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

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
P: 704-669-3631
F: 704-669-3673

Program Director
Jessica Bridges
jbridges@clevecoymca.org

Relationship Manager
Adam Velez
avelez@clevecoymca.org
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.

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 ≥ 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

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<th>Total points for all “Yes” responses:</th>
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Choose to stop Type 2 Diabetes in your life!

“I needed motivation, and this was it. Thanks to the program and [my Life-style Coach’s] encouragement, that life is over and this new one doesn’t include cholesterol medicine!”

—Tim Elmore
YMCA’s Diabetes Prevention Program Participant

*Asian individual(s) BMI ≥ 22

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