



YMCA of the Capital Area  
www.ymcabr.org

### Our Mission

To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

### WE ARE THE Y

Every day, we work side by side with our neighbors to make sure that everyone, regardless of age, income or back-ground, has the opportunity to learn, grow and thrive. The Y is, and always will be, dedicated to building healthy, confident, connected and secure people and communities.

### We are For Healthy living

At the Y, a supportive community is a big part of wellness. At every age and every level of activity, you'll find people just like you looking to live a little bit healthier. Members and program participants often cite the support and enthusiasm of fellow participants and staff as some of the key factors in their achievement of greater well-being.

### WE ARE ROOTED IN COMMUNITY

Serving New Orleans, Baton Rouge, and surrounding communities, we are uniquely positioned as a **community bridge organization**. We are **growing!** We have 13 YMCA within our Region. We also regularly add programs to **meet the needs of the community**.

# SMALL STEPS BIG REWARDS

## Diabetes Prevention Program

### REDUCE YOUR RISK

The YMCA's Diabetes Prevention Program helps overweight adults at risk for 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 Institute 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 is the YMCA Diabetes Prevention Program?

- 1-year program, 16 weekly sessions then monthly sessions
- 3-month YMCA membership for the participant and their family
- Small group, supportive environment
- Learn about healthier eating & increase physical activity to reduce risk
- Classroom based-can be offered in any community setting
- Classes are offered in the Southeast Louisiana parishes.

### What are the goals?

- Reduce body weight by 7%
- Increase physical activity to 150 minutes of moderate (the equivalent of brisk walking) physical activity per week



"While attending my classes, I've realized I wasn't alone in this struggle"

- Victor, Belle Chasse

"I would have never taken this step and made these changes if it wasn't for the Y and the support of my coach and class friends"-Art, Belle Chasse

## Is the YMCA Diabetes Prevention Program right for me?

### To qualify

- Participants must be at least 18 years old
- Overweight (BMI > 25)\*
- At high risk for developing type 2 diabetes or have been diagnosed with prediabetes\*\*
  1. Previous diagnosis of gestational diabetes
  2. Blood test with one of the following results
    - Fasting Plasma Glucose between 100-125 mg/dL
    - 2-hour (75 gm glucola) Plasma Glucose between 140-199 mg/dL
    - A1c between 5.7% and 6.4%
  3. A qualifying risk score based on a combination of risk factors—family history, age, etc.
  4. Take the risk test and know your score at [www.ymcabr.org/dpp](http://www.ymcabr.org/dpp)
  5. Visit your doctor for blood test

\*Asian individuals BMI > 22

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

## What will I learn to help achieve my goals?

### Weekly Session Descriptions:

1. Welcome to the Program
2. Be a Fat Detective
3. Ways to Eat Less Fat
4. Healthy Eating
5. Move Those Muscles
6. Being Active: A Way of Life
7. Tip the Calorie Balance
8. Take Charge of What's Around You
9. Problem Solving
10. Four Keys to Healthy Eating Out
11. Talk Back to Negative Thoughts
12. The Slippery Slope of Lifestyle Change
13. Jump Start Your Activity Plan
14. Make Social Cues Work for You
15. You Can Manage Stress
16. Ways to Stay Motivated



## How do I enroll?

To see if you qualify, please visit your local YMCA Welcome Center and complete a YMCA's Diabetes Prevention Program Risk Assessment or visit [www.ymcabr.org/dpp](http://www.ymcabr.org/dpp)

Contact Gwen Bowie, Program Coordinator, at 225-766-2991 or email at [gbowie@ymcabr.org](mailto:gbowie@ymcabr.org) for more information.

## DID YOU KNOW?

One out of three U.S. adults has type 2 diabetes, but only 11% know they have it.

Financial assistance is available through our Annual Support Campaign at the Y, which provides more than \$925,000 in financial assistance to individuals and families each year.

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People with health insurance provided by UnitedHealth should check with their employer about the availability of this program as a covered benefit, or contact the Diabetes Prevention and Control Alliance to confirm eligibility at 1-800-237-4942. YMCA of Greater New Orleans, YMCA of the Capital Area 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 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 pre-diabetes by promoting an effective lifestyle change. The parties referenced above do not warrant or guarantee any specific outcomes for program participants, with respect to diabetes prevention.