

# YOU CAN REDUCE YOUR DIABETES RISK AND GAIN TOOLS FOR HEALTHY LIVING THROUGH THE YMCA'S DIABETES PREVENTION PROGRAM.

If you are at high risk for type 2 diabetes, the YMCA's Diabetes Prevention Program can help you adopt and maintain healthy lifestyles that will help you reduce your chances of developing diabetes.

The program helps those at high risk of developing type 2 diabetes adopt and maintain healthy lifestyles by eating healthier, increasing physical activity and losing a modest amount of weight in order to reduce their chances of developing the disease. Based on research funded by the National Institutes of Health and the Centers for Disease Control and Prevention, the program reduces the risk of developing type 2 diabetes by 58%.

## ABOUT THE PROGRAM

In a classroom setting, a trained lifestyle coach facilitates a small group of participants in learning about healthier eating, physical activity and other behavior changes over the course of 16 one-hour sessions. After the initial 16 core sessions, participants meet monthly for added support to help them maintain their progress.

## PROGRAM GOALS:

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

## WHO CAN PARTICIPATE?

In order to qualify for the program, you must be at least 18 years old, overweight (BMI  $\geq$  25)\* and at high risk for developing type 2 diabetes or have been diagnosed with prediabetes<sup>†</sup> by a healthcare provider.

\*Asian individual(s) BMI  $\geq$  22

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

## CAN I PARTICIPATE?

Use the following checklists to find out if you are eligible to participate in the YMCA's Diabetes Prevention Program.

### DO YOU MEET THE PROGRAM REQUIREMENTS?

Please check each box that is true:

- I am at least 18 years old
- I am overweight (BMI > 25)\*
- I am at risk for developing type 2 diabetes or have been diagnosed with prediabetes<sup>†</sup> by a healthcare provider.

### ARE YOU AT RISK FOR DEVELOPING DIABETES?

Please check each box that is true:

- My blood pressure is 140/90 or higher, or I have been told I have high blood pressure
- I have been told that my cholesterol levels are elevated
- I am fairly inactive. I am NOT physically active more than two times a week
- I have or had a parent or sibling with diabetes
- I have had gestational diabetes (diabetes during pregnancy) or have given birth to a baby weighing more than 9 pounds
- I am 45 years of age or older

If two or more boxes above are checked, 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.

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

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

- Fasting Plasma Glucose: (must be 100-125 mg/dL)
- 2-hour (75 gm glucola) Plasma Glucose: (must be 140-199 mg/dL)
- HbA1c: (must be 5.7 - 6.4%)
- I have received a prediabetes diagnosis from my healthcare provider.

## REGISTRATION

If you think you may qualify, and are interested in this program, please complete the following form, and send to Kari Porter at:

EUGENE FAMILY YMCA  
2055 Patterson Street, Eugene, OR 97405  
Email: prevention@eugeneymca.org

## PARTICIPANT DETAILS

Email address \_\_\_\_\_

First name \_\_\_\_\_

Middle name \_\_\_\_\_

Last name \_\_\_\_\_

Date of birth \_\_\_\_\_

Street 1 \_\_\_\_\_

Street 2 \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Postal code \_\_\_\_\_

Home phone \_\_\_\_\_

Work phone \_\_\_\_\_

Mobile phone \_\_\_\_\_

### Race/Ethnicity:

- American Indian or Alaska Native
- Asian
- Native Hawaiian or Other Pacific Islander
- Black or African American
- Hispanic/Latino of any race
- White

**Please check one:** Is your employer/insurer paying any portion of the fee for you to participate in the YMCA's Diabetes Prevention Program?

Yes  No

## WHAT PEOPLE ARE SAYING...

This program has helped me to reinforce much of what I already know, but also gave me the ability to achieve it this time and continue to progress towards a more healthy and happy lifestyle. I have a lot more energy now and am able to be more active with my kids. I enjoy riding my bike, swimming, walking and other activities. It has been a great help to me and I look forward to maintaining this healthy lifestyle in the years to come.

- Todd, YMCA's Diabetes Prevention Program Participant

In the YMCA's Diabetes Prevention Program, you give and get encouragement and motivation from others as you learn practical ways to take control of your health. Not only do I work out every day at the Y, it's become my social network. I'm grateful that I saw the flyer and made that first call. I felt supported right away. The Y not only helped me improve my life, they've helped me prolong it. These days, it just feels good to be alive."

- Wade, YMCA's Diabetes Prevention Program Participant

## FOR INFORMATION ABOUT PROGRAM FEES, FINANCIAL ASSISTANCE OR TO FIND OUT IF YOU QUALIFY PLEASE CONTACT:

Kari Porter  
2055 Patterson Street  
Eugene, OR 97405  
541 686 9622 x 204  
prevention@eugeneymca.org

[www.eugeneymca.org](http://www.eugeneymca.org)

UnitedHealthcare members should check with their employer for program availability, or contact the Diabetes Prevention and Control Alliance to confirm eligibility at 1 800 237 4942.

## DID YOU KNOW?

- About 79 million American adults have prediabetes.
- People with prediabetes are likely to develop type 2 diabetes within 10 years, unless they take steps to prevent or delay the disease.
- Diabetes is a leading cause of heart disease, stroke, blindness, kidney disease, and nerve disease.
- Lifestyle changes such as eating healthier, increasing physical activity and losing a modest amount of weight can prevent or delay development of type 2 diabetes in those at high risk for the disease.

THE YMCA'S DIABETES PREVENTION PROGRAM IS PART OF THE CDC-LED NATIONAL DIABETES PREVENTION PROGRAM, AND IS NATIONALLY SUPPORTED BY THE DIABETES PREVENTION AND CONTROL ALLIANCE AND THE CENTERS FOR DISEASE CONTROL AND PREVENTION.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
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# YOU CAN TAKE CONTROL

Diabetes Prevention Program  
EUGENE FAMILY YMCA

