HOW IT WORKS:
- The one-year group-based program consist of weekly and monthly sessions led by a trained Lifestyle Coach who facilitates a small group of adults with similar goals in a classroom setting.

PROGRAM GOALS:
- Lose 7% of body weight.
- Gradually increase physical activity by 150 minutes per week.

WHO QUALIFIES:
- Adults 18+
- Overweight (BMI >25)*
- At risk for or have been diagnosed with PREDIABETES**
  1. Blood test with one of the following results:
     - Fasting Plasma Glucose between 100-125 mg/dL
     - 2-hour Plasma Glucose between 140-99mg/dL
     - A1c between 5.7% and 6.4%
  2. Previous diagnosis of gestational diabetes
- If a blood test is not available, a qualifying risk score based on combination of risk factors– family
- history, age, etc.
*Asian individual BMI > 22
**Individuals who have already been diagnosed with either type 1 or type 2 diabetes do not qualify for this program

Visit YMCA.net.diabetes for more information
In America, 26 million people suffer from diabetes, a serious chronic condition that can lead to heart disease, high blood pressure, loss of limbs and blindness.

Another 86 million people (1 out of 3 American Adults) have prediabetes, a potentially reversible condition that if left untreated, can lead to type 2 diabetes. Only 10% are aware of it.

But there is hope. The Simi Valley YMCA’s Diabetes Prevention Program can help those at high risk for developing type 2 diabetes gain the tools they need to live healthy lives and reduce, delay and cut their risk in HALF from developing this serious, life-changing disease.

**WHAT ARE THE RISK FACTORS?**

There are two ways to think about risk factors—those you can’t change and those you can. Non-modifiable risk factors are those you can’t change. These include:

- Age
- Race/Ethnicity
- Family History
- History of gestational diabetes or having a baby weighing 9 pounds

Modifiable risk factors are things you can control to decrease your risk for developing disease. These include:

- Physical inactivity
- Being overweight
- Elevated blood glucose

**KNOW THE TRUTH**

Know the truth about diabetes and its risk factors. The Simi Valley YMCA’s Diabetes Prevention Program is a one-year, community-based, lifestyle intervention program for adults at high risk of developing type 2 diabetes. The program is designed to enable adults to adopt and maintain lifestyle changes that will improve their overall health and reduce their risk of developing type 2 diabetes. Through the program, participants will receive support and encouragement from both a trained Lifestyle Coach and fellow participants as they develop a plan for improving and maintaining their overall well-being.

During this 12-month, group-based program, the first 16 weekly sessions focus on building the knowledge and resources participants need to make a lasting lifestyle change—for example, making healthier choices, incorporating physical activity, and staying motivated and managing stress. Then the remaining monthly sessions are designed to help reinforce what participants have learned and help keep them motivated.

The Simi Valley YMCA Diabetes Prevention Program is supported by Adventist Health Simi Valley, and is following a CDC-approved curriculum.

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