

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		

← CONTINUED ON THE OTHER SIDE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MEASURABLE PROGRESS UNLIMITED SUPPORT

Diabetes Prevention Program
YMCA OF ALASKA

YMCA OF ALASKA
5353 Lake Otis Parkway
Anchorage, AK 99507
PH (907) 563-3211

3/19

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 ≥ 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 Alaska 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 YMCAs 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.

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 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.

TESTIMONIAL

My weight was the heaviest I had ever been. My blood pressure had climbed and my meds were increased. I hated the way I felt. All my friends were going out and hiking, fishing and camping but I was staying home. I could no longer tie my shoes without having a hard time. My brother and sister-in-law recently lost 40 pounds using the Diabetes prevention program in Washington State. My husband and I started the program in September and our journey to a healthier lifestyle. It has been great.

It has been great! We have been working together to change our meals and our eating habits. We recognize triggers or eating patterns that cause us to spiral out of control. We have had labs and physicals since the beginning and we are seeing a difference. Meeting goals and decreasing meds. It's the perfect way to make the changes we need to keep up a healthy lifestyle. The group we meet with is awesome and we have all become friends, Erin has been such a great instructor and cheerleader, we are happy to be a part of this opportunity!

—Jacque, 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 reduces the number of new cases of type 2 diabetes by 58% overall and by 71% in people over 60.

YMCA MEMBERSHIP NOT REQUIRED!

This program supported in part by



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, or for more information, contact:

Erin Widener
Healthy Community Coordinator
5353 Lake Otis Parkway
Anchorage, AK 99507

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

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)*: _____

*Required fields

If you think you may qualify, and are interested in this program, please complete the following form, and send to Erin Widener at:

5353 Lake Otis Parkway
FX (907) 563-5739
erin@ymcaalaska.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 glucola) PLASMA GLUCOSE:** _____
(must be 140–199 mg/dL)
- PREDIABETES DETERMINED BY CLINICAL DIAGNOSIS OF GESTATIONAL DIABETES (GDM) DURING PREVIOUS PREGNANCY**