

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 YMCA's Diabetes Prevention 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.

Research by the National Institutes of Health has proven that programs like the YMCA's Diabetes Prevention Program can reduce the number of cases of type 2 diabetes by 58%.

ABOUT THE PROGRAM

In a classroom setting, a trained lifestyle coach will facilitate a small group of participants in learning about healthier eating, physical activity and other behavior changes over 25 sessions. The year-long program consists of 16 weekly sessions and three sessions every other week during the first six months followed by 6 monthly sessions in the second six months.

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 indicated by a confirmatory blood value[†], prediabetes determined by clinical diagnosis of Gestational Diabetes (GDM) during previous pregnancy, or a qualifying risk score.

*Asian individual(s) BMI \geq 22

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