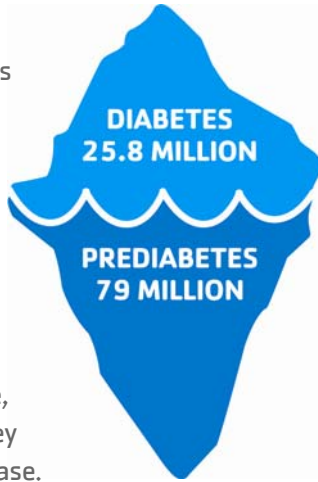


DID YOU KNOW?

- 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%**.

I've struggled for years with my weight. It didn't come on all at once; it kind of just crept on slowly over the years. My car accident made my life style less active and therefore, the more weight I put on, and with more weight came with more health problems. My sugar levels were on the rise, elevated blood pressure along with acid reflux. I knew I'd have to do something or I'd be a diabetic with high risk of other obesity related problems. I came across an informational packet about ten months ago with YMCA programs, and the YMCA's Diabetes Prevention Program was one that was listed. I thought this could be for me, so I signed up.

I found the support from others trying to maintain or lose weight and prevent diabetes very helpful. Week after week I got informative material and helpful tools to keep me on track and to make better choices. I started to slowly change my mindset about this NOT BEING A DIET, and more of a lifestyle change. I not only follow the tools to maintain or lose weight, but I have also increased my exercise as well. I've done workouts I've never thought I'd do or have the courage to try, but I did and loved Zumba. I found this class changed me so much and helped me with the tools that gave me back my life. I still have a way to go but it's a journey and an ongoing process that with the support and materials I can have continued success. I really appreciated all the hard work and support from the YMCA along with the American Diabetes Association—

Marquette County YMCA's Diabetes Prevention 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.

