

REGISTRATION

First name*

Last name*

Gender*

Date of birth*

Email address

Street*

City*

State*

Postal code*

Home phone

Mobile phone

Height (ft)*‡ Height (in)*‡ Weight (lbs)*‡

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

- A1c: _____ (must be 5.7% – 6.4%)
- Fasting Plasma Glucose: _____ (must be 100 – 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

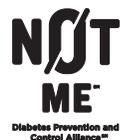
PLEASE CHECK ONE: Is your employer /insurer paying any portion of the fee for you to participate in the YMCA’s Diabetes Prevention Program?

- Yes No

UnitedHealthcare members should call (800) 237-4942 to confirm eligibility for program coverage.

*Required information to complete enrollment
‡Self-reported

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



PLEASE CONTACT:

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PreventDiabetes@indymca.org
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The YMCA of Greater Indianapolis, (“YMCA”) and the National Council of Young Men’s Christian Association of the United States of America (“YMCA of the USA”), have made a commitment to collaborate on efforts to support a national movement to increase awareness and take measures to prevent diabetes and its complications among groups at risk, and to help support treatment outcomes for individuals who have confirmed diagnoses or indications of prediabetes by promoting an effective lifestyle change. The parties referenced above do not warrant or guarantee any specific outcomes for program participants, with respect to diabetes prevention.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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CHANGE TODAY FOR A HEALTHIER FUTURE

Diabetes Prevention Program
YMCA OF GREATER INDIANAPOLIS



REDUCE YOUR DIABETES RISK AND GAIN TOOLS FOR HEALTHY LIVING

The YMCA's Diabetes Prevention Program helps you take control of your health by adopting habits to reduce your chances of developing type 2 diabetes and improve your overall health and well-being. Research by the National Institutes of Health has proven that programs like the YMCA's Diabetes Prevention Program can reduce the number of cases of type 2 diabetes by nearly 60%.

This program has made a huge difference in my life. My blood pressure and cholesterol are back down where they are supposed to be. I have more energy. I want to do everything I can to stay on track and to keep myself motivated. I feel good about the fact that I am taking charge of my health and doing what I can to be healthy. This is really important to me at a time when health care is so expensive. This program did wonders for me and I know it can help other people as well.

– Marilyn, YMCA's Diabetes Prevention Program Participant

The group experience was really helpful because one person may be struggling with something and the group would bounce around ideas. A fresh perspective can really help. We encouraged each other. To see that it is such a struggle for other people too, was unexpected. You always think it's just you struggling, but everyone in the group had different challenges, but we collaborated and supported each other.

– Monica, YMCA's Diabetes Prevention Program Participant

THE PROGRAM

The program provides a supportive environment where participants work together in a small group to learn about healthier eating and increasing their physical activity in order to reduce their risk for developing diabetes. The program, which is led by a trained Lifestyle Coach in a classroom setting, is delivered over a 12-month period, beginning with 16 weekly sessions followed by monthly maintenance sessions.

In order to qualify for the YMCA's Diabetes Prevention Program, participants must be at least 18 years old, overweight (BMI ≥ 25) and at high risk for developing type 2 diabetes or have been diagnosed with prediabetes[†].

PROGRAM GOALS:

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

WEEKLY SESSION DESCRIPTIONS:

1. Welcome to the Program
2. Be a Fat Detective
3. Ways to Eat Less Fat
4. Healthy Eating
5. Move Those Muscles
6. Being Active: A Way of Life
7. Tip the Calorie Balance
8. Take Charge of What's Around You
9. Problem Solving
10. Four Keys to Healthy Eating Out
11. Talk Back to Negative Thoughts
12. The Slippery Slope of Lifestyle Change
13. Jump Start Your Activity Plan
14. Make Social Cues Work for You
15. You Can Manage Stress
16. Ways to Stay Motivated

[†] Individuals who have already been diagnosed with either type 1 or type 2 diabetes do not qualify for this program.

CAN I PARTICIPATE?

Answer these seven questions – for each "Yes" answer, add the number of points listed:

	YES	NO
Are you a woman who has had a baby weighing more than 9 pounds at birth?	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 as 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 64 years of age?	5	0
Are you 65 years of age or older?	9	0

TOTAL POINTS FOR ALL "YES" RESPONSES:

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		

If you scored a 9 or higher, then you may be at risk for prediabetes or diabetes, and qualify for the program. Contact the YMCA of Greater Indianapolis for more information. This does NOT mean you have diabetes. You will need a blood test to confirm if you have diabetes.

Based on Herman WH, Smith PJ, Thomason TJ, Englegau MM, Aubert RE. A new and simple questionnaire to identify people at risk for undiagnosed diabetes. Diabetes Care 1995 Mar;18(3):382-7.