



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# IMPROVE YOUR HEALTH

## YMCA's Diabetes Prevention Program at the B.R. Ryall YMCA

**In the U.S., 86 million people are prediabetic and 90 percent of them don't know it.**  
 (SOURCE: Centers for Disease Control)

### 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.

### THE Y CAN HELP.

The YMCA's Diabetes Prevention Program helps adults reduce their risk of developing the disease by taking steps that will improve overall health and well-being.

Featuring a CDC-approved curriculum, this year-long program includes 16 weekly sessions and additional monthly sessions that combine nutritional education and physical activity components. The goal for each participant is to reduce weight by seven percent and increase physical activity to 150 minutes per week.

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 percent overall and by 71 percent in people over 60.

### DO YOU QUALIFY?

YMCA membership is not required. You must be:

- 18 years or older.
- Overweight (BMI ≥ 25), and
- Diagnosed with prediabetes via blood test or a previous diagnosis of gestational diabetes.
- Without a blood test, you must have a qualifying score.

### ARE YOU AT RISK?

Answer these following questions to find out.

| For each "yes" answer, add the points listed:   | YES | NO |
|---|-----|----|
| Have you given birth to a baby weighing >9 lbs.?  | 1   | 0  |
| Do you have a parent with diabetes?   | 1   | 0  |
| Do you have a sibling with diabetes?  | 1   | 0  |
| Find your height on the chart below. Do you weigh as much or more than the weight listed? | 5   | 0  |
| Are you younger than age 65 and get little or no physical activity in a typical day?      | 5   | 0  |
| Are you between the ages of 45 and 65?  | 5   | 0  |
| Are you age 65 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.

#### AT RISK WEIGHT CHART

| HEIGHT | WEIGHT | HEIGHT | WEIGHT | HEIGHT | WEIGHT |
|--------|--------|--------|--------|--------|--------|
| 4'10"  | 129    | 5'5"   | 162    | 6'0"   | 199    |
| 4'11"  | 133    | 5'6"   | 167    | 6'1"   | 204    |
| 5'0"   | 138    | 5'7"   | 172    | 6'2"   | 210    |
| 5'1"   | 143    | 5'8"   | 177    | 6'3"   | 216    |
| 5'2"   | 147    | 5'9"   | 182    | 6'4"   | 221    |
| 5'3"   | 152    | 5'10"  | 188    |        |        |
| 5'4"   | 157    | 5'11"  | 193    |        |        |

**REGISTER TODAY!**

Space is limited.

The class begins Monday, February 13.

**FOR MORE INFO OR TO RSVP:**

Contact Katie Sivak

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