

TESTIMONIAL

I must admit I was skeptical at first, but after my first weigh-in I was convinced this program was for me. With the 60 pounds I've lost so far, I have also had other benefits. My blood pressure and glucose levels are lower and I now sleep better at night. For the first time in years I feel good about myself. I can't believe I am saying this, but I enjoy working out for the first time in my life. I would recommend this program for anyone wanting to be healthier.

—Tammy Riley

YMCA of Florida's First Coast 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.

The Y is a leading nonprofit committed to improving the nation's health. Financial assistance is available to those who qualify. Please contact the Y for more information.

**For information about the
YMCA's Diabetes Prevention Program
and to recommend your patients,
please contact:**

Airen Payne

40 East Adams St. Suite 210
Jacksonville, FL 32202

P 904.265.1777

F 904.265.1786

prevention@firstcoastymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MEASURABLE PROGRESS
**UNLIMITED
SUPPORT**

YMCA OF FLORIDA'S FIRST COAST
40 East Adams St. Suite 210
Jacksonville, FL 32202
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FirstCoastYMCA.org

**Diabetes Prevention Program
YMCA of Florida's First Coast**

**86 million Americans
age 20 and older,
have prediabetes—
more than 1 in 3—
but only 10% of people
know they have it.
Without weight loss and
moderate physical activity,
15% to 30% of people
with prediabetes will
develop type 2 diabetes
within 5 years. Physicians
like you know the toll
this disease takes on
individuals, families
and even communities.**

CONNECT PATIENTS TO BETTER HEALTH

Patients look to you—their trusted health care provider—for information on promoting health and preventing chronic diseases.

After assessing your patients' risk for type 2 diabetes and testing for prediabetes, you can feel confident that referring them to the **YMCA's Diabetes Prevention Program** may reduce their chances of developing type 2 diabetes and provide them tools for living happier and healthier.

MEASURABLE PROGRESS, UNLIMITED SUPPORT

The **YMCA's Diabetes Prevention Program** focuses on small, measurable, reasonable goals to give participants confidence so they can make the necessary changes to reduce their risk for type 2 diabetes and live healthier lives.

The group support participants receive helps to keep them motivated and encouraged. You can feel confident that the patients you refer will spend a year surrounded by supportive people with common goals.

EFFECTIVELY REDUCES RISK

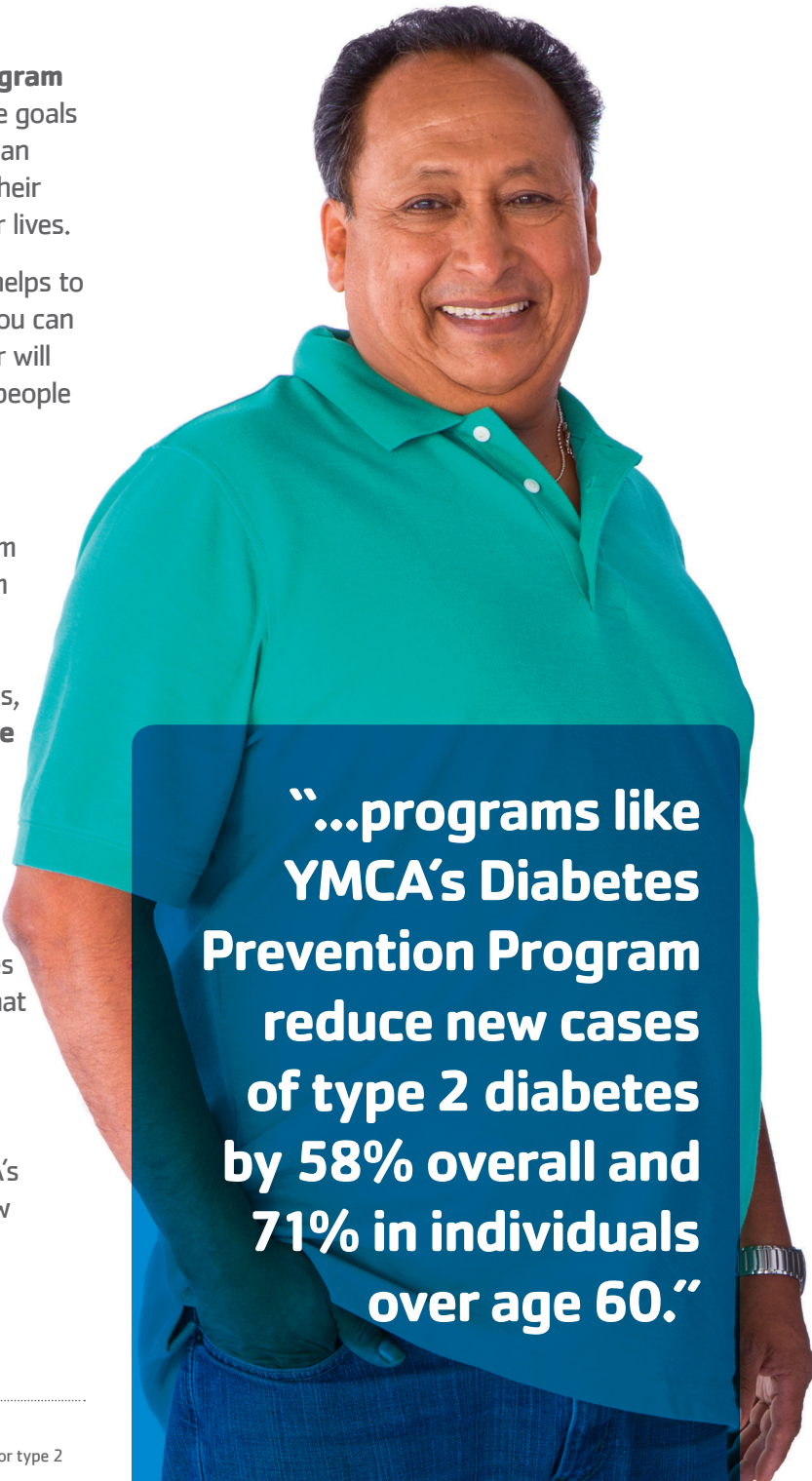
The YMCA's Diabetes Prevention Program is a one-year, community-based program where participants work in small groups with a trained Lifestyle Coach in a relaxed, classroom setting. In 25 sessions, **participants learn how to incorporate healthier eating, moderate physical activity, and problem-solving and coping skills into their daily lives.**

