

YMCA's Diabetes Prevention Program

John Muir Health partnering with YMCA

Measureable Progress, Unlimited Support

YMCA's Diabetes Prevention Program is an innovative lifestyle modification program that helps pre-diabetic adults reduce their risk of developing type 2 diabetes. In a small group, supportive environment, your lifestyle coach will teach you how to modify your eating and physical activity habits. The goal is for you to lose 7% of your body weight and increase physical activity to 150 minutes per week.

What: One-year program

- ❖ 16 weekly sessions
- ❖ Then, once monthly for 8 months

Where: Offered at two locations!

- ❖ John Muir Health Outpatient Center, 2400 Balfour Rd. **Brentwood**
Wednesdays, Mar. 4th – Jun. 17th, 2015
Then, first Wednesdays monthly through February 2016
7:00 – 8:00pm
- ❖ John Muir Health Outpatient Center, 1450 Treat Blvd. **Walnut Creek**
Thursdays, Mar. 5th – Jun. 18th, 2015
Then, first Thursdays monthly through February 2016
6:30 – 7:30pm

Cost: Introductory offer of \$150 for the year, with a \$50 completion bonus!

Qualifications: Must qualify to register.

- ❖ If you meet the qualifying criteria (on reverse side), **call Wellness Services** to register (925) 941-7900, option 1 or **enroll online** at johnmuirhealth.com/classes.



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Do you meet the qualifying criteria?

Qualifications: To qualify, you must answer YES to all 3 questions*:

1. Are you over the age of 18?
2. Are you overweight with a BMI ≥ 25 (for Asian individuals, BMI ≥ 22)?
3. Do you have a previous clinical diagnosis of gestational diabetes?
 Or, do you have a blood test with one of the following results?
 - o A1c between 5.7% and 6.4%
 - o Fasting plasma glucose between 100-125 mg/dL
 - o 2 hour plasma glucose between 140-199 mg/dL

**Once You Qualify,
Call to Register**
 Wellness Services
 (925) 941-7900,
 option 1

**If the above information is not available, take the test below.* Each "Yes" answer is 1 point.

Take the Test to Find Your Risk Score

- ❖ **Are you a woman who has had a baby weighing more than 9 pounds at birth?**
Yes (1 point) No (0 points)
- ❖ **Do you have a parent with diabetes?**
Yes (1 point) No (0 points)
- ❖ **Do you have a brother or sister with diabetes?**
Yes (1 point) No (0 points)
- ❖ **Find your height or weight on the chart.**
Do you weigh as much or more than the weight listed for your height?
 Yes (5 points) No (0 points)
- ❖ **Are you younger than 65 years of age and get little or no physical activity in a typical day?**
Yes (5 points) No (0 points)
- ❖ **Are you between 45 and 64 years of age?**
Yes (5 points) No (0 points)
- ❖ **Are you 65 years of age or older?**
Yes (9 points) No (0 points)

Height	Weight (lbs.)
4'10	129
4'11	133
5'0	138
5'1	143
5'2	147
5'3	152
5'4	157
5'5	162
5'6	167
5'7	172
5'8	177
5'9	182
5'10	188
5'11	193
6'0	199
6'1	204
6'2	210
6'3	216
6'4	221

Add up your score.

If you score 9 or more points:

You are at risk for having type 2 diabetes.
 Please call Wellness Services to register for YMCA's Diabetes Prevention Program.
 Talk to your doctor for additional testing.

