



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Essentia Health
Here with you

DIABETES PREVENTION PROGRAM

A LIFESTYLE CHANGE PROGRAM FOR ADULTS WITH PREDIABETES

You may be eligible if you are:

- At least 18
- Overweight
- Do not currently have diabetes
- Are not pregnant
- Rated at 9 or higher on the diabetes risk score test

Are you at risk for diabetes?

Complete the CDC prediabetes screening test. Add up the number of points associated with each answer to learn your risk below.

Yes	No	
1	0	Are you a woman who has had a baby weighing more than 9 lbs at birth?
1	0	Do you have a sister or brother with diabetes?
1	0	Do you have a parent with diabetes?
5	0	Find your height on the chart on the right. Do you weigh as much as or more than the weight listed for your height?
5	0	Are you younger than 65 years old and get little to no exercise in a typical day?
5	0	Are you between 45-64 years old?
9	0	Are you 65 years old or older?

_____ **Total Score**

Height	Weight (lbs)	Height	Weight (lbs)
4'10"	129	5'8"	177
4'11"	133	5'9"	182
5'0"	138	5'10"	188
5'1"	143	5'11"	193
5'2"	147	6'0"	199
5'3"	152	6'1"	204
5'4"	157	6'2"	210
5'5"	162	6'3"	216
5'6"	167	6'4"	221
5'7"	172		

Your score means:

3 to 8 points:

This means your current risk of having prediabetes is low. Keep your risk low! Continue to be active, eat low-fat meals with fruits, vegetables and whole-grain foods.

9 or more points:

This means your current risk of having prediabetes is high and you may be eligible for this program.

What is it?

The Diabetes Prevention Program is a community based, lifestyle change program that offers diabetes prevention education and support for people with prediabetes and those at high risk for prediabetes. Prediabetes involves blood sugar levels that are higher than normal, but not yet high enough to be diabetes.

An individual with prediabetes can delay or prevent type 2 (T2) diabetes by making simple lifestyle changes. Diet and moderate exercise, resulting in a modest weight loss, often work to delay or prevent progression to a diagnosis of type 2 diabetes.

About the Program

Learn how to create a healthier lifestyle and prevent diabetes in this 22-session diabetes prevention program. The group will need with trained instructors for 16-session in 6 months, followed by six monthly sessions to provide ongoing support. The program will help participants lose weight, eat healthier, and increase physical activity. If classes are cancelled for any reason, make up session will be scheduled to complete the program

Covered topics include:

Introduction to the program, get active to prevent T2, track your activity, eat well to prevent T2, track your food, get more active, burn more calories than you take in, shop and cook to prevent T2, manage stress, find time for fitness, cope with triggers, keep your heart healthy, take charge or your thoughts, get support, eat well away from home and stay motivated to prevent T2.

PRE-REGISTER: Dec. 4-23, in person at the Superior YMCA, or online. Then, come to "Session Zero", Dec. 26-30, at the time/place shown below that you are registering for, to complete the registration process. Classes begin the first week of January.

DATE/TIME: Tue./11:30am or 5:30pm, Wed./11:30am or 6:45pm, Thu./12:45pm, Sat./8:15am

LOCATION: Daytime classes/Superior YMCA Evening classes/New Perspective Sr Living

FEE: FREE! (\$429 value). This cost is fully covered by Essentia Health and the Superior Douglas County Family YMCA

CLASSES BEGIN IN JANUARY!

For more information, contact Cathi Austin, Health Enhancement Coordinator 715-392-5611 caustin@superiorymca.org