A LOT CAN HAPPEN IN ONE YEAR

REDUCE YOUR RISK FOR TYPE 2 DIABETES

What can you accomplish in one year? You can make a change for life and improve your health!

Healthier eating, increasing your physical activity, and reducing your body weight by 7% can help reduce your risk of developing diabetes and improve your overall health.

The **Y's Diabetes Prevention Program** is a community-based lifestyle improvement program for adults with prediabetes. Its purpose is to empower adults with lasting lifestyle changes that will improve their overall health and reduce their chance of developing type 2 diabetes.

Currently, diabetes affects nearly 26 million people. Another 79 million have prediabetes and are at risk of developing diabetes, but only 11 percent are aware of it.

Research by the National Institutes of Health has shown that programs like the Y's Diabetes Prevention Program reduce the number of new cases of diabetes by 58% overall and by 71% in individuals over age 60.

YOU DO NOT HAVE TO DO IT ALONE!

Participants gather in a relaxed classroom setting and work together in small groups to learn how to incorporate healthier eating and moderate physical activity into their daily lives.

THE YMCA'S DIABETES PREVENTION PROGRAM IS:

- Led by a trained Lifestyle Coach
- A one-year program
- 19 one hour weekly sessions in the first 6 months, then six hourly monthly sessions in the last 6 months
- Day or Evening Classes available

PROGRAM GOALS:

- Reduce body weight by 7%
- Increase physical activity to 150 minutes/week

WHAT PARTICIPANTS CAN EXPECT:

- Weekly Weigh-Ins
- Food & Activity Tracking
- Membership to YMCA SOUTHCOAST
- Learning Tools to be Successful
  - Portion Control
  - Reading Nutrition Labels
  - How to Eat Out

PROGRAM COST:

- $429—includes support, advice, guidance and the knowledge to be successful
- Includes a one year adult membership* to the Y...a savings of $111 off the regular membership rate

PROGRAM QUALIFICATIONS:

- At least 18 years old,
- Overweight (BMI ≥25)*, and
- At risk for developing type 2 diabetes—take risk quiz—or
- Diagnosed with prediabetes†

You qualify for the program if you have one of the following lab values or diagnosis or score 9 or more on the Risk Quiz:

- 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/d)L
- Prediabetes determined by clinical diagnosis of gestational diabetes (GDM) during pervious pregnancy

Risk Quiz

- Is the candidate a woman who has had a baby weighing more than 9 pounds at birth? yes=1
- Does the candidate have a parent with diabetes? yes=1
- Does the candidate have a brother or sister with diabetes? yes=1
- Does the candidate's BMI fall into the overweight category? yes=5
- Is the candidate younger than 65 years of age and gets little or no exercise in a typical day? yes=5
- Is the candidate between 45 and 64 years of age? yes=5
- Is the candidate 65 years of age or older? yes=9

Total risk score (must be 9 or more)

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

YMCA MEMBERSHIP NOT REQUIRED

To see if you qualify or for information about program fees and financial assistance, contact:

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New Bedford MA 02740
P 508.996.9622 x141
F 508.984.4631 · ymcadpp@ymcasouthcoast.org
ymcasouthcoast.org

People with private health insurance should check with their employer about the availability of this program as a covered benefit, or contact the Diabetes Prevention and Control Alliance to confirm eligibility at 800.237.4942

Three friends, who have worked together at the same company for years, began to think about retirement and how much they wanted to enjoy it without medical issues. They quickly became a three-person team to support each other in reaching the program goals. They offer the following learnings to other people interested in building a healthier lifestyle: Commit to the program, give it as much as it demands; workouts are not intended alternatives; take your time grocery shopping, instead of looking for foods that just look good, find foods that are good; it's easier to maintain than recover if you regain weight; to improve our health. We want to enjoy the activities we love & the time ahead of us."

– Steve, Bob and Lloyd, YMCA's Diabetes Prevention Program Participants

NOT ME℠

The YMCA's Diabetes Prevention Program is part of the Centers for Disease Control and Prevention-led National Diabetes Prevention Program and is nationally supported by the Diabetes Prevention and Control Alliance.

YMCA SOUTHCOAST, ("YMCA") and the National Council of Young Men's Christian Association of the United States of America ("YMCA of the USA"), have made a commitment to collaborate on efforts to support a national movement to increase awareness and take measures to prevent diabetes and its complications among groups at risk, and to help support treatment outcomes for individuals who have confirmed diagnoses or indications of prediabetes by promoting an effective lifestyle change. The parties referenced above do not warrant or guarantee any specific outcomes for program participants, with respect to diabetes prevention.

the YMCA

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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MEASURABLE PROGRESS

UNLIMITED SUPPORT

A HEALTHY LIFESTYLES PROGRAM

Diabetes Prevention Program YMCA SOUTHCOAST

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