Your patients will get the hands-on support they need from Lifestyle Coaches trained on a CDC-approved curriculum that is part of the CDC-led National Diabetes Prevention Program.

Based on research from the National Institutes of Health, programs like YMCA's Diabetes Prevention Program reduce new cases of type 2 diabetes by 58% overall and 71% in individuals over age 60.

* Asian individual(s) BMI ≥ 22

† Individuals who have already been diagnosed with either type 1 or type 2 diabetes do not qualify for this program.



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MEASURABLE GOALS, GROUP SUPPORT, IMPROVE QUALITY OF LIFE

The program is a lifestyle change program that keeps participants engaged. Studies show that engaged participants enjoy lower health care costs and more desirable long-term health outcomes.

PROGRAM DETAILS

The program emphasizes two primary goals for the first half of the program: reduce body weight by 7% and increase physical activity by 150 minutes per week. To sign up, participants must be:

- at least 18 years old;
- overweight (BMI ≥ 25)*, **AND**
 - diagnosed with prediabetes via a blood test or gestational diabetes†;
 - if a blood test is not available, a qualifying risk score.

BE THEIR HELPING HAND

The YMCA's Diabetes Prevention Program helps participants see the progress they make and encourages them to support each other. **You can be the link between your patients and this program for healthier living.**

Referring a patient is simple. We will provide you with information about the program and its benefits to share with your patients. You will use the form included in this brochure to recommend them to a local program.

YMCA'S DIABETES PREVENTION PROGRAM PARTICIPANT RECOMMENDATION FORM:

PARTICIPANT INFORMATION

NAME: _____

PHONE NUMBER: _____

BIRTHDATE: _____

☐ FEMALE ☐ MALE

HEIGHT: _____ WEIGHT: _____

BMI: _____

LAB VALUES OR DIAGNOSIS

Please check each box that is true, and provide a value if possible:

☐ **A1C:** _____
(must be 5.7%–6.4%)

☐ **FASTING PLASMA GLUCOSE:** _____
(must be 100–125 mg/dL)

☐ **2-HOUR (75 gm glucola) PLASMA GLUCOSE:** _____
(must be 140–199 mg/dL)

☐ **PREDIABETES DETERMINED BY CLINICAL DIAGNOSIS OF GESTATIONAL DIABETES (GDM) DURING PREVIOUS PREGNANCY**

HEALTH CARE PROVIDER SIGNATURE _____

PATIENT SIGNATURE _____

DATE: _____

Y MEMBERSHIP IS NOT REQUIRED

Financial assistance may be available. Some health plans cover this program as a benefit.