



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
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**

### Registration Details

Classes begin in July 2019. Registration begins June 1. Register in person at the Superior YMCA.

Tuesday's	8:00am	@ Y Meeting Room
Wednesday's	8:30am	@ WI National Guard Armory
	11:30am	@ Y Meeting Room
	5:00pm	@ Y Meeting Room
Thursday's	11:00am	@ Y Meeting Room
Friday's	9:00am	@ Y Meeting Room

### 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 26 session, 12 month diabetes prevention program. The group will meet with trained instructors for 1-hour, weekly sessions month one through four, twice a month months five and six and once a month months seven through twelve providing 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.

### Some examples of 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.

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.

**FREE!**

### Fee:

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

For any additional information, please contact Sarah at the Superior YMCA 715-392-5611 EXT 103, selizabeth@superiorymca.org

**Superior Douglas County Family YMCA**  
9 N 21st Street Superior, WI 54880  
715-392-5611 www.superiorymca.org