



16 WEEKS
THAT CAN
CHANGE YOUR LIFE

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LEARN THE FACTS

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YMCA's Diabetes Prevention Program Registration Form

Today's Date: ____/____/____

First name: _____

Middle name: _____

Last name: _____

Date of Birth: _____

Email address: _____

Street 1: _____

Street 2: _____

City: _____

State: _____

Postal code: _____

Home phone: _____

Work phone: _____

Mobile phone: _____

Best time to reach you: _____

Race/Ethnicity:

- American Indian or Alaska Native
- Asian
- Native Hawaiian or Other Pacific Islander
- Black or African American
- Hispanic/Latino of any race
- White

Please check one: My employer/insurer is not paying any portion of the fee to participate in YDPP.

- True
- False

PROGRAM QUALIFICATION

In order to qualify for the YMCA's Diabetes Prevention Program, participants must be overweight (BMI > 25) and at high risk for developing type 2 diabetes or have been diagnosed with pre-diabetes.

Are you at risk for developing diabetes? Please check each box that is true:

- My blood pressure is 140/90 or higher, or I have been told I have high blood pressure
- I have been told that my cholesterol levels are not normal
- I am fairly inactive. I do NOT exercise more often than two times a week
- I have or had a parent or sibling with diabetes
- I have been told I have pre-diabetes
- I have had gestational diabetes (diabetes during pregnancy), or I gave birth to a baby weighing more than 9 pounds
- I am overweight or obese (BMI 25 kg/m²)
- I am 45 years of age or older

Please submit top portion to the YMCA front desk staff. The Director of the YMCA's Diabetes Prevention Program will contact you within the week.

If three or more boxes above are checked, then you may be at risk for pre-diabetes and may qualify for the program. We encourage you to receive blood tests as confirmation. Please attach your most recent blood screening results or visit your physician/doctor to obtain this information. Please note: All information is confidential and will be used for the purpose of program qualification.

Name: _____ *I have been diagnosed with pre-diabetes and have the following values. Check one and enter value:*

Phone: _____

- A1C: _____ (must be 5.7 - 6.4)

Email: _____

- Fasting Plasma Glucose: _____ (must be 100 - 125 mg/dl)
- Oral Glucose Tolerance Test: _____ (must be 140 - 199 mg/dl)
- 2-hour (75 gm glucose) Plasma Glucose: _____ (must be 140 - 199 mg/dl)

Please send results to: Sarah Shimchick, YMCA Diabetes Prevention Program, 350 N. 1st Avenue, Phoenix, AZ 85003

MORE INFORMATION

For more information about the YMCA's Diabetes Prevention Program in the greater Phoenix region, contact Sarah Shimchick at 602-212-6189 or sshimchick@woyymca.org

THE FACTS

About one in four American adults – that's 57 million people – have pre-diabetes.

- In AZ, 1.1 million people have pre-diabetes.
- In Maricopa county, 720,000 people have pre-diabetes.
- Those with pre-diabetes are likely to develop type 2 diabetes within 10 years, unless they take steps to prevent or delay diabetes.
- Lifestyle changes such as eating healthier, increasing physical activity and losing a moderate amount of weight can prevent or delay development of type 2 diabetes in those at high risk for the disease.
- Diabetes is a leading cause of heart disease, stroke, blindness, kidney disease, and nerve disease.

THE HOPE

• 50-70% of all diseases are associated with modifiable health risks and are preventable. Diabetes is one of them. You have the power to prevent this disease NOW!

THE PROGRAM

The YMCA's Diabetes Prevention Program helps those at high risk of developing type 2 diabetes adopt and maintain healthy lifestyles and reduce their chances of developing diabetes by more than half.

In a 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. After the initial 16 sessions, participants meet monthly for added support to help maintain their progress.

Program Goals:

- Reduce body weight from 5% to 7%
- Increase physical activity to 150 minutes per week

The program is free of charge for UnitedHealthcare fully-insured clients. Cost: For YMCA members, \$150. For Non-YMCA members, \$250.

UnitedHealthcare members should check with their employer for program availability, or contact the Diabetes Prevention and Control Alliance to confirm eligibility at 1-800-237-4942.

