



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BE THE CHAMPION THEY NEED

Diabetes Prevention Program YMCA CAPE COD

Health care providers have long been champions of health education and chronic disease prevention. Now, health care providers in this community are leading the charge to create awareness and support patients as they make changes for a healthier life.

The **YMCA's Diabetes Prevention Program** can decrease the number of new type 2 diabetes cases and give patients at high risk for developing the disease tools for healthy living.

Program Goals:

- Reduce body weight by 7%
- Increase physical activity to 150 minutes per week

In order to qualify for the program, participants must be at least 18 years of age, overweight (BMI ≥ 25)* and at risk for developing type 2 diabetes or diagnosed with prediabetes†.

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

†Asian individual(s) BMI > 22

YMCA MEMBERSHIP NOT REQUIRED.
FINANCIAL ASSISTANCE MAY BE AVAILABLE.

For information about the **YMCA's Diabetes Prevention Program** and to **recommend your patients**, please contact:

PATIENCE SMITH-CABRERA

2245 Iyannough Road

West Barnstable, MA 02668

1-800-339-YMCA (9622) ext 136

www.ymcacapecod.org

People with private 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 CAPE COD, ("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.

79 million Americans
aged 20 or older are affected by prediabetes. Only
11% of patients know they have it.

**New cases of diabetes are reduced
58% by programs
like ours.**

Programs like the YMCA's Diabetes Prevention Program reduce the number of new cases of diabetes by 58% overall and by 71% in individuals over age 60.

Research from the National Institute of Health