

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: _____

WEIGHT (LB)*: _____

*REQUIRED FIELDS

If you think you may qualify, and are interested in this program, please complete the above form, and send to Michelle Graham at:

119 Washington Street
Fax: 315.782.0802
Email: mgraham@nnyymca.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 110–125 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**

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 88 million Americans ages 20 years and older have prediabetes.
- And... more than 8 in 10 of those 88 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.

DIABETES PREVENTION PROGRAM

Ages: 18+

June 12, 2024 – June 11, 2025

Wednesdays: 12:00 PM

Program Fee: \$450.00

Medicare/Medicaid accepted

**Ask about: Scholarships
Payment Plans**

**To find out if you qualify, or
for more information, contact:**

Michelle Graham
Senior Director, Health & Wellness
146 Arsenal Street
Watertown NY 13601 315.782.3100



the **Y** YMCA FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**REDEFINE YOUR HEALTH
TRANSFORM
YOUR LIFE**

**DIABETES PREVENTION
1-YEAR PROGRAM**
June 12, 2024 – June 11, 2025

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 ≥ 23

** 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'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.

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. As a participant in the YMCA's Diabetes Prevention Program, you will take 25 classes over the course of 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.
- The flexibility of beginning the program when it's convenient for you. Classes begin with no fewer than 8 participants and no more than 15 participants. If there is space in a newly formed class, you can join up to the 4th session.

This interactive course is designed to be engaging, whether participants choose to participate in-person or virtually.

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.

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.

WATERTOWN FAMILY YMCA complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1- 844-620-8594 (TTY: 1-800-421-1220).

ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1- 844-620-8594 (ATS : 1-800-421-1220)



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.

IF YOU SCORED 5 OR HIGHER

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood

sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. Talk to your doctor to see if additional testing is needed. If you are African American, Hispanic/Latino American, American Indian/Alaska Native, Asian American, or Pacific Islander, you are at higher risk for prediabetes and type 2 diabetes. Also, if you are Asian American, you are at increased risk for type 2 diabetes at a lower weight (about 15 pounds lower than weights in the 1 Point column). Talk to your doctor to see if you should have your blood sugar tested.

PREDIABETES RISK TEST

- How old are you?
 - Younger than 40 years (0 points)
 - 40–49 years (1 point)
 - 50–59 years (2 points)
 - 60 years or older (3 points)
- Are you a man or a woman?
 - Man (1 point) Woman (0 points)
- If you are a woman, have you ever been diagnosed with gestational diabetes?
 - Yes (1 point) No (0 points)
- Do you have a mother, father, sister, or brother with diabetes?
 - Yes (1 point) No (0 points)
- Have you ever been diagnosed with high blood pressure?
 - Yes (1 point) No (0 points)
- Are you physically active?
 - Yes (0 points) No (1 point)
- What is your weight category?
 - (See chart at right)

Total score _____

Height	Weight (lbs.)		
4' 10"	119-142	143-190	191+
4' 11"	124-147	148-197	198+
5' 0"	128-152	153-203	204+
5' 1"	132-157	158-210	211+
5' 2"	136-163	164-217	218+
5' 3"	141-168	169-224	225+
5' 4"	145-173	174-231	232+
5' 5"	150-179	180-239	240+
5' 6"	155-185	186-246	247+
5' 7"	159-190	191-254	255+
5' 8"	164-196	197-261	262+
5' 9"	169-202	203-269	270+
5' 10"	174-208	209-277	278+
5' 11"	179-214	215-285	286+
6' 0"	184-220	221-293	294+
6' 1"	189-226	227-301	302+
6' 2"	194-232	233-310	311+
6' 3"	200-239	240-318	319+
6' 4"	205-245	246-327	328+
	1 Point	2 Points	3 Points
	You weigh less than the 1 Point column (0 points)		