



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CHANGE TODAY FOR A HEALTHIER FUTURE



DIABETES PREVENTION PROGRAM

If you're at risk for type 2 diabetes, you can make small, measureable changes that can reduce your risk and help you live a happier, healthier life. **Change is tough – we can help.**

IN PERSON CLASSES BEGINS SEPTEMBER 2021

WEEKLY CLASSES All on site at the Superior YMCA. Register for one of the following classes.

Mondays 9:00 am with Jill

Tuesdays 5:30 pm with Alaina

Wednesdays 12:00 pm with Jen R.

Thursdays 7:30 am with Ashlee

Thursdays 5:15pm with Jen B.

**REGISTER
NOW!**

FEE

FREE! (\$429 Value). This cost is fully covered by Essentia Health and the Superior Douglas County Family YMCA Annual Support Campaign.

REGISTRATION

Register online www.superiorymca.org or contact Health & Wellness Director Jen Rosnau, jerosnau@superiorymca.org, 715-392-5611 Ext 115

QUESTIONS?

Contact Jen Rosnau.

MORE INFORMATION ON BACK



SUPERIOR DOUGLAS COUNTY FAMILY YMCA
9 N 21st Street Superior, WI 54880
715-392-5611 www.superiorymca.org



Essentia Health
Here with you

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

You will learn how to create a healthier lifestyle and prevent diabetes in this 12 month diabetes prevention program. Your group will meet virtually with a trained Diabetes Prevention Program facilitator. Participants receive a one year membership to the Superior YMCA.

ARE YOU AT RISK FOR DIABETES?

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

- How old are you?
Younger than 40 years (0 points) _____
40-49 years (1 point) _____
50-59 years (2 points) _____
60 years and older (3 points) _____
- Are you a man or a woman?
Man (1 point) Woman (0 points) _____
- If you are a woman, have you ever been diagnosed with gestational diabetes?
Yes (1 point) No (0 points) _____
- Do you have a parent or sibling with diabetes?
Yes (1 point) No (0 points) _____
- Have you ever been diagnosed with high blood pressure?
Yes (1 point) No (0 points) _____
- Are you physically active?
Yes (0 points) No (1 point) _____
- What is your weight category?
(See chart at right) _____

Total Score: _____

Height	Weight (lbs)		
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+

1 Point 2 Points 3 Points

You weigh less than the 1 point column
(0 Points)

IF YOU SCORED 5 OR HIGHER YOU MAY BE ELIGIBLE:

You have an increased risk for prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes. **Talk to your doctor to see if additional testing is needed.**