

DIABETES PREVENTION PROGRAM



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WHAT IS DIABETES?

Diabetes is a chronic disease that causes blood sugar levels to rise higher than normal. Diabetes affects more than 29 million people. A condition called prediabetes occurs when blood sugar levels are higher than normal but not high enough for a Type 2 diabetes diagnosis. More than 84 million Americans have prediabetes and are at risk of developing diabetes. Diabetes has no cure, but prediabetes can be reversed.

ABOUT THE PROGRAM

The YMCA'S Diabetes Prevention Program is a support group that helps those at risk of developing Type 2 diabetes adopt and maintain a healthy lifestyle. This is achieved by helping participants eat better, increase physical activity, and lose a modest amount of weight in order to reduce their chance of developing the disease. Based on research by the National Institutes of Health and the Centers for Disease Control and Prevention, this program can reduce the risk of developing Type 2 diabetes by nearly 60%. This program is driven by the Centers for Disease Control and Prevention, the National Diabetes Prevention Program, and the Diabetes Prevention and Control Alliance.

PROGRAM COST

The cost of the program is \$475 for the year. Some participants may qualify to participate in this program at either a discounted rate or cost free. For more information on how to qualify for a stipend, please contact our Senior Program Director.

PROGRAM OVERVIEW

You will be given access to a trained Lifestyle Coach and 12 months of group support. Please note, this program is not an exercise class. Participants receive guidance on eating healthier, managing stress, preparing healthy meals on a budget, and staying motivated after the program's completion. Useful tools like a program manual, food journals, fat gram counting resources, and a complimentary family membership (up to 6 people per household) to the YMCA is provided for the entire year of participation. A minimum of 6 participants is needed in order to start each cohort.



PARTICIPATION CONDITIONS

- 18 years or older with BMI of 25 or higher
- A1C between 5.7%–6.4%
- Fasting Plasma Glucose 100–125 MG/DL
- 2 Hour Glucose 140–199 MG/DL
- Qualified blood results in the prediabetes range are needed to confirm eligibility. Individuals who have already been diagnosed with either Type 1 or 2 diabetes do not qualify for this program.

If you or someone you know may be at risk for developing diabetes, the YMCA's Diabetes Prevention Program can help. For more information or to schedule an appointment, please contact our Senior Program Director, Raj Waller at ext. 320 or rwaller@pavymca.org.

NEXT COHORT TBD. PLEASE CONTACT RAJ WALLER FOR MORE INFORMATION.