

DID YOU KNOW?

- About one in three American adults—that's 57 million people—have pre-diabetes.
- People with pre-diabetes are likely to develop type 2 diabetes within 10 years, unless they take steps to prevent or delay diabetes.
- 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.
- Diabetes is a leading cause of heart disease, stroke, blindness, kidney disease, and nerve disease.

YOUR HEALTH

Improving the nation's health and well-being is a priority for the Y. We offer resources and guidance to maintain or improve physical activity, health and wellness. The Y brings families closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests.

CLASS DATES

March 6, 2012 – April 24, 2012

Wednesdays 5:30 – 6:30 PM

Fee: \$15 Member/\$25 Non-member



OUR MISSION

Tuscarawas County YMCA is committed to enriching the lives of everyone in our community by the development of healthy spirit, mind and body through membership services and programs based on Christian principles and values of caring, honesty, respect and responsibility.



Tuscarawas County YMCA

600 Monroe Street

Dover, Ohio 44622

330-364-5511

www.tuscymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOU CAN TAKE CONTROL Diabetes Prevention Program

March 6, 2012 – April 24, 2012



Diabetes Prevention Program

You can reduce your diabetes risk and gain tools for healthy living through the YMCA's Diabetes Prevention Program.

If you are at high risk of developing type 2 diabetes, The YMCA's Diabetes Program can help you adopt and maintain healthy lifestyles that will help you reduce your chances of developing diabetes. The program is based on research funded by the National Institutes of Health and the Centers for Disease Control and Prevention which showed that by eating healthier, increasing physical activity and losing a small amount of weight, a person with pre-diabetes can prevent or delay the onset of type 2 diabetes by 58%.

About the Program

In a classroom setting, a Wellness Coach will help you change your lifestyle by learning about healthy eating, physical activity and other behavior changes over the course of 8 one-hour sessions. After the initial 8 core sessions, you will meet monthly for added support to help maintain your progress.

Program goals:

- Eat recommended serving of fruits/vegetables
- Reduce body weight by 6%
- Increase physical activity to 150 minutes per week

FOR MORE INFORMATION Tuscarawas County YMCA

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CAN I PARTICIPATE?

In order to qualify for the YMCA's Diabetes Program, you must be overweight (BMI \geq 25)* and at high risk for developing type 2 diabetes or have been diagnosed with pre-diabetes.

Are you at risk for developing diabetes?

Please check each box that is true:

- My blood pressure is 140/90 or higher, or I have been told I have high blood pressure
- I have been told that my cholesterol levels are not normal
- I am fairly inactive. I am NOT physically active more than two times a week
- I have or had a parent or sibling with diabetes
- I have been told I have pre-diabetes
- I have had gestational diabetes (diabetes during pregnancy), or I gave birth to a baby weighing more than 9 pounds
- I am 45 years of age or older

If three or more boxes above are checked, then you may be at risk for pre-diabetes or diabetes, and may qualify for the program. This does NOT mean you have diabetes. You will need a blood test to confirm if you have diabetes.



REGISTRATION Participants Details

First name _____

Middle name _____

Last name _____

Date of Birth _____

Email address _____

Street 1 _____

Street 2 _____

City _____

State _____

Postal code _____

Home phone _____

Work phone _____

Cell phone _____



Mail completed form to:

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