



STOP DIABETES BEFORE IT STARTS

HELPING YOUR PATIENTS REDUCE THEIR RISK

The YMCA's Diabetes Prevention Program helps adults 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.

The program is based on research funded by the National Institutes of Health and supported by CDC and **has been shown to reduce the number of new cases of type 2 diabetes by 58%, and by 71% among adults over 60.** The YMCA's Diabetes Prevention Program is part of the National Diabetes Prevention Program led by the Centers for Disease Control and Prevention (CDC) and our Y is working to become a recognized provider through the CDC's Diabetes Prevention Recognition Program.

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

Program qualifications:

- 18 years or older.
- Overweight (BMI \geq 25), and diagnosed with prediabetes via one of three blood tests
 - ✓ Hemoglobin A1C between **5.7%-6.4%**
 - ✓ Fasting plasma glucose (FPG) between **100-125 mg/dL**
 - ✓ 2- hour plasma glucose (OGTT) between **140-199 mg/dL**
 - ✓ Previous diagnosis of gestational diabetes.

Individuals who have already been diagnosed with either Type 1 or Type 2 diabetes do not qualify for this program.

Program Cost: Annual Fee \$429. Monthly payment plans and financial assistance are available.

What we are not: The YMCA's Diabetes Prevention Program Lifestyle Coach is not a qualified healthcare professional, does not practice medicine and the support and/or training provided by the Lifestyle Coach is not a substitute for the care received from a physician or other qualified healthcare providers.

Contact: For more information or to request educational materials, contact Pauline Asbill at the Shasta Family YMCA 530-768-2185. pasbill@sformca.org