



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MEASURABLE PROGRESS UNLIMITED SUPPORT

## YMCA DIABETES PREVENTION PROGRAM

The YMCA's Diabetes Prevention Program helps overweight adults at risk for type 2 diabetes reduce this risk by making small, measurable changes to improve their overall health and well-being. Change is tough – we can help.



### Program Details:

- 25 sessions delivered over a 12-month period in a classroom setting
- Led by a trained Lifestyle Coach
- Accountability, motivation, and support
- Participants work together to achieve the program goals of losing weight and increasing physical activity
- Must be "pre-diabetic" or at risk for developing type 2 diabetes to qualify (YMCA membership is not required)

### Program Cost:

- Free 1 Year Plus Membership to the YMCA for you and one support person valued at \$1,056!
- \$100\* deposit due prior to the first session to reserve your spot in the class
- 5 monthly payments of \$66\* per month due within the first 6 months of the program
- \*Financial assistance is available

### New Classes:

- Monday, February 11, at 12:00 p.m. at William M. McDonald YMCA
- Tuesday, February 12, at 11:00 a.m. at Amon G. Carter, Jr. Downtown YMCA
- Wednesday, February 13, at 1:00 p.m. at Ryan Family YMCA



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### YMCA OF METROPOLITAN FORT WORTH

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## What is the YMCA's Diabetes Prevention Program?

The YMCA's Diabetes Prevention Program uses a Centers for Disease Control and Prevention approved curriculum and is part of the CDC-led National Diabetes Prevention Program. The program helps adults at high risk of developing type 2 diabetes adopt and maintain healthy lifestyles by eating healthier, increasing physical activity, and losing a modest amount of weight in order to reduce their chances of developing the disease.

## Who is eligible for the YMCA's Diabetes Prevention Program?

The program is designed for overweight adults who are at high risk for developing diabetes. Take the risk assessment to determine if you may be part of the 37% of Adults who have prediabetes.

## How long is the program and how often does it meet?

The program consists of 25 sessions over the course of 12 months. Sessions are held weekly for the first 16 weeks, every other week for 6 weeks, and then monthly for the remainder of the program.

## What happens during each session?

A trained Lifestyle Coach facilitates a group of participants in learning about healthier eating, physical activity, and other behavior changes. Examples of small group activities include working together to problem solve barriers to healthier eating, exchanging ideas for how to incorporate more physical activity into daily routines, and developing action plans to support behavior change.

## What are the goals of this program?

To lose 7% of body weight and increase physical activity to 150 minutes per week by the end of the program.

## How much does the program cost and what payment options are available?

The total cost of the program is \$429 including a membership to the YMCA (a \$1056 value). Participants can:

- Make a one-time payment
- Make a \$100 non-refundable first payment and then pay the remaining balance monthly over the following 5 months
- Contact your health insurance provider to see if this program is covered through your plan
- Apply for financial assistance to receive a scholarship to participate in the program

Pre-Diabetes Risk Assessment	Yes	No
Are you a woman who has had a baby weighing more than 9 pounds at birth?	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 weight chart to the right. Do you weigh as much as or more?	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 64 years of age?	5	0
Are you 65 years of age or older?	9	0
<b>Total Points:</b>		

If you scored a 9 or higher, then you may be at risk for pre-diabetes, and may qualify for the program. This does NOT mean that you have diabetes. Only a medical professional can diagnose diabetes or prediabetes.

Weight Chart			
Height	Weight	Height	Weight
4' 11"	133	5' 8"	177
5' 0"	138	5' 9"	182
5' 1"	143	5' 10"	188
5' 2"	147	5' 11"	193
5' 3"	152	6' 0"	199
5' 4"	157	6' 1"	204
5' 5"	162	6' 2"	210
5' 6"	167	6' 3"	216
5' 7"	172	6' 4"	221