

Request Information

If you are interested in this program, please submit the following form and a copy of any lab values available to any Cleveland County Family YMCA location.

Participant Details

First Name: _____

Last Name: _____

Date of Birth: _____

Street Address: _____

City, State, Zip: _____

Home Phone: _____

Mobile Phone: _____

Email: _____

Height: _____ Weight: _____

Gender: Male Female

Race/Ethnicity:

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

I have been diagnosed with Prediabetes by the following lab value(s):

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

- A1c (5.7%-6.4%): _____
- Fasting Glucose (100-125 mg/dL): _____
- 2-hour Glucose (140-199 mg/dL): _____
- Gestational Diabetes (GDM)

PROGRAM FEES:

Participation is \$429 for the year and includes a free YMCA Family Membership. It is our promise never to turn anyone away due to their inability to pay. Please contact us to learn more about financial assistance options. Some employers/insurers may pay a portion of the fee for your participation.

29 MILLION AMERICANS HAVE **DIABETES**
86 MILLION AMERICANS HAVE **PREDIABETES**



Source: Centers for Disease Control and Prevention (2014)

ymca.net/diabetes

FOR MORE INFORMATION ABOUT PROGRAM FEES, FINANCIAL ASSISTANCE, CLASS LOCATIONS, OR TO FIND OUT IF YOU QUALIFY, PLEASE CONTACT:

**Diabetes Prevention Program
Cleveland County Family YMCA**

P.O. Box 2272

Shelby, NC 28151

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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DIABETES PREVENTION PROGRAM

CLEVELAND COUNTY
FAMILY YMCA

MEASURABLE
PROGRESS
UNLIMITED
SUPPORT



IT'S NEVER TOO LATE TO CHANGE YOUR LIFE FOR THE BETTER

1 in 3 American adults are at high risk for Type 2 Diabetes. Are you one of them?

Diabetes is one of the nation's costliest diseases. Preventing diabetes can save you up to \$1,000 per month in health care costs.

Diabetes can decrease life expectancy by 10 years—the same as smoking—and is the leading cause of new cases of blindness.

Research revealed that for every 2.2 pounds of weight loss among study participants, diabetes risk was reduced by 13%.

Choose to stop Type 2 Diabetes in your life!

"I needed motivation, and this was it. Thanks to the program and [my Lifestyle Coach's] encouragement, that life is over and this new one doesn't include cholesterol medicine!"

-Tim Elmore
YMCA's Diabetes Prevention
Program Participant

THE PROGRAM

The **YMCA's Diabetes Prevention Program** helps those 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. Based on research funded by the National Institutes of Health and the Centers for Disease Control and Prevention, this program reduces the risk of developing type 2 diabetes by nearly 60%.

PROGRAM GOALS:

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

PROGRAM BENEFITS:

12 months of group support—This program is not an exercise class. A trained Lifestyle Coach facilitates a small group of participants in learning about nutrition, physical activity and lifestyle change. Participants weigh-in regularly and track their progress during each of the 25 sessions delivered over the course of a year.

Session topics with real-life solutions—Examples include: a guide to eating healthy while out, managing stress, preparing healthy meals on a budget, and staying motivated after the program's completion.

Great tools included—The program manual, food journals, fat gram counting resources and a **Free Family Membership to the YMCA** are provided for the entire year of participation.

The YMCA's Diabetes Prevention Program is part of the CDC-led National Diabetes Prevention Program and is nationally supported by the Diabetes Prevention and Control Alliance and the Centers for Disease Control and Prevention.

WHO CAN PARTICIPATE?

Use the following checklist to find out if you are eligible to participate in the YMCA's Diabetes Prevention Program.

DO YOU MEET THE PROGRAM REQUIREMENTS?

Please check each box that is true

- I am at least 18 years old
- I am overweight (BMI \geq 25)*
- I am at risk for developing type 2 diabetes or have been diagnosed with prediabetes[†] by a healthcare provider

ARE YOU AT RISK FOR DEVELOPING DIABETES?

Take the test and know your score! Yes No

Are you a woman who has had a baby more than 9 lbs. at birth?	1	0
Do you have a parent with diabetes?	1	0
Do you have a brother or sister with diabetes?	1	0
Are you overweight (BMI \geq 25)*?	5	0
If you are 65 years of age or younger, do you get little or no physical activity in a typical day?	5	0
Are you between 45 and 64 years of age?	5	0
Are you 65 years of age or older?	9	0

Total points for all "Yes" responses:

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.

*Asian individual(s) BMI \geq 22

[†]Please note: individuals that have already been diagnosed with either type 1 or type 2 diabetes do not qualify for this program.