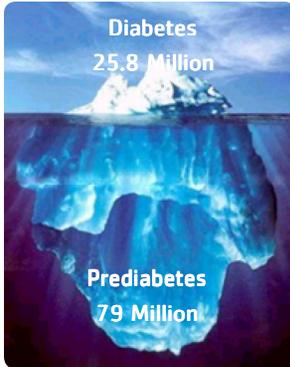


DID YOU KNOW?

- Almost 26 million Americans have diabetes – but that’s just the tip of the iceberg. About **79 million adults** in the United States have prediabetes.
- People with prediabetes are likely to develop type 2 diabetes within 10 years, unless they **take steps to prevent** or delay the disease.
- Diabetes is a **leading cause** of heart disease, stroke, blindness, kidney disease and nerve disease.



THE GOOD NEWS . . .

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. The YMCA’s Diabetes Prevention Program can help you adopt and maintain these healthy habits to reduce your risk and ensure that you can live life to its fullest.

Find out if you are at risk. Visit <http://www.ymca.net/diabetes-prevention/>.

Our Mission: The YMCA of Southwestern IN, Inc. following the example of Jesus Christ, responds to community needs by serving all people, especially youth, through relationships and activities that promote healthy spirit, mind, and body.

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.



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

YMCA of Southwestern Indiana 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
FOR SOCIAL RESPONSIBILITY

CHANGE TODAY FOR A HEALTHIER FUTURE

Diabetes Prevention Program YMCA of Southwestern Indiana



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%**.

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.

In order to qualify for the YMCA's Diabetes Prevention Program, participants must be at least 18 years old, overweight (BMI \geq 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**

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

TAKE THE TEST – KNOW YOUR SCORE!

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
Is your Body Mass Index (BMI) higher than or equal to 25?	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:

If you scored a 9 or higher, then you may be at risk for prediabetes or diabetes, and may qualify for the program. Contact gander@ymcaswin.org or (812) 426-6210 ext 3367 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.

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

FOR INFORMATION ABOUT THE YMCA'S DIABETES PREVENTION PROGRAM PLEASE CONTACT:

YMCA OF SOUTHWESTERN INDIANA
 222 NW Sixth St
 Evansville IN 47708
 (812) 426-6210 ext 3367
gander@ymcaswin.org
www.ymcaswin.org

People with health insurance provided by their corporation or United Healthcare should check with their employer about the availability of this program as a covered benefit, or contact the Diabetes Prevention and Control Alliance to confirm eligibility at 1-800-237-4942.

