

## REAPING THE BENEFITS OF A SUPPORTIVE ENVIRONMENT

I knew all the stats, had all the right information, and knew that I was at high risk but was not ready to commit to changing my life until I learned about this program. The small group component is what sold me. I really liked the idea of accountability. The group connection and accountability, for me, were the biggest piece. At age 50, I've lost 20 percent of my starting weight and now, at 142 pounds, I'm back to the size I was in college.

—Laura, program participant

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 us.

ymcadpp@springfieldy.org  
DOWNTOWN SPRINGFIELD YMCA  
275 Chestnut Street  
Springfield, MA 01104  
413.739.6951



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



MEASURABLE PROGRESS  
**UNLIMITED SUPPORT**



DOWNTOWN SPRINGFIELD YMCA  
275 Chestnut Street  
Springfield, MA 01104  
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YMCA Diabetes Prevention Program  
DOWNTOWN SPRINGFIELD YMCA FAMILY CENTER

**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 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

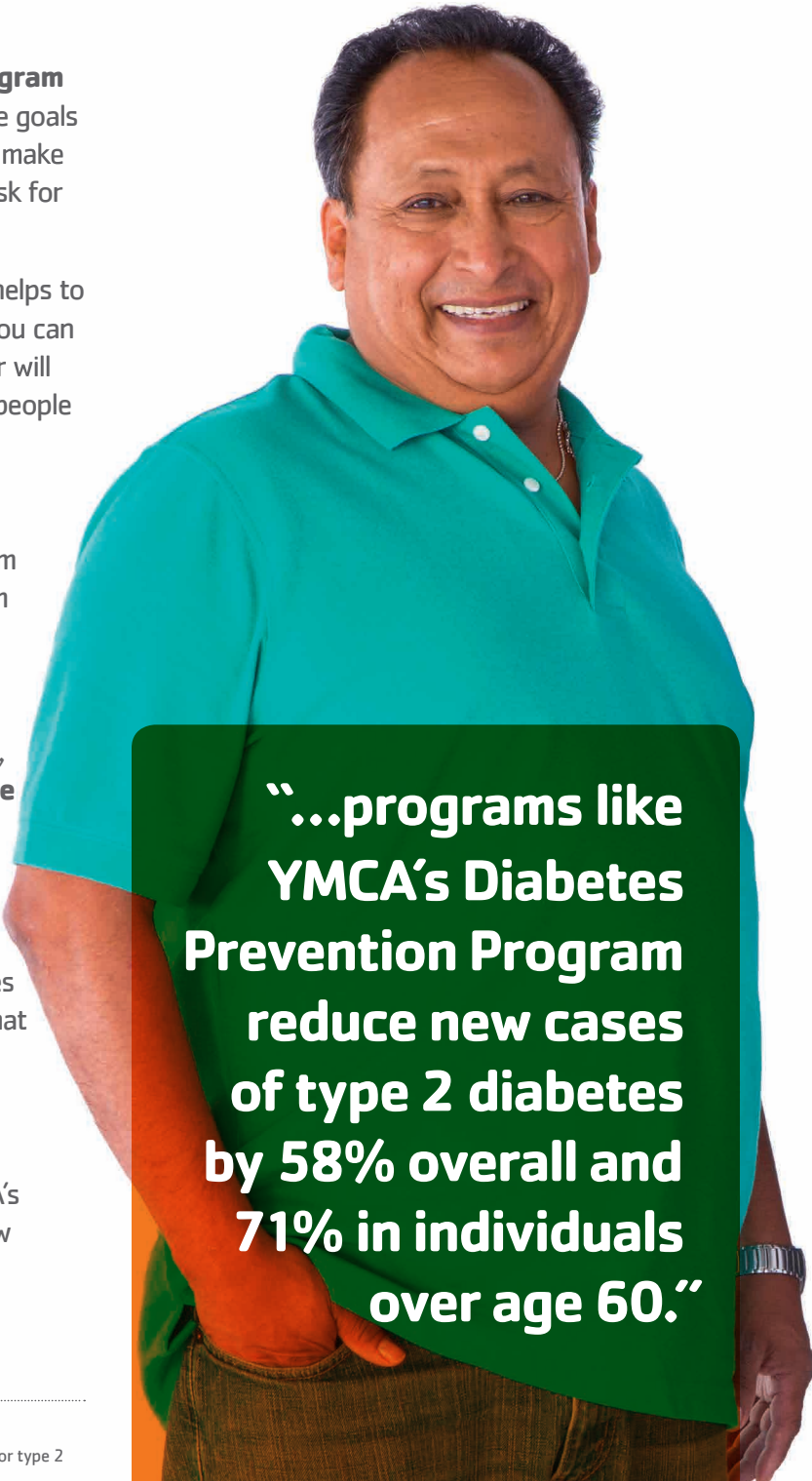
The YMCA's Diabetes Prevention Program is a one-year, community-based program where participants work in small groups with a trained Lifestyle Coach in a relaxed, classroom setting. In 16 weekly sessions followed by 8 monthly sessions, **participants learn how to incorporate healthier eating, moderate 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  $\geq$  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.

**Good news:** The YMCA's Diabetes Prevention Program is offered in your community:  
**275 Chestnut Street  
Springfield, MA 01104  
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## 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  $\geq$  25)\*, **AND**
  - diagnosed with prediabetes via a blood test or gestational diabetes<sup>†</sup>;
  - 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.

YMCA of Greater Springfield 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.