

YMCA MEMBERSHIP NOT REQUIRED.

To see if you qualify or for information
about program fees and financial
assistance, contact:

PATIENCE SMITH-CABRERA

2245 Iyannough Road

West Barnstable, MA 02668

508-362-6500 ext 136

www.ymcacapecod.org

People with private health insurance should check with their employer
about the availability of this program as a covered benefit, or contact
the Diabetes Prevention and Control Alliance to confirm eligibility at
1 800 237 4942.



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Three friends, who have worked together
at the same company for years, began to
think about retirement and how much they
wanted to enjoy it without medical issues.
They quickly became a three-person team to
support each other in reaching the program
goals. They offer the following learnings to
other people interested in building a healthier
lifestyle: Commit to the program, give it as
much as it demands; workouts are not intended
to be easy; learn how to eat differently, find
alternatives; take your time grocery shopping,
instead of looking for foods that just look
good, find foods that are good; it's easier to
maintain than recover if you regain weight;
find accountability partners. "We did this
to improve our health. We want to enjoy the
activities we love & the time ahead of us."

– Steve, Bob and Lloyd, YMCA's Diabetes
Prevention Program Participants



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.

YMCA CAPE COD, ("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.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BIG REWARDS SMALL STEPS

Diabetes Prevention Program
YMCA CAPE COD



A LOT CAN HAPPEN IN ONE YEAR

REDUCE YOUR RISK FOR TYPE 2 DIABETES

What can you accomplish in one year? You can make a change for life and improve your health!

Healthier eating, increasing your physical activity, and reducing your body weight by 7% can help reduce your risk of developing diabetes and improve your overall health.

The **YMCA's Diabetes Prevention Program** is a community-based lifestyle improvement program for adults with prediabetes. Its purpose is to empower adults with lasting lifestyle changes that will improve their overall health and reduce their chance of developing type 2 diabetes.

Currently, diabetes affects nearly 26 million people. Another 79 million have prediabetes and are at risk of developing diabetes, but only 11 percent are aware of it.

Research by the National Institutes of Health has shown that programs like the YMCA's Diabetes Prevention Program reduce the number of new cases of diabetes by 58% overall and by 71% in individuals over age 60.

YOU DO NOT HAVE TO DO IT ALONE!

Participants gather in a relaxed classroom setting and work together in small groups to learn how to incorporate healthier eating and moderate physical activity into their daily lives.

THE YMCA'S DIABETES PREVENTION PROGRAM IS:

- Led by a trained Lifestyle Coach
- A one-year program
 - 16 weekly sessions, then
 - 8 monthly sessions

PROGRAM QUALIFICATIONS:

- At least 18 years old,
- Overweight (BMI ≥ 25)*, and
- At risk for developing type 2 diabetes or
- Diagnosed with prediabetes[†]

PROGRAM GOALS:

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

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

*Asian individual(s) BMI ≥ 22



YOUR CONTACT INFORMATION

First name* _____

Middle name _____

Last name* _____

Gender* _____

Date of birth* _____

Email address _____

Street 1* _____

Street 2 _____

City* _____

State* _____

Postal code* _____

Home phone _____

Work phone _____

Mobile phone _____

Height (Ft, In) _____ Weight _____

*Required information

RACE/ETHNICITY

☐ American Indian or Alaska Native

☐ Asian

☐ Native Hawaiian or Other Pacific Islander

☐ Black or African American

☐ Hispanic/Latino of any race

☐ White