



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YMCA DIABETES PREVENTION PROGRAM

16 Weeks Can Change Your Life – New Health Program Comes to the Valley

In Arizona, more than 1 million people have pre-diabetes and are at risk for the onset of Type 2 diabetes. Valley of the Sun YMCA is rolling out the YMCA's Diabetes Prevention Program (YDPP) - an innovative model to help reduce the burden of diabetes in our communities.

Type 2 diabetes is one of our nation's costliest chronic diseases. Preventing it can save money and save lives. YDPP is based on the landmark Diabetes Prevention Program funded by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC), which showed that by eating healthier, increasing physical activity and losing a small amount of weight, a person with pre-diabetes can prevent or delay the onset of type 2 diabetes by 58%.

Offered in partnership with UnitedHealth Services and YMCA of the USA, the YMCA's Diabetes Prevention Program (YDPP) helps those at high risk adopt and maintain healthy lifestyles and reduce their chances of developing type 2 diabetes.

In a confidential group setting, a trained lifestyle coach helps participants change their lifestyle by learning about healthy eating, physical activity and other behavior changes over the course of 16 one-hour sessions. Topics covered include healthy eating, getting started with physical activity, overcoming stress, staying motivated, and more. After the initial core sessions, participants meet monthly for up to a year for added support to help them maintain their progress. There are classes at noon, after work and even on the weekend, for those with busier schedules.

United Healthcare members will be notified by mail of their eligibility for the program. For those outside the United Healthcare network, the program fee is \$150 for Y members and \$250 for non-members.

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