



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



MEASURABLE PROGRESS UNLIMITED SUPPORT

YMCA Diabetes Prevention Program

If you're at risk for type 2 diabetes, you can make small, measurable changes that can reduce your risk and help you live a happier, healthier life. [For more information, please contact 202-329-7524 or \[Anita.Dandeker@ymcadc.org\]\(mailto:Anita.Dandeker@ymcadc.org\).](#)

Virtual Class Begins Saturday, 11/15 at 10am



**Scan Here
To Register**

**ONLY \$35
A MONTH!**

Program Cost: \$429. Convenient Monthly Payment Options are available.

Program Description

This program is a 12-month program carried out in a classroom group setting.

- Sessions 1-16 meet once per week (4 months).
- Sessions 17-19 meet every other week (2 months).
- Session 20-26 meet once per month (remaining 6 months).

Program Qualifications

Participants must be:

- At least 18 years old
- Overweight with a Body Mass Index of 25 or higher, or 23 or higher for Asian individuals
- At high risk for developing type 2 diabetes

Risk is confirmed by a blood test, a previous diagnosis of gestational diabetes, or a qualifying risk score when there is no access to a blood test.

Please Note: Individuals who have already been diagnosed with either type 1 or type 2 diabetes do not qualify for this program. Individuals with normal blood values also do not qualify for this program.

Blood Values

- A1c between 5.7 – 6.4
- Fasting Plasma Glucose between 100-125 mg/dL
- 2-Hour (75 gm glucola) Plasma Glucose (must be 140-199 mg/dL)

Other

Your risk is greater if:

- You have a parent or sibling with diabetes
- You are 65 years of age or older
- You are younger than 65, but lead a sedentary lifestyle

Program Goal

To help reduce your risk for diabetes, your goal in the YMCA's Diabetes Prevention Program is to reduce your body weight by 7% and increase your physical activity by at least 150 minutes per week within the first half of the program.

Classes are available to ALL individuals in the community. A YMCA membership is not required for participation in this program. Financial assistance is also available to those who qualify.

Program Cost

\$429 per person.

Please Note: Most insurance companies reimburse for the cost of the program. Please check with your provider. Reduced rates and financial assistance are available.