

YMCA'S DIABETES PREVENTION PROGRAM

Pre-Diabetes is a health condition where blood sugar levels are elevated above normal range, but are not yet high enough to be diagnosed as Type 2 Diabetes. Lifestyle change can prevent or delay type 2 diabetes and this program will provide you with the tools to achieve measurable results. Did you know that Diabetes is leading cause of many diseases such as heart disease, stroke, blindness, kidney disease and nerve disease? **Type 2 Diabetes can be prevented with a healthy lifestyle!**

The YMCA's Diabetes Prevention Program (Y-DPP) is part of the Centers for Disease Control Diabetes Prevention Program. Research conducted by the National Institutes of Health has proven that programs like Y-DPP can **reduce the number of cases of type 2 diabetes by almost 60%**. The program lasts 1 year and will be facilitated by a trained Lifestyle Coach. The curriculum will consist of 25 sessions where you will receive unlimited support from the YMCA as you strive to meet your goals.

You will learn about healthy eating, and physical activity, and how to make changes that will improve your overall health. Modest weight loss and adequate physical activity can reduce your risk of type 2 diabetes.

DO YOU QUALIFY?

To participate in the program, you must be:

- 18 years or older
- Overweight BMI (≥ 25) or (≥ 22 if Asian)
- Diagnosed Pre-diabetes with a blood test
- Or, if you don't have a blood test result, you must have a qualifying risk score (≥ 9). You can take a risk assessment by visiting the Maui Y.

SESSION TOPICS INCLUDE:

- Get Active to Prevent T2
- Find Time for Fitness
- Manage Stress
- Eat Well Away from Home
- Healthy Eating and Healthy Cooking

Many More!

COST:

The YMCA's Diabetes Prevention Program fee is \$429 for the year. The Program is discussion-based, led by a trained Lifestyle Coach will be implemented over 12-month period. By dividing participants into small groups (10-15), you will receive personal instruction during the initial 16 weekly sessions, as well as during your follow-up monthly maintenance. The full cost is covered for UHA members and you will receive a 3 month Maui Family YMCA membership.

“FROM PARTICIPATING IN YMCA'S DIABETES PREVENTION PROGRAM, I LOST 12 POUNDS AND HAVE SO MUCH MORE ENERGY! I LOOK FORWARD TO WALKING WITH MY FRIENDS AFTER WORK, AND EVEN TAKE YOGA CLASS AT THE YMCA ONCE A WEEK. THE Y PROGRAM HELPED ME MAKE SMALL CHANGES IN MY LIFE THAT HAVE LED TO POSITIVE RESULTS. I RECENTLY HAD MY ANNUAL APPOINTMENT WITH MY DOCTOR, AND SHE WAS THRILLED THAT I COMPLETED THE PROGRAM, AND EVEN MORE THRILLED THAT MY HEALTH HAS IMPROVED.”

– Monica, 58 year-old Diabetes Prevention Program participant



The Program is covered by some insurance companies. Check with the CDP Director to see if you are covered by your insurance or by Medicare

REGISTER:

Call or email our Chronic Disease Prevention Program Director

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