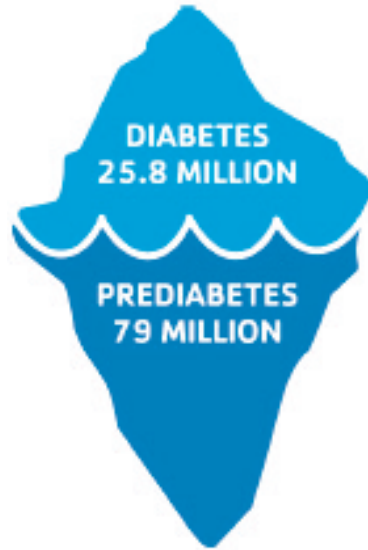


## DID YOU KNOW?

- Almost 26 million Americans have diabetes – but that’s just the tip of the iceberg. About 79 million adults in the United States have prediabetes.
- People with prediabetes are likely to develop type 2 diabetes within 10 years, unless they take steps to prevent or delay the disease.
- Diabetes is a leading cause of heart disease, stroke, blindness, kidney disease and nerve disease.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CHANGE TODAY FOR A HEALTHIER FUTURE

## Diabetes Prevention Program Hamilton Area YMCA

## THE GOOD NEWS...

Lifestyle changes such as eating healthier, increasing physical activity and losing a modest amount of weight can prevent or delay development of type 2 diabetes in those at high risk for the disease. The YMCA’s Diabetes Prevention Program can help you adopt and maintain these healthy habits to reduce your risk and ensure that you can live life to its fullest. Find out if you are at risk. Visit <http://www.ymca.net/diabetes-prevention/>.

The YMCA’s Diabetes Prevention Program is part of the Centers for Disease Control and Prevention-led National Diabetes Prevention Program and is nationally supported by the Diabetes Prevention and Control Alliance.



The Hamilton Area YMCA (“YMCA”) 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 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. The parties referenced above do not warrant or guarantee any specific outcomes for program participants, with respect to diabetes prevention.



Hamilton Area YMCA

1315 Whitehorse-Mercerville Road • Hamilton, NJ 08619 • [hamiltonymca.org](http://hamiltonymca.org)



# REDUCE YOUR DIABETES RISK & GAIN TOOLS FOR HEALTHY LIVING

The YMCA's Diabetes Prevention Program helps you take control of your health by adopting habits to reduce your chances of developing type 2 diabetes and improve your overall health and well-being. Research by the National Institutes of Health has proven that programs like the YMCA's Diabetes Prevention Program can reduce the number of cases of type 2 diabetes by nearly 60%.

This program has made a huge difference in my life. My blood pressure and cholesterol are back down where they are supposed to be. I have more energy. I want to do everything I can to stay on track and to keep myself motivated. I feel good about the fact that I am taking charge of my health and doing what I can to be healthy. This is really important to me at a time when health care is so expensive. This program did wonders for me and I know it can help other people as well.

– Marilyn, YMCA's Diabetes Prevention Program Participant

The group experience was really helpful because one person may be struggling with something and the group would bounce around ideas. A fresh perspective can really help. We encouraged each other. To see that it is such a struggle for other people too was unexpected. You always think it's just you struggling, but everyone in the group had different challenges, but we collaborated and supported each other.

– Monica, YMCA's Diabetes Prevention Program Participant

The program provides a supportive environment where participants work together in a small group to learn about healthier eating and increasing their physical activity in order to reduce their risk for developing diabetes.

The program, which is led by a trained Lifestyle Coach in a classroom setting, is delivered over a 12-month period, beginning with 16 weekly sessions followed by monthly maintenance.

## The Program

In order to qualify for the YMCA's Diabetes Prevention Program, participants must be at least 18 years old, overweight (BMI ≥ 25) and at high risk for developing type 2 diabetes or have been diagnosed with prediabetes†.

## Diabetes Prevention Goals

- Reduce body weight by 7%
- Increase physical activity to 150 minutes per week

TAKE THE TEST - KNOW YOUR SCORE!	Y	N	Hgt.	Wgt.
Answer these five questions, for each "yes" answer, add the number of points listed.			4'10"	129
			4'11"	133
			5'0"	138
Are you a woman who has had a baby that weighed more than 9 lbs. at birth?	1	0	5'1"	143
			5'2"	147
Do you have a parent with Diabetes?	1	0	5'3"	152
			5'4"	157
			5'5"	162
Do you have a sibling with Diabetes?	1	0	5'6"	167
			5'7"	172
Find your height on the chart. Do you weigh as much or more than the weight listed for your height?	5	0	5'8"	177
			5'9"	182
			6'0"	199
Are you younger than 65 years of age and get little or no physical activity in a typical day?	5	0	6'1"	204
			6'2"	210
			6'3"	216

Participants may enroll with a score of 9+. First time YMCA Diabetes Prevention participants will receive a Facility Membership for the duration of the program.

## Diabetes Prevention Schedule of Offerings

Monday 6:30 – 7:30 p.m.

**Program Fee:** \$50

† Individuals who have already been diagnosed with either type 1 or type 2 diabetes do not qualify for this program.

**For more information, contact the Healthy Living Department at 609.581.9622 ext. 114 or [jnastasi@hamiltonymca.org](mailto:jnastasi@hamiltonymca.org)**