Since starting the program, my health has improved. I’ve lost 40lbs, my A1C moved from 6.2 to 5.9 and I feel much better. I appreciate my YMCA coaches for all their support. I have a long way to go, but have the tools and support to keep improving my health.

- Vicki B., Greater Kingsport Family YMCA

Would you like to see short videos about the program? Scan the code below.

YMCA Membership Not Required!
Take the next step. Contact:

YMCA’s Diabetes Prevention Program
prevention@ymcakpt.org 423.765.9757 (phone)
1840 Meadowview Pkwy Kingsport, TN 37660

YOU CAN CHANGE YOUR FUTURE

Diabetes Prevention Program
GREATER KINGSPORT FAMILY YMCA
Change is tough. We can help.
WHAT IS PREDIABETES?
Prediabetes occurs when blood sugar levels are higher than normal but not high enough for a type 2 diabetes diagnosis. Risk for developing type 2 diabetes may be reduced or eliminated by weight loss, healthier eating and increased physical activity.

PREDIABETES IS REVERSIBLE.
TYPE 2 DIABETES IS NOT.

WHAT CAN YOU DO?
The YMCA’s Diabetes Prevention Program helps adults at a higher risk of developing type 2 diabetes reduce their risk for developing the disease by taking steps that will improve their overall health and well-being. Research by the National Institutes of Health has shown that programs like the YMCA’s Diabetes Prevention Program can reduce the number of new cases of type 2 diabetes by 58%, and 71% in adults over the age of 60.

WHAT TO EXPECT
Led by a trained Lifestyle Coach, 8 to 15 participants (who qualify for the program) will meet as a group for 1 year—one time per week for 16 weeks, then once every two weeks, transitioning to one time per month during the last 6 months to stay on track for success.

Participants can attend class at their worksite or any community location.

During small-group meetings, participants will follow a CDC-approved curriculum where they will:

• Participate in an interactive program and learn about portion sizes, how to read food labels and more.
• Learn to make gradual, healthy and reasonable changes to their food choices and physical activity levels over time.
• Receive support from other members as they break old habits and develop new ones.

DO YOU QUALIFY?
To participate in the program, you must be:
• 18 years or older
• Overweight (BMI ≥ 25)*, and:
  • Diagnosed with prediabetes via one of three blood tests or a previous diagnosis of gestational diabetes.**
  • If you don’t have a blood test result, you must have a qualifying risk score.

ARE YOU AT RISK?

WHAT IS YOUR RISK SCORE?
7 quick questions to see if you might be at risk.

For each “yes” answer, add the number of points listed.

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are you a woman who has given birth to a baby weighing more than 9 pounds?</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Do you have a parent with diabetes?</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Do you have a brother or sister with diabetes?</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Find your height on the chart below.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do you weigh as much or more than the weight listed for your height?</td>
<td>5</td>
<td>0</td>
</tr>
<tr>
<td>Are you younger than 65 years of age and get little or no physical activity in a typical day?</td>
<td>5</td>
<td>0</td>
</tr>
<tr>
<td>Are you between 45 and 65 years of age?</td>
<td>5</td>
<td>0</td>
</tr>
<tr>
<td>Are you 65 years of age or older?</td>
<td>9</td>
<td>0</td>
</tr>
</tbody>
</table>

IF YOU SCORED A 9 OR HIGHER, then you may be at risk for prediabetes or diabetes, and may qualify for the program. This does NOT mean you have diabetes. You will need a blood test to confirm if you have diabetes.

GOALS

• Reduce body weight by 7%
• Increase physical activity to 150 minutes per week

PREDIABETES IS REVERSIBLE.
TYPE 2 DIABETES IS NOT.

1 OUT OF 3 U.S. ADULTS HAS PREDIABETES, 10% KNOW THEY HAVE IT.

DID YOU KNOW?
• Eating too much sugar does not cause diabetes, but being overweight is a risk factor.
• People with prediabetes may not have any symptoms.

AT RISK WEIGHT CHART

<table>
<thead>
<tr>
<th>Height</th>
<th>Weight (in pounds)</th>
<th>Height</th>
<th>Weight (in pounds)</th>
</tr>
</thead>
<tbody>
<tr>
<td>4’10”</td>
<td>129</td>
<td>5’8”</td>
<td>177</td>
</tr>
<tr>
<td>4’11”</td>
<td>133</td>
<td>5’9”</td>
<td>182</td>
</tr>
<tr>
<td>5’0”</td>
<td>138</td>
<td>5’10”</td>
<td>188</td>
</tr>
<tr>
<td>5’1”</td>
<td>143</td>
<td>5’11”</td>
<td>193</td>
</tr>
<tr>
<td>5’2”</td>
<td>147</td>
<td>6’0”</td>
<td>199</td>
</tr>
<tr>
<td>5’3”</td>
<td>152</td>
<td>6’1”</td>
<td>204</td>
</tr>
<tr>
<td>5’4”</td>
<td>157</td>
<td>6’2”</td>
<td>210</td>
</tr>
<tr>
<td>5’5”</td>
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<td>216</td>
</tr>
<tr>
<td>5’6”</td>
<td>167</td>
<td>6’4”</td>
<td>221</td>
</tr>
<tr>
<td>5’7”</td>
<td>172</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1 Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin.” NEJM, Vol. 346 No. 6, February 7, 2002.
* Asian individual BMI ≥ 22
** Qualified blood results in the prediabetes range are needed to confirm eligibility. Individuals who have already been diagnosed with either type 1 or type 2 diabetes do not qualify for this program.

Greater Kingsport 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 YMCA’s 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 YMCA’s Diabetes Prevention Program uses a CDC-approved curriculum and is part of the CDC-led National Diabetes Prevention Program.

Are you ready to take the next step?