Intake Form

First Name: ________________________________  Last Name: ________________________________

Age: ________________________________  Phone Number: ________________________________

Email Address: _______________________________________________________________________

Mailing Address: _______________________________________________________________________

Who or what motivated you the most to sign up for the program:
   ___ Healthcare Professional
   ___ Blood test result
   ___ Prediabetes Risk test (short survey)
   ___ Someone at a community based organization (church, community center, fitness center, etc.)
   ___ Current or past participant in the National DPP Lifestyle Change Program
   ___ Employer or employer’s wellness plan
   ___ Health insurance plan
   ___ Media advertisements (social media, flyer, brochure, radio ad, billboard, etc.)
   ___ Other

Did a healthcare professional ask you to join the program?
   ___ Yes, a doctor/doctor’s office
   ___ Yes, a pharmacist
   ___ Yes, other healthcare professional
   ___ No

Ethnicity:
   ___ Hispanic or Latino
   ___ Not Hispanic or Latino
   ___ Prefer not to answer

Sex (assigned at birth):
   ___ Male
   ___ Female

Gender (Describe how you identify):
   ___ Female
   ___ Male
   ___ Non-binary
   ___ Prefer not to answer
   ___ Prefer to self-describe: ___________

Race (Select all that apply):
   ___ American Indian or Alaska Native
   ___ Asian or Asian American
   ___ Black or African American
   ___ Native Hawaiian or other Pacific Islander
   ___ White

Height: __________________

Education:
   ___ Less than grade 12
   ___ Grade 12 or GED (High School graduate)
   ___ College- 1 year to 2 years (Some college or technical school)
   ___ College- 4 years or more (College Graduate)
   ___ Advanced Degree (e.g. PhD, MD, MS, MA, MPH, MBA)
Insurance Type:
____ HMO
____ PPO

Health Plan Name:
____ Anthem PPO- UC Care
____ Anthem PPO- Health Savings Plan (HSP)
____ Anthem PPO- Core
____ Health Net- Blue & Gold
____ Kaiser HMO

Campus Affiliation:
____ Staff
____ Faculty
____ Retired Staff
____ Emeriti
____ Student

How many years have you been employed by the UC? ______________________________

Are you Union represented?
____ Yes
____ No

How did you hear about the program?
___________________________________________________________________________
___________________________________________________________________________

Did you receive a UC Health DPP Invitation Letter in the mail?
____ Yes
____ No
ELIGIBILITY CRITERIA

Note: CDC eligibility requirements include: A (BMI Requirement) AND B (Prediabetes determined by Blood test) or C (Prediabetes determined by risk test)

A. BMI Requirement (≥25 kg/m² or ≥23 kg/m², Asian individuals)
   
   Height: _______________ Weight: _______________

AND ONE OF THE FOLLOWING:

B. Prediabetes Determined by Blood Test (One of the following)
   
   A recent (within the past year) blood test meeting one of the following specifications:
   
   _____ Fasting glucose of 100 to 125 mg/dl
   _____ Plasma glucose measured 2 hours after a 75 glucose load of 140 to 199 mg/dl
   _____ A1c of 5.7 to 6.4. What was your A1C? _______
   _____ Clinically diagnosed gestational diabetes mellitus (GDM) during a previous pregnancy

C. Prediabetes Determined by Risk Test on pg. 5 (Score must be 5 or greater)

   2018 CDC Diabetes Prevention Recognition Program Prediabetes Risk Test

   Total Risk Score ____
# Prediabetes Risk Test

### 1. How old are you?

- Younger than 40 years (0 points)
- 40–49 years (1 point)
- 50–59 years (2 points)
- 60 years or older (3 points)

**Write your score in the boxes below**

### 2. Are you a man or a woman?

- Man (1 point)
- Woman (0 points)

### 3. If you are a woman, have you ever been diagnosed with gestational diabetes?

- Yes (1 point)
- No (0 points)

### 4. Do you have a mother, father, sister, or brother with diabetes?

- Yes (1 point)
- No (0 points)

### 5. Have you ever been diagnosed with high blood pressure?

- Yes (1 point)
- No (0 points)

### 6. Are you physically active?

- Yes (0 points)
- No (1 point)

### 7. What is your weight category?

(See chart at right)

<table>
<thead>
<tr>
<th>Height</th>
<th>Weight (lbs.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>4'10&quot;</td>
<td>119-142</td>
</tr>
<tr>
<td>4'11&quot;</td>
<td>124-147</td>
</tr>
<tr>
<td>5'0&quot;</td>
<td>128-152</td>
</tr>
<tr>
<td>5'1&quot;</td>
<td>132-157</td>
</tr>
<tr>
<td>5'2&quot;</td>
<td>136-163</td>
</tr>
<tr>
<td>5'3&quot;</td>
<td>141-168</td>
</tr>
<tr>
<td>5'4&quot;</td>
<td>145-173</td>
</tr>
<tr>
<td>5'5&quot;</td>
<td>150-179</td>
</tr>
<tr>
<td>5'6&quot;</td>
<td>155-185</td>
</tr>
<tr>
<td>5'7&quot;</td>
<td>159-190</td>
</tr>
<tr>
<td>5'8&quot;</td>
<td>164-196</td>
</tr>
<tr>
<td>5'9&quot;</td>
<td>169-202</td>
</tr>
<tr>
<td>5'10&quot;</td>
<td>174-208</td>
</tr>
<tr>
<td>5'11&quot;</td>
<td>179-214</td>
</tr>
<tr>
<td>6'0&quot;</td>
<td>184-220</td>
</tr>
<tr>
<td>6'1&quot;</td>
<td>189-226</td>
</tr>
<tr>
<td>6'2&quot;</td>
<td>194-232</td>
</tr>
<tr>
<td>6'3&quot;</td>
<td>200-239</td>
</tr>
<tr>
<td>6'4&quot;</td>
<td>205-245</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>1 Point</th>
<th>2 Points</th>
<th>3 Points</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Total score:**

---

**If you scored 5 or higher**

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, American Indians, Asian Americans, and Pacific Islanders.

Higher body weight increases diabetes risk for everyone. Asian Americans are at increased risk for type 2 diabetes at lower weights (about 15 pounds lower than weights in the 1 Point column).

**You can reduce your risk for type 2 diabetes**

Find out how you can reverse prediabetes and prevent type 2 diabetes through a CDC-recognized lifestyle change program at [https://www.cdc.gov/diabetes/prevention/lifestyle-program](https://www.cdc.gov/diabetes/prevention/lifestyle-program).