

YOU CAN TAKE CONTROL

YMCA's DIABETES PREVENTION PROGRAM Offered at the Prospect Park YMCA!

Reduce your risk for type 2 diabetes with the YMCA's Diabetes Prevention Program

Over the course of 16 weekly one-hour sessions, a trained lifestyle coach will help you learn about healthy eating, getting started with physical activity, overcoming stress, staying motivated and other behavior changes, all in a comfortable classroom setting.

The YMCA's Diabetes Prevention Program is based on research funded by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC) which showed that by eating healthier, increasing physical activity and losing a small amount of weight, a person with prediabetes can prevent or delay the onset of type 2 diabetes by 58% .

PROGRAM GOALS

- Reduce body weight by 7%
- Increase physical activity to 150 min/wk

Visit nyc.ydiabetes.com to see how to qualify. And, if you have United Healthcare, this may be a covered benefit!
To enroll or for more information call Alexandra Jean-Francois
(917) 843-7289

BRANCH YMCA COURSE SCHEDULE:

Prospect Park YMCA
357 9th St. Brooklyn, NY 11215
Friday, September 8th, 2017
(10:30AM-11:30AM)

*Every Friday for 16 weeks.



YMCA'S DIABETES PREVENTION PROGRAM

CAN I PARTICIPATE?

USE THE FOLLOWING CHECKLISTS TO FIND OUT IF YOU ARE ELIGIBLE TO PARTICIPATE:

DO YOU MEET THE PROGRAM REQUIREMENTS?

Please check each box that is true:

- ☐ I am at least 18 years old
- ☐ I am overweight (BMI \geq 25)*
- ☐ I am at risk for developing type 2 diabetes or have been diagnosed with prediabetes[†] by a healthcare provider

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

Please check each box that is true:

- ☐ 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

ARE YOU AT RISK FOR DEVELOPING DIABETES?

Prediabetes means your blood glucose (sugar) is higher than normal, but not yet diabetes. Type 2 diabetes can be delayed or prevented in people with prediabetes through effective lifestyle programs. Take the first step. Find out your risk for prediabetes.¹

TAKE THE TEST – KNOW YOUR SCORE!

Answer these seven questions – for each “Yes” answer, add the number of points listed:

	YES	NO
Are you a woman who has had a baby weighing more than 9 pounds at birth?	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 to the right. Do you weigh as much as 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 64 years of age?	5	0
Are you 65 years of age or older?	9	0

TOTAL POINTS FOR ALL “YES” RESPONSES:

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

*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.

¹ Based on Herman WH, Smith PJ, Thomason TJ, Englegau MM, Aubert RE. A new and simple questionnaire to identify people at risk for undiagnosed diabetes. Diabetes Care 1995 Mar;18(3):382-7.