

GROUP SUPPORT KEEPS YOU MOTIVATED

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 colleagues who care about your well-being. And you will all be pursuing the same goal of improved health and lowered risk for developing diabetes.

You and your fellow participants will 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.

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 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.

YMCA of Metropolitan Denver complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. All are welcome at the Y.

TESTIMONIAL

My doctor told me I had pre-diabetes and still I was reluctant to make changes in my life. Then, when my sister was diagnosed with type2 diabetes my perspective changed. I knew I needed to make some changes or that was going to be me. I realized it was time to take action.

The YMCA Diabetes Prevention Program showed me that a healthy lifestyle was something I could accomplish. I was able to make small changes to how I lived, and looked at food and activity that were reasonable and sustainable. Now, I am living a balanced lifestyle, with the support I needed.

*Gary, 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 86 million Americans ages 20 years and older have prediabetes.
- And... 89% of that 86 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 nonprofit committed to improving the nation's health. Financial assistance is available to those who qualify. Please contact the Y for more information.

To find out if you qualify,

Cameron Giebel,
YMCA Healthy Living Director
cgiebel@puebloymca.org
719-543-5151 X323

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: _____
HEIGHT*: _____ WEIGHT (LB)*: _____

*Required fields

If you think you may qualify, and are interested in this program, please complete the following form, and send to Caitlin Stackpool, YMCA DPP Coordinator at:

3200 E. Spaulding Ave. Pueblo, CO. 81008
FAX: 844-576-4685
cgiebel@puebloymca.org

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 glucose) PLASMA GLUCOSE:** _____
(must be 140–199 mg/dL)
- PREDIABETES DETERMINED BY CLINICAL DIAGNOSIS OF GESTATIONAL DIABETES (GDM) DURING PREVIOUS PREGNANCY**