

Redefine Your Health, Transform Your Life

Stop diabetes before it starts

46% of California residents have prediabetes – that's nearly 1 in 2 people – yet only 10% know they have it.

The San Francisco Health Service System (SFHSS) and the YMCA of San Francisco are working together to help you **learn your risk for type 2 diabetes**.

TAKE THE TEST – KNOW YOUR SCORE!

Answer these seven questions –

for each “Yes” answer, add the number of points listed:

	YES	NO	HEIGHT	WEIGHT (pounds)
Are you a woman who has had a baby weighing more than 9 pounds at birth?	1	0	4'10"	129
			4'11"	133
Do you have a parent with diabetes?	1	0	5'0"	138
Do you have a brother or sister with diabetes?	1	0	5'1"	143
Find your height on the chart listed at the right. Do you weigh as much as or more than the weight listed for your height?	5	0	5'2"	147
			5'3"	152
			5'4"	157
Do you get little to no physical activity in a typical day?	5	0	5'5"	162
Are you between ages 45 and 64?	5	0	5'6"	167
Are you aged 65 or older?	9	0	5'7"	172
			5'8"	177
TOTAL POINTS FOR “YES” RESPONSES: <input type="text"/>			5'9"	182
			5'10"	188
			5'11"	193
			6'0"	199
If you scored a 9 or higher, then you may be at risk for prediabetes or type 2 diabetes, and you may qualify for the Diabetes Prevention Program. This does NOT mean you have diabetes. You will need a blood test to confirm if you have diabetes.			6'1"	204
			6'2"	210
			6'3"	216
			6'4"	221

For more information, contact Emily Turpin-Srock at 415-281-6702 or eturpin@ymcasf.org.

Better Every Day.

**SAN FRANCISCO
HEALTH SERVICE SYSTEM**



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

myhss.org/well-being



Diabetes Prevention Program

Participating in the program can help you make lifestyle changes to lose weight, improve health and reduce your risk for type 2 diabetes.

Here's what you should know:

- This year-long program that can help you make small, measurable changes to reduce your risk for type 2 diabetes. Participants will attend 25 one-hour sessions over 12 months, and meet in a small group supported by a trained Lifestyle Coach.
- The program was developed by the Centers for Disease Control and Prevention (CDC) and is part of the National Diabetes Prevention Program (NDPP)
- Research shows that programs like this can reduce new cases of diabetes by 58% overall, and 71% in adults over age 60.
- The program is available to employees of the City & County of San Francisco, Unified School District, Superior Courts, and City College.
- There is not cost to participants (a \$429 value!). *Spaces are limited*

Offered at the Convenience of Your Workplace

We want to make it easy for you to make healthy choices and be Better Every Day. The San Francisco Health Service System (SFHSS) and the YMCA of San Francisco have partnered to offer the Diabetes Prevention Program at your worksite.

***Diabetes Prevention Programs are being offered at various worksites.
Learn more today!***

Contact:
Emily Turpin-Srock
YMCA of San Francisco
415-281-6702
eturpin@ymcasf.org
Se habla español

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