any race
- White

STEP TWO: BMI & QUALIFICATION CRITERIA

Height (ft)^{*^} _____ Height (in)^{*^} _____ Weight (lbs)^{*^} _____

[^]self-reported

For program participation, BMI ≥ 25. Asian individual(s) BMI ≥ 22

Meets Blood Value/Diagnosis Qualification:**

- A1c: _____ (must be 5.7%-6.4%)
- Fasting Plasma Glucose: _____ (must be 100-125 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

Meets At-Risk Qualification:

Complete the questions below based on the candidate's responses.	Yes - Points	No - Points
Is the candidate a woman who has had a baby weighing more than 9 pounds at birth?	<input type="checkbox"/> - 1	<input type="checkbox"/> - 0
Does the candidate have a parent with diabetes?	<input type="checkbox"/> - 1	<input type="checkbox"/> - 0
Does the candidate have a brother or sister with diabetes?	<input type="checkbox"/> - 1	<input type="checkbox"/> - 0
Does the candidate weigh as much as or more than the weight listed for their height?	<input type="checkbox"/> - 5	<input type="checkbox"/> - 0
Is the candidate younger than 65 years of age and gets little or no activity in a typical day?	<input type="checkbox"/> - 5	<input type="checkbox"/> - 0
Is the candidate between 45 and 64 years of age?	<input type="checkbox"/> - 5	<input type="checkbox"/> - 0
Is the candidate 65 years of age or older?	<input type="checkbox"/> - 9	<input type="checkbox"/> - 0

Total Risk Score (score must be 9 or greater to qualify for enrollment in 'At-Risk' category):

**An individual with a blood value in the normal range cannot be enrolled in the program, even if he or she meets at-risk qualifications. Blood values are more accurate than risk scores for diabetes risk determination.

STEP THREE: CONTACT INFORMATION & REFERRAL SOURCE

Email address _____
 Street 1* _____
 Street 2 _____
 City* _____
 State* _____
 Postal code* _____
 Home phone _____
 Work phone _____
 Mobile phone _____

Referral method:

- Doctor/Physician
- Nurse
- Diabetes Educator
- Dietician/Nutritionist
- Practice Manager or Office Manager
- Dentist
- Optometrist/Ophthalmologist
- Pharmacist
- Screening/Testing Event or Health Fair
- Family/Friend or Word of Mouth
- Employer
- Insurance Company
- Media (TV, web, radio, print, etc.)
- Staff Member
- Other:

Class Preference (see class schedule)

Day _____ Time _____