



ARE YOU READY TO TAKE CONTROL?

YMCA'S DIABETES PREVENTION PROGRAM

EVERY
2.2 POUNDS
OF WEIGHT
LOST = REDUCED
RISK
OF DIABETES
BY 13%

If you are at risk for developing Type 2 Diabetes, and are ready to make small changes towards a healthier lifestyle - **SIGN UP TODAY!**

HOW IT WORKS

This year-long program consists of one hour classes in a small group setting held at the Geneva Family YMCA. Each class is led by a Trained Lifestyle Coach. Throughout the year you will learn strategies needed to reduce your risk of Type 2 Diabetes and live a happier, healthier life.

YOU WILL LEARN STRATEGIES FOR

- Healthy Eating
- Increasing Physical Activity
- Losing Weight

An estimated

**1 in 3
ADULTS**

in the United States has prediabetes, yet only 7% know they have it.

ARE YOU AT RISK?



**MONDAYS
6:00 - 7:00 PM**

**STARTING
SEPT. 16, 2019**

PREVENT2
A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES
ENROLL Now



MEASURABLE PROGRESS UNLIMITED SUPPORT



Diabetes Prevention Program FACT SHEET

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PROGRAM OVERVIEW



The YMCA's Diabetes Prevention Program helps adults at high risk of developing type 2 diabetes reduce their risk for developing the disease by taking steps that will improve their overall health and well-being. Research by the National Institutes of Health has shown that programs like the YMCA's Diabetes Prevention Program can reduce the number of new cases of type 2 diabetes by 58%, and 71% in adults over the age of 60.

DESCRIPTION

- One year program
 - 25 sessions
- Small group, supportive environment
- Classroom based
 - Can be offered in any community setting
- Learn about healthier eating & increasing physical activity to reduce risk

GOALS

- Reduce body weight by 5—7%
- Increase physical activity to 150 minutes per week

WHO QUALIFIES

- Adults 18+
- Overweight (BMI > 25)*
- At risk for or have been diagnosed with PREDIABETES:
 - Via a blood test with one of the following results
 - Fasting Plasma Glucose between 100 - 125 mg/dl
 - 2-hour Plasma Glucose between 140 - 199 mg/dl
 - A 1 c between 5.7% and 6.4%
 - Or a previous diagnosis of gestational diabetes
 - If a blood test is not available, a qualifying risk score based on a combination of risk factors - family history, age, etc.

*Asian individual(s) BMI > 22

+Individuals who have already been diagnosed with either type 1 or type 2 diabetes do not qualify for this program.



YOU MAY HAVE PREDIABETES AND BE AT RISK FOR TYPE 2 DIABETES IF YOU:

- ⇒ Are 45 years of age or older
- ⇒ Are overweight
- ⇒ Have a family history of Type 2 Diabetes
- ⇒ Are physically active fewer than 3 times per week
- ⇒ Ever had diabetes while pregnant (gestational diabetes) or gave birth to a baby that weighed more than 9 pounds

AT-RISK WEIGHT CHART

Height	Weight Pounds	Height	Weight Pounds
4'10"	129	5'7"	172
4'11"	133	5'8"	177
5'0"	138	5'9"	182
5'1"	143	5'10"	188
5'2"	147	5'11"	193
5'3"	152	6'0"	199
5'4"	157	6'1"	204
5'5"	162	6'2"	210
5'6"	167	6'3"	216
		6'4"	221