

WHAT IS PREDIABETES?

Prediabetes occurs when blood sugar levels are higher than normal but not high enough for a type 2 diabetes diagnosis. Risk for developing type 2 diabetes may be reduced or eliminated by weight loss, healthier eating and increased physical activity.

WHAT IS YOUR RISK SCORE?

7 quick questions to see if you might be at risk.

For each "yes" answer, add the number of points listed:	YES	NO
Are you a woman who has given birth to a baby weighing more than 9 pounds?	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 below. Do you weigh as much 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 65 years of age?	5	0
Are you 65 years of age or older?	9	0

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

the **Y** YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**REDEFINE YOUR HEALTH
TRANSFORM
YOUR LIFE**

Diabetes Prevention Program
UPPER PALMETTO YMCA
York, Chester, and Lancaster Co.

UPPER PALMETTO YMCA
151 S Oakland Avenue
Rock Hill, SC 29730
803-324-9622 X 226
www.upymca.org

Can you measure a healthy life? Sure, you can—by the cup, the ounce and the block.

If you're at risk for type 2 diabetes, you can make small, measurable changes that can reduce your risk and help you live a happier, healthier life.

CHANGE IS TOUGH—WE CAN HELP

Let's face it, if change were easy, we'd all do it. You've spent years developing habits that you can't expect to change overnight. It's tough. We can help.

The YMCA's Diabetes Prevention Program gives you the skills you need and the support you deserve to make lasting, healthy lifestyle changes.

* Asian individual(s) BMI \geq 23

** Qualified blood results in the prediabetes range are needed to confirm eligibility. Individuals who have already been diagnosed with either type 1 or type 2 diabetes do not qualify for this program.

YMCA's Diabetes Prevention Program ("YMCA's DPP") uses a CDC-approved curriculum and is part of the CDC-led National Diabetes Prevention Program. YMCA of the USA offers access to YMCA's DPP through a network of local YMCAs, and YMCA's DPP may or may not be a covered benefit under your health insurance policy, worksite wellness program, Medicare Plan, or other applicable federally funded healthcare program. To find out whether YMCA's DPP is covered under your policy and to determine any cost-sharing responsibilities, contact your insurance company, health plan administrator, wellness program sponsor, Medicare or Medicaid. Any dispute regarding coverage of YMCA's DPP should be brought to your insurance provider or benefit program administrator. Neither YMCA of the USA nor any local YMCA warrants or guarantees any specific outcome for YMCA's DPP participants with respect to diabetes prevention.

GROUP SUPPORT KEEPS YOU MOTIVATED

Everyone needs a push, a pat on the back, a helping hand sometimes. A little encouragement goes a long way when you're making big changes. As a participant in the YMCA's Diabetes Prevention Program, you will take 25 classes over the course of a year surrounded by a group of supportive people with common goals who care about your well-being.

As a participant, you'll enjoy:

- A safe space where you can feel comfortable sharing and learning in private.
- Making new friends. You will support each other as you all trade old habits for healthier new ones.
- Working as a group. You don't have to figure this out alone.
- The new energy and confidence that comes with losing weight and reducing your risk for diabetes.
- The flexibility of beginning the program when it's convenient for you. Classes typically have between 8-18 participants in them. If there is space in a newly formed class, you can join up to the 4th session.

IMPROVE YOUR HEALTH, BOOST YOUR ENERGY

To help reduce your risk for diabetes, your goal in the YMCA's Diabetes Prevention Program is to reduce your body weight by 7% and increase your physical activity by at least 150 minutes per week within the first half of the program.

For example, if you weigh 200 pounds your goal for the first half of the program would be to lose 14 pounds and increase your physical

activity to what could be a brisk 30-minute walk, five days per week.

Lose weight, boost your energy, reduce your risk for diabetes and improve your health for life!

DO YOU QUALIFY?

To participate in the program, you must be:

- 18 years or older,
- Overweight (BMI \geq 25)*, and
- Diagnosed with prediabetes via one of three blood tests or a previous diagnosis of gestational diabetes.**

If you don't have a blood test result, you must have a qualifying risk score.

Program Participant Testimonial:

"Through the program, I finally began to understand that a "diet" is not the way to manage weight. It is critical to make a lifestyle change! I changed my way of thinking, finally realizing that I was not denying myself when I did not eat a pile of cookies. Instead, I was rewarding myself with a small bowl of delicious cherries. Now, I eat more low-fat foods, eat smaller portions, and experiment with different kinds of foods. I read nutrition websites. I even started taking Zumba exercise classes at the YMCA!"

-Helen, YMCA's Diabetes Prevention Program Participant

DID YOU KNOW?

- Eating too much sugar does not cause diabetes, but being overweight is a risk factor.
- People with prediabetes may not have any symptoms.
- An estimated 84 million Americans ages 20 years and older have prediabetes.
- And... 90% of that 84 million have NO IDEA they're at risk.

National Institutes of Health research has shown that programs like the YMCA's Diabetes Prevention Program reduce the number of new cases of type 2 diabetes by 58% overall and by 71% in people over 60.

YMCA MEMBERSHIP NOT REQUIRED!

The Y is a leading nonprofit committed to improving the nation's health. Financial assistance is available to those who qualify. Please contact the Y for more information.

To find out if you qualify, or for more information, contact:

Community Health Coordinator UPPER PALMETTO YMCA

151 S Oakland Avenue
Rock Hill, SC 29730
803-324-9622 X 226

Email Evidence Based Health Intervention at
ebhi@upymca.org

INTEREST FORM

YOUR CONTACT INFORMATION:

FIRST NAME*:

MIDDLE NAME:

LAST NAME*:

GENDER*:

DATE OF BIRTH*:

EMAIL ADDRESS:

STREET 1*:

STREET 2:

CITY*:

STATE*:

ZIP CODE*:

PREFERRED PHONE:

WEIGHT (LB)*:

*REQUIRED FIELDS

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

151 S Oakland Ave., Rock Hill, SC 29730
Fax: 803-327-9149
Email: ebhi@upymca.org

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

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

A1c: (must be 5.7%–6.4%)

Fasting plasma glucose:
(must be 110–125 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