PREVENTION IS POSSIBLE

The **YMCA's Diabetes Prevention Program** focuses on small, measurable, reasonable goals to give participants confidence they can make the the necessary changes to reduce their risk for type 2 diabetes and live healthier lives. In a classroom setting, a trained lifestyle coach will facilitate a small group of participants in learning about healthier eating, physical activity and other behavior changes over 26 sessions.

The **year-long program** consists of 16 weekly sessions and 4 sessions every other week during the first 6 months followed by 6 monthly sessions in the second 6 months.

To qualify for the **YMCA's Diabetes Prevention Program**, participants 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.

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.

To register for this program in Wilton, contact Rhoda Kasparek at 203-762-8384 x282 or rkasparek@riverbrookymca.org and in Norwalk, contact Jason Tagariello 203-762-8384 x214 or jtagariello@riverbrookymca.org

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.

The program at Riverbrook Regional YMCA welcomes participants from across CT.

Classes are offered virtually and in person to make the program accessible to our neighbors near and far.

Registration is always open, and new sessions begin regularly.

FOR MORE INFORMATION, contact:

Wilton: **Rhoda Kasparek**
Director of Healthy Living
203-762-8384 x282
rkasparek@riverbrookymca.org

Norwalk: **Jason Tagariello**
Director of Norwalk Community Relations & Programming
203-762-8384 x214
jtagariello@riverbrookymca.org

RIVERBROOK REGIONAL YMCA
the YMCA
Serving Norwalk, Redding, and Wilton

YMCA'S DIABETES PREVENTION PROGRAM

A Health Intervention Program at the Riverbrook Regional YMCA

wiltonymca.org

PHYSICAL WELLNESS

To help reduce your risk for diabetes, your goal 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!

GROUP SUPPORT

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 be 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 trade old habits for healthier ones.
- Working as a group. You don't have to figure this out alone.

EDUCATION & OUTREACH

The YMCA's Diabetes Prevention Program has flexible start dates so you can begin when it is convenient for you. Classes begin with no fewer than 6 participants and no more than 10. If there is space in a newly formed class, you can join up to the 2nd session.

INTEREST CONTACT FORM

Name: _____

Date of Birth: _____

Email Address: _____

Phone: _____

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-hr (75 gm glucola) plasma glucose:** (must be 140-199 mg/dL) _____
- ☐ **Prediabetes determined by clinical diagnosis of gestational diabetes (GDM) during previous pregnancy**

If you are not sure if you are at risk, **please complete the prediabetes risk test** at the right. If you score a 5 or higher, then you may be at risk for prediabetes or diabetes, and therefore may qualify for the program.

PREDIABETES RISK TEST

Write your score in the boxes below

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

IF YOU SCORED A 5 OR HIGHER then you may be at risk for prediabetes or diabetes, and may qualify for the program. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition where blood sugar levels are higher than normal but not high enough for a type 2 diabetes diagnosis.

AT RISK WEIGHT CHART

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 pts)		