# DIABETES PREVENTION PROGRAM ENROLLMENT FORM

**Registration Date**\*: _____

*required information to complete enrollment in REDCap

## PARTICIPANT DETAILS

| | | | |
|---|---|---|---|
| **First name**\* | | **Home phone** (include area code) | |
| **Middle name** | | **Mobile phone** (include area code) | |
| **Last name**\* | | **Work phone** (include area code) | |
| **Nickname/preferred name** | | **Email** | |
| **Sex** | | **Contact preference** | |
| **Date of birth**\* (MM/DD/YYYY) | | ☐ Home phone | |
| **Address** Street 1\* | | ☐ Work phone | |
| Street 2 | | ☐ Mobile phone | |
| **City** | | ☐ Email | |
| **State**\* | **Zip code** | ☐ Mail | |

<u>Note</u>: For program participation, age must be 18 years or greater (see date of birth)

| Language | Race\* | Ethnicity\* | Education\* |
|---|---|---|---|
| ☐ Arabic | ☐ American Indian/Alaska Native | ☐ Not Hispanic or Latino | ☐ Less than high school |
| ☐ Chinese | ☐ Asian | ☐ Hispanic or Latino | ☐ High school diploma or GED |
| ☐ English | ☐ Native Hawaiian or Other Pacific Islander | ☐ Prefer not to answer | ☐ Associate degree |
| ☐ Spanish | ☐ Black or African American | | ☐ Bachelors degree |
| ☐ Other | ☐ White or Caucasian | | ☐ Masters degree |
| ☐ Declined | ☐ Prefer not to answer | | ☐ Doctorate |
| | ☐ Other | | ☐ Professional degree (MD, JD, DDS, etc.) |
| | | | ☐ Other |

| | | | |
|---|---|---|---|
| **CURRENT YMCA MEMBER** | ☐ No | ☐ Yes | |
| **CONFIRM PAYOR TYPE\*** | ☐ Self-pay | ☐ Self and/or Grant/Financial Aid | ☐ Direct Payor |
| **Meets federal poverty guidelines for income status?** | | **Payor or Funder name** | |
| ☐ No    ☐ Yes | | **Employer name** | |

| REFERRAL METHOD | PARTICIPANT STATUS |
|---|---|
| ☐ Health Care Provider | ☐ Enrolled |
| ☐ Media/Marketing | ☐ Wait list |
| ☐ Screening/Testing Event or Health Fair | ☐ Dropout |
| ☐ Staff Member | **Class/cohort name** |
| ☐ Family/Friend/Word of Mouth | (use the same exact name across participants in same class to be able to filter in Reports) |
| ☐ Employer or Insurance Company | **Authorization Form Collected** |
| ☐ Past Program Participant | ☐ No |
| ☐ Other | ☐ Yes |

## PARTICIPANT QUALIFICATION

| Height (ft)*^ | Height (in) *^ | Weight*^ | BMI |
|---|---|---|---|
| | | | |

^self-reported

Note: For program participation, BMI ≥ 25 kg/m2 is **required**; Asian individual(s) BMI ≥ 23 kg/m2

## MEETS BLOOD VALUE/DIAGNOSIS QUALIFICATIONS

*Check for the criteria below first. If this information in unavailable, proceed to "Meets CDC At-Risk Qualifications" section, below.*

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 diagnoses of gestational diabetes during previous pregnancy | ☐ No ☐ Yes ☐ N/A |
|---|---|

*Blood values must be within the last year*

Note: 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 (based on risk test below). Blood values are more accurate than risk scores for diabetes risk determination.

## MEETS CDC AT-RISK QUALIFICATIONS

*Complete the questions below based on the candidate's response **only if** above qualifying information is unavailable.*

| For each "Yes" answer, add the number of points listed. | YES | NO |
|---|---|---|
| Is the candidate a woman who has had a baby weighing more than 9 pounds at birth? | 1 | 0 |
| Does the candidate have a parent with diabetes? | 1 | 0 |
| Does the candidate have a brother or sister with diabetes? | 1 | 0 |
| Does the candidate weigh as much as or more than the weight listed for their height? (refer to chart on the right) | 5 | 0 |
| Is the candidate younger than 65 years of age and gets little or no activity in a typical day? | 5 | 0 |
| Is the candidate between 45 and 64 years of age? | 5 | 0 |
| Is the candidate 65 years of age or older? | 9 | 0 |
| **Total Risk Score** (score must be 9 or greater to qualify for enrollment in 'At-Risk' category) | | |

### At-Risk Weight Chart
*(BMI should be calculated using a separate resource)*

| Height | Weight |
|---|---|
| 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 |