

DID YOU KNOW...

- People with prediabetes are likely to develop type 2 diabetes within 10 years, unless they take steps to prevent or delay diabetes.
- Diabetes is a leading cause of heart disease, stroke, blindness, kidney disease and nerve disease.
- 1 in 3 adults in America (that's 57 million people) have prediabetes.
- 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.



YMCA of Florida's First Coast

YMCA's Diabetes Prevention Program is nationally supported by UnitedHealth Group and the Centers for Disease Control and Prevention.

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Diabetes Prevention Program Coordinator
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FirstCoastYMCA.org



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PREVENTION TODAY FOR A HEALTHIER TOMORROW

YMCA's Diabetes Prevention Program



ABOUT THE PROGRAM

In a classroom setting, a trained lifestyle coach will help you change your lifestyle by learning about healthy eating, physical activity and other behavior changes over the course of 16 one-hour sessions. After the initial 16 core sessions, you will meet monthly for added support to help maintain your progress.



The program is based on research which showed that eating healthier, increasing physical activity and losing a small amount of weight, a person with prediabetes can prevent or delay the onset of type 2 diabetes by 58%. One-hour sessions will cover nutrition, physical activity and behavior modification to help participants achieve two primary goals:

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

To determine the program cost, choose the **Tier** most affordable for you.

Tier 1	\$160	(the true per person cost of the program)
Tier 2	\$120	(25% financial assistance subsidy)
Tier 3	\$80	(50% financial assistance subsidy)

Further financial assistance is available to those who qualify.



GETTING STARTED

In order to qualify for the YMCA's Diabetes Prevention Program, you must be overweight (BMI \geq 25)* and at high risk for developing type 2 diabetes or have been diagnosed with prediabetes.

Please check all that apply.

- My blood pressure is 140/90 or higher, or I have been told I have high blood pressure.
- I have been told that my cholesterol levels are not normal.
- I am fairly inactive. I am NOT physically active more than two times per week.
- I have or had a parent or sibling with diabetes.
- I have been told I have prediabetes.
- I have had gestational diabetes (diabetes during pregnancy), or I gave birth to a baby weighing more than 9 pounds.
- I am 45 years of age or older.

If three or more boxes above are checked, then you are 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 find out. If you have questions about your qualification, contact program coordinator, Jenna Braddock.

UnitedHealthcare members should check with their employer for program availability, or contact the Diabetes Prevention and Control Alliance to confirm eligibility at 1.800.237.4942.

Learn more about the program at FirstCoastYMCA.org

*Asian individual(s) BMI \geq 22

PARTICIPANT DETAILS

Name: _____

Date: _____

Gender: M F Birth Date: _____

Height: _____ Weight: _____

Home Phone: _____

Cell Phone: _____

E-mail: _____

Address: _____

City: _____

State: _____

Zip: _____

I have been diagnosed with prediabetes and have the following value.

Check one and enter value:

- Fasting plasma glucose= _____ mg/dL (must be 100 – 125 mg/dL)
- 2-hour (75gm glucola) plasma glucose= _____ mg/dL (must be 140 – 199 mg/dL)
- Non-Fasting glucose= _____ mg/dL (must be 140 – 199 mg/dL)
- A1c value= _____ % (must be 5.7% – 6.4%)

Please fax the completed form to 904.296.4744 Attn: Jenna Braddock at the Metropolitan Office or mail to Jenna Braddock, Metropolitan Office, 12735 Gran Bay Parkway, Suite 250, Jacksonville, FL 32258.