

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.

WHAT IS YOUR RISK SCORE?

7 quick questions to see if you might 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		

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Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-818-790-0123.



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FOR HEALTHY LIVING
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ARE YOU AT RISK FOR DIABETES?

86 million or more than 1 in 3 Americans (age 20 and older) have prediabetes. But only 10% of people know they have it.

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

YMCA's Diabetes Prevention Program ("YMCA's 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.

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. In this program, you'll:

- 25 sessions delivered over the course of one year
- All sessions led by a trained Lifestyle Coach
- Be a part of a group that offers motivation and support

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.

DO YOU QUALIFY?

To participate in the program, you must be:

- 18 years or older
- Overweight (BMI \geq 25, Asian individuals BMI \geq 22), 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. 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.

FOR MORE INFO

Visit:

<http://www.ymcafoothills.org/diabetes-prevention-program.html>

or scan QR code:



CONTACT FOR MORE INFO

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DID YOU KNOW? LOCAL STATS:

1. In 2011, 9.0% of the population 18 years old and older locally had been diagnosed with diabetes
2. Local stakeholders identified diabetes as one of the top three most important health problems in the community
3. In 2015, one in five (21.2%) residents over the age 65 older in Los Angeles County was identified as diabetic. Another 21.7% of the population between the ages of 60 and 64 were diabetic, as was another 15.6% of the population age 50 to 59.

* Flores, Sarah; Harrington, Maura J.; Nang, Gigi; Newkirk, Christine; Tunis, Heather; Wyland, Adam. USC Verdugo Hills Hospital 2016 COMMUNITY HEALTH NEEDS ASSESSMENT. Center for NonProfit Management (US); 2016 132 p.

PROGRAM COST

YMCA MEMBERSHIP NOT REQUIRED!

YMCA Members:
\$0

YMCA Program Participants:
\$429

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.

GETTING STARTED

1. Contact Bonnie or Sean to find if you qualify
2. They'll provide additional information and registration procedures
3. You'll be assigned a Lifestyle Coach and given a program start date

TESTIMONIALS

D.R.

"Being in the class has been very motivating; I have lost 10% of my body weight in 16 weeks (Phase 1.) I look forward to more success in Phases 2 and 3. The trainer and the participants help me realize the need to commit every day to life habits that will lead to lower A1C and blood pressure numbers. The YMCA is the perfect place to continue my wellness journey."

BARBARA

"The DPP class with Bonnie as coordinator was very informative. I learned to be more mindful of what I eat and how much I eat. Because of her very excellent presentation I benefitted greatly. Thank you for your help."

HOW IT WORKS

During small-group meetings, you will follow a CDC-approved curriculum where you will:

- Participate in a hands-on program and learn about portion sizes, how to read food labels and more
- Learn to make gradual, healthy and reasonable changes to food choices and physical activity levels over time
- Receive support from other members as you break old habits and develop new ones