

WHAT IS PREDIABETES?

Prediabetes occurs when blood sugar levels are higher than normal but not high enough for a type 2 diabetes diagnosis. Risk for developing type 2 diabetes may be reduced or eliminated by weight loss, healthier eating and increased physical activity.

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 86 million Americans ages 20 years and older have prediabetes.
- And... nearly 9 out of 10 of that 86 million have NO IDEA they're at risk.

YMCA's Diabetes Prevention Program ("YMCAs DPP") uses a CDC-approved curriculum and is part of the CDC-led National Diabetes Prevention Program. YMCA of the USA offers access to YMCA's DPP through a network of local YMCAs, and YMCA's DPP may or may not be a covered benefit under your health insurance policy, worksite wellness program, Medicare Plan, or other applicable federally funded healthcare program. To find out whether YMCA's DPP is covered under your policy and to determine any cost-sharing responsibilities, contact your insurance company, health plan administrator, wellness program sponsor, Medicare or Medicaid. Any dispute regarding coverage of YMCA's DPP should be brought to your insurance provider or benefit program administrator. Neither YMCA of the USA nor any local YMCA warrants or guarantees any specific outcome for YMCA's DPP participants with respect to diabetes prevention.

TESTIMONIAL

"When I read a feature about the program in our [company] newsletter, I had no idea what to expect. I just knew I didn't want to have diabetes. Now, I'm 38 pounds healthier and my son lost 30 pounds, too. I'm really proud."

—Tricia, Participant



PARTNER LOGO GO HERE

**REDEFINE YOUR HEALTH
TRANSFORM
YOUR LIFE**

Diabetes Prevention Program

231602 CTF 12/16

Can you measure a healthy life? Sure, you can—by the cup, the ounce, and the block.

If you're at risk for type 2 diabetes, you can make small, measurable, changes that can reduce your risk and help you live a happier, healthier life.

**CHANGE IS TOUGH—
WE CAN HELP**

Let's face it, if change were easy, we'd all do it. You've spent years developing habits that you can't expect to change overnight. It's tough. We can help.

The YMCA's Diabetes Prevention Program gives you the skills you need and the support you deserve to make lasting healthy lifestyle changes.

* Asian individual(s) BMI \geq 22

**Qualified blood results in the prediabetes range are needed to confirm eligibility. Individuals who have already been diagnosed with either type 1 or type 2 diabetes do not qualify for this program.

ARE YOU AT RISK FOR DIABETES?

WHAT IS YOUR RISK SCORE? 7 Quick questions to see if you may be at risk.

For each "yes" answer, add the number of points listed:	YES	NO
Are you a woman who has given birth to a baby weighing more than 9 pounds?	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 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 65 years of age?	5	0
Are you 65 years of age or older?	9	0

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.

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		

THE FACTS ABOUT THE PROGRAM

Led by a trained Lifestyle Coach, 8 to 15 participants will meet for 25 sessions delivered over the course of one year.

The main goals of the program are to reduce your body weight by 7% and increase physical activity by 150 minutes per week.

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.

This program empowers you to make healthier food choices and increase your physical activity to help reduce your risk for diabetes.

DO YOU QUALIFY?

The Diabetes Prevention Program is available at no cost to PEBB members who:

- 18 years or older,
- Are enrolled in a PEBB medical plan,
- Don't have Medicare as primary insurance
- Overweight (BMI ≥25)*, and
- Diagnosed with prediabetes via one of the 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.

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. In the YMCA's Diabetes Prevention Program you'll spend 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.

YMCA MEMBERSHIP NOT REQUIRED!

A PROVEN PROGRAM

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

INTEREST FORM

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

[Street Address]
[Fax Number]
[E-Mail Address]

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

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 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**