

Out of the 29 million Americans who live with diabetes, 8 million **do not know** they have diabetes—that’s 1 in 4. And 9 out of 10 with prediabetes have no idea they are at risk for the disease.

If you are at risk for type 2 diabetes, you can make small, measurable changes that can reduce your risk and help you live a happier, healthier life. The YMCA’s Diabetes Prevention Program gives you the skills you need and the support you deserve to make lasting healthy lifestyle changes.

ARE YOU AT RISK FOR DIABETES?

* Asian individual(s) BMI ≥ 22

** Qualified blood results in the prediabetes range are needed to confirm eligibility. Individuals who have already been diagnosed with either type 1 or type 2 diabetes do not qualify for this program.

YMCA’s Diabetes Prevention Program (“YMCA’s DPP”) uses a CDC-approved curriculum and is part of the CDC-led National Diabetes Prevention Program. YMCA of the USA offers access to YMCA’s DPP through a network of local YMCAs, and YMCA’s DPP may or may not be a covered benefit under your health insurance policy, worksite wellness program, Medicare Plan, or other applicable federally funded healthcare program. To find out whether YMCA’s DPP is covered under your policy and to determine any cost-sharing responsibilities, contact your insurance company, health plan administrator, wellness program sponsor, Medicare or Medicaid. Any dispute regarding coverage of YMCA’s DPP should be brought to your insurance provider or benefit program administrator. Neither YMCA of the USA nor any local YMCA warrants or guarantees any specific outcome for YMCA’s DPP participants with respect to diabetes prevention.

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YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



REDEFINE YOUR HEALTH
TRANSFORM
YOUR LIFE

Diabetes Prevention
Program

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SUPPORTING HEALTHY MEMBERS

We value the health and well-being of our members. Offering the YMCA’s Diabetes Prevention Program is one part of our commitment to sustaining a healthy membership.

You might think you have little time to devote to this program or you might question its benefits. Think about this—National Institutes of Health research has shown that programs like the YMCA’s Diabetes Prevention Program reduce the number of new cases of type 2 diabetes by 58% overall and by 71% in people over 60. Investing time in this program can make positive changes happen as well as reduce your risk for developing diabetes.

By improving your health, you will improve your quality of life and have more energy for spending time with family and friends when you are not at work.

WHAT IS PREDIABETES?

Prediabetes occurs when blood sugar levels are higher than normal but not high enough for a type 2 diabetes diagnosis. Risk for developing type 2 diabetes may be reduced or eliminated by weight loss, healthier eating 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		

THE FACTS ABOUT THE PROGRAM

Led by a trained Lifestyle Coach, 8 to 15 participants will meet for 25 sessions delivered over the course of one year.

The main goals of the program are to reduce your body weight by 7% and increase physical activity by 150 minutes per week.

For example, if you weigh 200 pounds your goal for the first half of the program would be to lose 14 pounds and increase your physical activity to what could be a brisk 30 -minute walk five days per week.

This program empowers you to make healthier food choices and increase your physical activity to help reduce your risk for diabetes.

DO YOU QUALIFY?

To participate in the program, you must be:

- 18 years or older.
- Overweight (BMI ≥ 25)*, and
- Diagnosed with prediabetes via one of three blood tests or a previous diagnosis of gestational diabetes.**

If you don’t have a blood test result, you must have a qualifying risk score.

GROUP SUPPORT KEEPS YOU MOTIVATED

A little encouragement goes a long way when you’re making big changes. In the YMCA’s Diabetes Prevention Program, you’ll spend a year surrounded by a group of supportive colleagues who care about your well-being. And you will all be pursuing the same goal of improved health and lowered risk for developing diabetes.

You and your fellow participants will enjoy:

- A safe space where you can feel comfortable sharing and learning in private.
- Making new friends. You will support each other as you all trade old habits for healthier new ones.
- Working as a group. You don’t have to figure this out alone.
- The new energy and confidence that comes with losing weight and reducing your risk for diabetes.

You can be assured that if you participate your health information will remain **private, protected and safe.**

YMCA MEMBERSHIP NOT REQUIRED!

To find out if you qualify, or for more information about coverage for the program and how to enroll, log on to your health plan’s website or contact customer service. This contact information can be found on the back of your medical ID card.

The YMCA’s Diabetes Prevention Program uses a CDC-approved curriculum and is part of the CDC-led National Diabetes Prevention Program. The Y is a leading nonprofit committed to improving the nation’s health. Financial assistance is available to those who qualify. Please contact the Y for more information.

INTEREST FORM

If you think you may qualify, and are interested in this program, please complete the following form, and share with your local Y.

YOUR CONTACT INFORMATION:

FIRST NAME: _____

MIDDLE NAME: _____

LAST NAME: _____

GENDER: _____

DATE OF BIRTH*: _____

EMAIL ADDRESS: _____

STREET 1*: _____

STREET 2*: _____

CITY*: _____

STATE*: _____

ZIP CODE*: _____

PREFERRED PHONE: _____

WEIGHT (LB)*: _____

*Required fields

DO YOU HAVE ONE OF THE FOLLOWING LAB VALUES OR DIAGNOSIS?

Please check each box that is true, and provide a value if possible:

☐ **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**