

# FOND DU LAC FAMILY YMCA'S DIABETES PREVENTION PROGRAM FABOH VOUCHER

If program criteria are met, this voucher entitles the applicant listed below to the discounted price of \$300.

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Gender:  M  F

Address: \_\_\_\_\_

E-mail: \_\_\_\_\_ Phone: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Fasting glucose result or A1c result within the last 12 months: \_\_\_\_\_

Result of Prediabetes Screening Test: \_\_\_\_\_ Have you ever been diagnosed with type 2 diabetes? :  Y  N

Contact preference: \_\_\_\_\_ Employer: \_\_\_\_\_

Signature: \_\_\_\_\_

Complete and return form to:

**KRISTEN QUAST** | Diabetes Prevention Program Coordinator | 90 W. Second Street, Fond du Lac, WI 54935



FOND DU LAC FAMILY YMCA  
90 W. Second Street  
Fond du Lac, WI 54935  
P 920.921.3330



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

MEASURABLE PROGRESS  
**UNLIMITED**  
**SUPPORT**

Diabetes Prevention Program  
FOND DU LAC FAMILY YMCA





# YMCA'S DIABETES PREVENTION PROGRAM FABOH Voucher

## What is it?

The FABOH Voucher is an opportunity, provided through the collaboration between Agnesian Work and Wellness and the Fond du Lac Family YMCA that reduces the cost of the YMCA's Diabetes Prevention Program from \$429 to \$300 per participant.

## Who is it for?

All employees and spouses of FABOH Member Employers that meet the criteria specified by the YMCA may participate in the YMCA's Diabetes Prevention Program.

## What are the terms?

The voucher may be used for classes offered:

- Onsite at the Employer (at no additional charge & facilitated by a trained Agnesian Work and Wellness employee)
- At the Fond du Lac Family YMCA (facilitated by a trained YMCA employee)
- At any other location throughout the community that is offered by the Fond du Lac YMCA or Agnesian Work and Wellness

Regardless of the location of the class, a **4-month individual YMCA membership** (valued at \$138) is included with the \$300 registration fee

All registrations and payments will be handled by the YMCA's Diabetes Prevention Program Coordinator

A minimum of 8 registrants is necessary to hold a class at any location

FOND DU LAC FAMILY YMCA

90 W. Second St, 920.921.3330



[fdlymca.org](http://fdlymca.org)

# WHO QUALIFIES FOR THE YMCA'S DIABETES PREVENTION PROGRAM?

- Adults 18+ who have not been previously diagnosed with type 2 diabetes
- Overweight (BMI > 25)

## AND

- Diagnosed with prediabetes confirmed via one of the three blood tests:
  - Fasting Plasma Glucose 100–125 mg/dL
  - 2-hour Plasma Glucose 140–199 mg/dL
  - A1C 5.7%–6.4% **OR**
- Diagnosed at risk for prediabetes via a qualifying risk score **OR**
- Previous diagnosis of gestational diabetes

For more information about the YMCA's Diabetes Prevention Program or to sign-up today, call 920.921.3330 ext. 309, email [kquast@fdlymca.org](mailto:kquast@fdlymca.org) or complete and return the attached form to Kristen Quast, Diabetes Prevention Program Coordinator, Fond du Lac Family YMCA.

29 MILLION AMERICANS HAVE  
DIABETES

86 MILLION AMERICANS HAVE  
PREDIABETES



Source: Centers for Disease Control and Prevention (2014)

[ymca.net/diabetes](http://ymca.net/diabetes)

# WHAT IS PREDIABETES?

Prediabetes occurs when blood sugar levels are elevated but not high enough for a type 2 diabetes diagnosis. This condition increases the risk for developing type 2 diabetes, but can be reduced through weight loss and increased physical activity.

## WHAT IS YOUR RISK SCORE?

7 quick questions to see if you might be at risk.

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 9 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 below. Do you weigh as much or 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

**IF YOU SCORED A 9 OR HIGHER**, then you may be at risk for prediabetes or diabetes, and may qualify for the program. This does NOT mean you have diabetes. You will need a blood test to confirm if you have diabetes.

## AT RISK WEIGHT CHART

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		