



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

REDEFINE YOUR HEALTH TRANSFORM YOUR LIFE

YMCA's Diabetes Prevention Program

SANTA MONICA FAMILY YMCA

Adult Program

Type 2 Diabetes Is Preventable!

About one in three American adults – 86 million people have prediabetes.
Only 11% are aware of it.

About Our Program

The YMCA's Diabetes Prevention Program helps those at high risk of developing type 2 diabetes adopt and maintain healthy lifestyles by eating healthier, increasing physical activity and losing a modest amount of weight in order to reduce their chances of developing the disease.

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

**One year long virtual group meetings.
Total 25 one hour live stream sessions.**

**Please see reverse side for program description,
qualification, and contact information.**

SANTA MONICA FAMILY YMCA
1332 6th Street, Santa Monica, CA 90401
www.ymcasm.org
(310) 393-2721



SANTA MONICA FAMILY YMCA complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-310-393-2721 ext 129.

Program Description

This program is a 12-month program carried out in a classroom group setting.
Sessions 1-16 meet once per week (4 months)
Sessions 17-19 meet every other week (2 months)
Session 20-25 meet once per month (remaining 6 months)

Program Qualifications

Participants must be:

- At least 18 years old
- Overweight with a Body Mass Index (BMI) of 25 or higher, or 23 or higher for Asian individuals
- At high risk for developing type 2 diabetes

Risk is confirmed by a blood test, a previous diagnosis of gestational diabetes, or a qualifying risk score when there is no access to a blood test.

Note: Individuals who have already been diagnosed with either type 1 or type 2 diabetes do not qualify for this program. Individuals with normal blood values also do not qualify for this program.

Blood Values

A1c between 5.7 – 6.4

Fasting Plasma Glucose between 100-125 mg/dL

2-Hour (75 gm glucola) Plasma Glucose (must be 140-199 mg/dL)

Other

Your risk is greater if:

- You have a parent or sibling with diabetes
- You are 65 years of age or older
- You are younger than 65, but lead a sedentary lifestyle

Program Goal:

To help reduce your risk for diabetes, your goal in the YMCA's Diabetes Prevention Program is to reduce your body weight by 7% and increase your physical activity by at least 150 minutes per week within the first half of the program.

Classes are available to ALL individuals in the community. A YMCA membership is not required for participation in this program. Financial assistance is also available to those who qualify.

To learn more about the program, its cost, and registration, please contact Lidia Magarian, Chronic Disease Prevention Director, at 310/393-2721 ext. 129 or email: lidiam@ymcasm.org.

The YMCA's Diabetes Prevention Program uses a CDC-approved curriculum and is part of the CDC-led National Diabetes Prevention Program. YMCA of the USA offers access to YMCA's DPP through a network of local YMCAs, and YMCA's DPP may or may not be a covered benefit under your health insurance policy, worksite wellness program, Medicare Plan, or other applicable federally funded healthcare program. To find out whether YMCA's DPP is covered under your policy and to determine any cost-sharing responsibilities, contact your insurance company, health plan administrator, wellness program sponsor, Medicare or Medicaid. Any dispute regarding coverage of YMCA's DPP should be brought to your insurance provider or benefit program administrator. Neither YMCA of the USA nor any local YMCA warrants or guarantees any specific outcome for YMCA's DPP participants with respect to diabetes prevention.

Program Supported by Community Hospitals:



Santa Monica Family 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 with the nation's YMCAs 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. YMCA of the USA nor any YMCA offering the YMCA's Diabetes Prevention Program warrants or guarantees any specific outcomes for program participants with respect to diabetes prevention.