

GROUP SUPPORT KEEPS YOU MOTIVATED

Everyone needs a push, a pat on the back, a helping hand sometimes. A little encouragement goes a long way when you're making big changes. As a participant in the **YMCA's Diabetes Prevention Program**, you will take 25 classes over the course of a year surrounded by a group of supportive people with common goals who care about your well-being.

As a participant, you'll enjoy:

- A **safe space** where you can feel comfortable sharing and learning in private.
- Making **new friends**. You will support each other as you all trade old habits for healthier new ones.
- Working as a group. You don't have to figure this out alone.
- The new **energy** and **confidence** that comes with losing weight and reducing your risk for diabetes.
- The **flexibility of beginning** the program when it's convenient for you. Classes begin with no fewer than 8 participants and no more than 15 participants. If there is space in a newly formed class, you can join up to the 4th session.

IMPROVE YOUR HEALTH, BOOST YOUR ENERGY

To help reduce your risk for diabetes, your goal in the **YMCA's Diabetes Prevention Program** is to reduce your body weight by 7% and increase your physical activity by at least 150 minutes per week within the first half of the program.

For example, if you weigh 200 pounds your goal for the first half of the program would be to lose 14 pounds and increase your physical



the **YMCA**®
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**REDEFINE YOUR HEALTH
TRANSFORM
YOUR LIFE**

**Diabetes Prevention Program
AKRON AREA YMCA**

The YMCA Diabetes Prevention Program, through the Akron Area YMCA is open to all who qualify.

For more information, please contact
YMCA's Diabetes Prevention Program
prevention@akronymca.org
330-267-9757

REV. 7/19

INTEREST FORM

YOUR CONTACT INFORMATION:

FIRST NAME*: _____
MIDDLE NAME: _____
LAST NAME*: _____
GENDER*: _____
DATE OF BIRTH*: _____
EMAIL ADDRESS: _____
STREET 1*: _____
STREET 2: _____
CITY*: _____
STATE*: _____
ZIP CODE*: _____
PREFERRED PHONE: _____
WEIGHT (LB)*: _____

*REQUIRED FIELDS

If you think you may qualify, and are interested in this program, please complete the following form, and send to:

Kohl Family YMCA @ University Park
477 E. Market Street
Akron, Ohio 44304

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

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

- A1c:** (must be 5.7%–6.4%) _____
- Fasting plasma glucose:** must be 110–125 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** _____

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For example, if you weigh 200 pounds your goal for the first half of the program would be to lose 14 pounds and increase your physical

activity to what could be a brisk 30-minute walk, five days per week.

Lose weight, boost your energy, reduce your risk for diabetes and improve your health for life!

DO YOU QUALIFY?

To participate in the program, you must be:

- 18 years or older,
- Overweight (BMI \geq 25)*, and
- Diagnosed with prediabetes via one of three blood tests or a previous diagnosis of gestational diabetes.**

If you don't have a blood test result, you must have a qualifying risk score.



AKRON AREA YMCA complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

A NEW WAY OF LIFE IS POSSIBLE

"Before I started this program, I would go home and have to take a nap at 4 o'clock and be tired all evening. Now, I have energy! I turn away from the TV and go to the Y."

Renee K.
Program Participant

DID YOU KNOW?

- Eating too much sugar does not cause diabetes, but being overweight is a risk factor.
- People with prediabetes may not have any symptoms.
- An estimated 84 million Americans ages 20 years and older have prediabetes.
- And... 89% of that 84 million have NO IDEA they're at risk.

National Institutes of Health research has shown that programs like the YMCA's Diabetes Prevention Program reduce the number of new cases of type 2 diabetes by 58% overall and by 71% in people over 60.

YMCA MEMBERSHIP NOT REQUIRED!

The Y is a leading charitable organization committed to improving the nation's health. Financial assistance is available to those who qualify. Please contact the Y for more information.

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