**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.

**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 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!

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**DO YOU QUALIFY?**

To participate in the program, you must be:

- 18 years or older.
- Overweight (BMI ≥ 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.

**MEET DAVID H.**

David lost 12.4% of his body weight and went down two sizes.

After a blood test, my doctor said I was in the prediabetes range and really stressed (diabetes) is a route I don’t want to go. It really didn’t sink in at first. My mother-in-law had diabetes and I have friends with diabetes, so I’ve seen how hard it can be to live with it. The YMCA’s Diabetes Prevention Program was very thorough and progressive. Each session gave a little different aspect, and eventually you put it all together. I really liked how it all fit together: the way you eat, the physical activity, managing stress—it all matters. I didn’t realize how poorly I was eating until I started logging my food and counting fat grams. For the first time, I recognized I really needed to change the way I was eating. My wife wasn’t in the group, but she was really doing the program (in the background) with me, and we worked on it together. We find substitutions for foods we liked that still satisfy us. We have more energy, feel better, and gradually started exercising by walking together. I am down two sizes! My wife and I made the commitment to do this, and I can’t believe how well it’s gone. My doctor was really impressed with the changes I’ve made; my most recent blood test showed I was in the normal range. I have to stay committed to this way of life and the change I’ve made. It doesn’t mean I can’t have pizza every once in a while, but I can’t have pizza every day. My wife and I feel that we need to do this. We don’t want to go back to how it was before. We’ve made a lot of changes, and it’s had a huge positive impact on us and the people in our life.

**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.
- 85% of that 86 million have NO IDEA they’re at risk.

National Institutes of Health research shows 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. YMCA Membership is not required!

**PROGRAM COST**

<table>
<thead>
<tr>
<th>Facility Member</th>
<th>Program Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>$429</td>
<td>$429</td>
</tr>
</tbody>
</table>

The YMCA of Dane County complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. The YMCA of Dane County does not exclude people or treat them differently because of race, color, national origin, age, disability or gender. The YMCA of Dane County provides free aids and services to people with disabilities to communicate effectively, such as:

- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats and other formats)

THE YMCA OF DANE COUNTY PROVIDES FREE LANGUAGE SERVICES TO PEOPLE WHOSE PRIMARY LANGUAGE IS NOT ENGLISH, SUCH AS:

- Qualified interpreters
- Information written in other languages

If you need these services, contact Sharon Baldwin.

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**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 (FT, IN):**
- **WEIGHT (LB):**

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

Sharon Baldwin
5515 Medical Circle
Madison, WI 53719
Or contact Sharon at:
sharon.baldwin@ymcadanecounty.org
608 306 8915

**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**

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. The YMCA Diabetes Prevention Program uses a CDC-approved curriculum and is part of the CDC-led National Diabetes Prevention Program.
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:

<table>
<thead>
<tr>
<th>Question</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are you a woman who has given birth to a baby weighing more than 9 pounds?</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Do you have a parent with diabetes?</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Do you have a brother or sister with diabetes?</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Find your height on the chart below. Do you weigh as much or more than the weight listed for your height?</td>
<td>5</td>
<td>0</td>
</tr>
<tr>
<td>Are you younger than 65 years of age and get little or no physical activity in a typical day?</td>
<td>5</td>
<td>0</td>
</tr>
<tr>
<td>Are you between 45 and 65 years of age?</td>
<td>5</td>
<td>0</td>
</tr>
<tr>
<td>Are you 65 years of age or older?</td>
<td>9</td>
<td>0</td>
</tr>
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</table>

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

<table>
<thead>
<tr>
<th>HEIGHT  (in pounds)</th>
<th>WEIGHT (in pounds)</th>
<th>HEIGHT  (in pounds)</th>
<th>WEIGHT (in pounds)</th>
</tr>
</thead>
<tbody>
<tr>
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<td>129</td>
<td>5'8&quot;</td>
<td>177</td>
</tr>
<tr>
<td>4'11&quot;</td>
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<td>5'7&quot;</td>
<td>172</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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.

PRESENTED WITH SUPPORT FROM:

* Asian individual(s) BMI ≥ 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.

YMCA OF DANE COUNTY, INC. and the National Council of Young Men’s Christian Association of the United States of America (“YMCA of the USA”) have made a commitment to collaborate with the nation’s YMCA’s on efforts to support a national movement to increase awareness and take measures to prevent diabetes and its complications among groups at risk, and to help support treatment outcomes for individuals who have confirmed diagnoses or indications of prediabetes by promoting an effective lifestyle change. YMCA of the USA nor any YMCA offering the YMCA’s Diabetes Prevention Program warrants or guarantees any specific outcomes for program participants with respect to diabetes prevention.