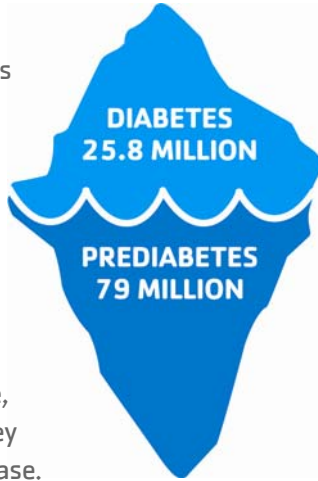


DID YOU KNOW?

- Almost 26 million Americans have diabetes – but that’s just the tip of the iceberg. About **79 million adults** in the United States 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.



THE GOOD NEWS...

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 can help you adopt and maintain these healthy habits to reduce your risk and ensure that you can live life to its fullest.

Find out if you are at risk. Visit <http://www.ymca.net/diabetes-prevention/>.

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.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CHANGE TODAY FOR A HEALTHIER FUTURE

Diabetes Prevention Program
YMCA OF MARQUETTE COUNTY



YMCA of Marquette County, (“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.

REDUCE YOUR DIABETES RISK AND GAIN TOOLS FOR HEALTHY LIVING

The YMCA's Diabetes Prevention Program helps you take control of your health by adopting habits to reduce your chances of developing type 2 diabetes and improve your overall health and well-being. 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 nearly 60%**.

This program has made a huge difference in my life. My blood pressure and cholesterol are back down where they are supposed to be. I have more energy. I want to do everything I can to stay on track and to keep myself motivated. I feel good about the fact that I am taking charge of my health and doing what I can to be healthy. This is really important to me at a time when health care is so expensive. This program did wonders for me and I know it can help other people as well.

– Marilyn, YMCA's Diabetes Prevention Program Participant

The group experience was really helpful because one person may be struggling with something and the group would bounce around ideas. A fresh perspective can really help. We encouraged each other. To see that it is such a struggle for other people too was unexpected. You always think it's just you struggling, but everyone in the group had different challenges, but we collaborated and supported each other.

– Monica, YMCA's Diabetes Prevention Program Participant

THE PROGRAM

The program provides a supportive environment where participants work together in a small group to learn about healthier eating and increasing their physical activity in order to reduce their risk for developing diabetes. The program, which is led by a trained Lifestyle Coach in a classroom setting, is delivered over a 12-month period, beginning with 16 weekly sessions followed by monthly maintenance.

In order to qualify for the YMCA's Diabetes Prevention Program, participants 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[†].

PROGRAM GOALS:

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

WEEKLY SESSION DESCRIPTIONS:

1. Welcome to the Program
2. Be a Fat Detective
3. Ways to Eat Less Fat
4. Healthy Eating
5. Move Those Muscles
6. Being Active: A Way of Life
7. Tip the Calorie Balance
8. Take Charge of What's Around You
9. Problem Solving
10. Four Keys to Healthy Eating Out
11. Talk Back to Negative Thoughts
12. The Slippery Slope of Lifestyle Change
13. Jump Start Your Activity Plan
14. Make Social Cues Work for You
15. You Can Manage Stress
16. Ways to Stay Motivated

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

FOR INFORMATION ABOUT THE YMCA'S DIABETES PREVENTION PROGRAM PLEASE CONTACT:

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Individuals with 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 1 800 237 4942.

