

YMCA'S DIABETES PREVENTION PROGRAM

You can reduce your diabetes risk and gain tools for healthy living through the YMCA's Diabetes Prevention Program.

If you are at high risk of developing type 2 diabetes, The YMCA's Diabetes Prevention Program can help you adopt and maintain healthy lifestyles that will help you reduce your chances of developing diabetes. The program is based on research funded by the National Institutes of Health and the Centers for Disease Control and Prevention which showed that by eating healthier, increasing physical activity and losing a small amount of weight, a person with pre-diabetes can prevent or delay the onset of type 2 diabetes by 58%.

About the program

In a classroom setting, a trained lifestyle coach will help you change your lifestyle by learning about healthy eating, physical activity and other behavior changes over the course of 16 one-hour sessions. After the initial 16 core sessions, you will meet monthly for added support to help maintain your progress.

Program goals:

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

For more information about the program or to see if you qualify please contact:

YMCA of Greater Indianapolis YDPP at (317) 266-9622

UnitedHealthcare members should check with their employer for program availability, or contact the Diabetes Prevention and Control Alliance to confirm eligibility at 1 800 237 4942.

CAN I PARTICIPATE?

In order to qualify for the YMCA's Diabetes Prevention Program, you must be overweight (BMI \geq 25)* and at high risk for developing type 2 diabetes or have been diagnosed with pre-diabetes.

- Are you at risk for developing diabetes? Please check each box that is true:

- My blood pressure is 140/90 or higher, or I have been told I have high blood pressure
- I have been told that my cholesterol levels are not normal
- I am fairly inactive. I am NOT physically active more than two times a week
- I have or had a parent or sibling with diabetes
- I have been told I have pre-diabetes
- I have had gestational diabetes (diabetes during pregnancy), or I gave birth to a baby weighing more than 9 pounds
- I am 45 years of age or older

If three or more boxes above are checked, then you may be at risk for pre-diabetes 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.

I have been diagnosed with pre-diabetes and have the following value. Check one and enter value:

Fasting Plasma Glucose (must be 100 - 125 mg/dl):

2-hour (75 gm glucola) Plasma Glucose (must be 140 - 199 mg/dl):

Random/Casual Blood Glucose (must be 140 - 199 mg/dl):

A1c (must be 5.7 - 6.4%):

*Asian individual(s) BMI \geq 22

REGISTRATION

Participant Details

First name
Middle name
Last name
Date of birth
Email address
Street 1
Street 2
City
State
Postal code
Home phone
Work phone
Mobile phone

Race/Ethnicity:

- American Indian or Alaska Native
- Asian
- Native Hawaiian or Other Pacific Islander
- Black or African American
- Hispanic/Latino of any race
- White

Please check one: My employer/insurer is not paying any portion of the fee to participate in YDPP.

True False

Mail completed form to:

YMCA of Greater Indianapolis YDPP
615 N. Alabama, suite 200 Indianapolis, Indiana 46204

Fax completed form to:

(317) 266-2845

DID YOU KNOW?

- About one in three American adults—that's 57 million people—have pre-diabetes.
- People with pre-diabetes are likely to develop type 2 diabetes within 10 years, unless they take steps to prevent or delay diabetes.
- 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.
- Diabetes is a leading cause of heart disease, stroke, blindness, kidney disease, and nerve disease.

YMCA'S DIABETES PREVENTION PROGRAM IS NATIONALLY SUPPORTED BY UNITEDHEALTH GROUP AND THE CENTERS FOR DISEASE CONTROL AND PREVENTION

The YMCA is committed to helping prevent chronic disease by giving individuals of all ages tools for healthy living. For information, contact:

YMCA of Greater Indianapolis
615 N. Alabama, suite 200
Indianapolis, Indiana 46204
(317) 266-9622
(317) 266-2845



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOU CAN TAKE CONTROL

**YMCA's Diabetes Prevention Program
YMCA of Greater Indianapolis**

