



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CHANGE TODAY FOR A HEALTHIER FUTURE

Diabetes Prevention Program YMCA OF GREATER OMAHA

You can reduce your risk for type 2 diabetes and gain tools for healthy living.

If you are at risk for type 2 diabetes, the YMCA's Diabetes Prevention Program provides a supportive environment where you can work with others in a small group setting to learn how to adopt healthy habits to reduce your chances of developing the disease.

The program, which is led by a trained Lifestyle Coach in a classroom setting, is delivered over a 12-month period, beginning with **16 weekly sessions** followed by monthly maintenance. You will learn strategies for eating healthier, increasing your physical activity and making other changes that will improve your overall health and well-being. National Institutes of Health research has proven that programs like the YMCA's Diabetes Prevention Program can **reduce the number of cases of type 2 diabetes by almost 60%.**

For information about program fees, financial assistance or to see if you qualify contact:

MOLLY MIERAS
430 South 20th Street
Omaha, NE 68102
Phone: 402-977-4298
Fax: 402-341-8214
mmieras@metroymca.org

The YMCA's Diabetes Prevention Program is part of the Centers for Disease Control and Prevention-led National Diabetes Prevention Program and is nationally supported by the Diabetes Prevention and Control Alliance.

People with health insurance 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 Omaha, ("YMCA") 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 prediabetes 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.





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TAKE CONTROL OF YOUR HEALTH TODAY

Prediabetes means your blood glucose (sugar) is higher than normal, but not yet high enough to be considered diabetes. People with prediabetes are likely to develop diabetes if they don't take action to improve their health.

Take the first step. Find out your risk for prediabetes.

TAKE THE TEST – KNOW YOUR SCORE!

Answer these seven questions – for each “Yes” answer, add the number of points listed:	YES	NO
Are you a woman who has had a baby weighing more than 9 pounds at birth?	1	0
Do you have a parent with diabetes?	1	0
Do you have a brother or sister with diabetes?	1	0
Find your height on the chart to the right. Do you weigh as much as or more than the weight listed for your height?	5	0
Are you younger than 65 years of age and get little or no physical activity in a typical day?	5	0
Are you between 45 and 64 years of age?	5	0
Are you 65 years of age or older?	9	0

AT-RISK WEIGHT CHART	
Height	Weight (in pounds)
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

TOTAL POINTS FOR ALL “YES” RESPONSES:

If you scored a 9 or higher, then you may be at risk for prediabetes or diabetes, and may qualify for the program. You must be at least 19 years old with a BMI ≥ 25 to qualify†. Contact Molly Mieras (402-977-4298, mmieras@metroymca.org) for more information. This does NOT mean you have diabetes. You will need a blood test to confirm if you have diabetes.

Based on Herman WH, Smith PJ, Thomason TJ, Englegau MM, Aubert RE. A new and simple questionnaire to identify people at risk for undiagnosed diabetes. Diabetes Care 1995 Mar;18(3):382-7.

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

