

If You Want Lasting Change The Diabetes Prevention Program is for Y O U!

You may have Prediabetes and be at risk for Type 2 Diabetes if you:

- > Are 45 years of age or older
- > Are overweight
- > Have a family history of type 2 diabetes
- > Are physically active fewer than 3 times per week
- > Have had diabetes while pregnant (gestational diabetes) or have given birth to a baby who weighed more than 9 pounds



Diabetes Prevention Program provides:

- > The skills you need to lose weight, be more physically active and manage stress
- > A trained lifestyle coach to guide and encourage you
- > Support from other participants with the same goals as you

Day/Time: Wednesday afternoons 12:00PM-1:30PM Virtual or in-person

Start Date: February 9, 2022

OR

Day/Time: Thursday evenings 6:00PM-7:30PM Virtual or in-person

Start Date: February 10, 2022

Contact: Kathy Hensler, Khensler@bcfymca.org to schedule an informational screening session. Registration is limited.

Fee: \$300 | Non-YMCA Member • One Year Program
\$150 | YMCA Member • One Year Program

Location: ROSE E. SCHNEIDER FAMILY YMCA • 2001 Ehrman Rd. Cranberry Twp., PA 16066

This program is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC).

DIABETES PREVENTION PROGRAM INITIAL CONSULTATION QUESTIONNAIRE

The Diabetes Prevention Program requires each participant who is interested in the program to meet with a certified DPP Life Coach to discuss the program and to determine eligibility.

The following questions will help to determine if you have Prediabetes and at risk for Type 2 Diabetes.

1. Are you 45 years of age or older? Yes No
2. Are you overweight? (BMI > 24) Yes No
3. Do you have a family history of type 2 diabetes?
(mother, father, sister and/or brother) Yes No
4. Are you physically active? (150 minutes a week or more
of moderate intensity exercise) Yes No
5. Have you had diabetes while pregnant (gestational diabetes)
or given birth to a baby who weighed more than 9 pounds Yes No
6. Do you have fasting blood glucose of 100-125 mg/dl? Yes No
7. Do you have A1c of 5.7-6.4? Yes No
8. Are you ready to dedicate yourself to this 1-year program
to help prevent a diagnosis of Type 2 Diabetes? Yes No

Signature: _____

Email: _____

Date: _____

Contact: Kathy Hensler, Healthy Living Director
724.452.9122 x226 or khensler@bcfymca.org

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