



DIABETES PREVENTION PROGRAM OVERVIEW

The YMCA's Diabetes Prevention Program helps adults at high risk of developing type 2 diabetes adopt and maintain healthy lifestyles by eating healthier, increasing physical activity and losing a modest amount of weight in order to reduce their chances of developing the disease.

Research by the National Institutes of Health has shown that programs like the YMCA's Diabetes Prevention Program can reduce the number of new cases of type 2 diabetes by 58% and 71% in adults over age 60.

ABOUT THE PROGRAM

In a classroom setting, a trained lifestyle coach will facilitate a small group of participants in learning about healthier eating, physical activity and other behavior changes over a 12-month period, beginning with 16 weekly one-hour sessions followed by 8 monthly sessions for added support to help them maintain their progress.

Program Goals:

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

WHO CAN PARTICIPATE?

Participants who qualify for the program must be at least 18 years old, overweight (BMI \geq 25)* and at high risk for developing type 2 diabetes indicated by a confirmatory blood value[†], a clinical diagnosis of Gestational Diabetes (GDM) during previous pregnancy, or a qualifying risk score.

PROGRAM CURRICULUM

Participants will receive a notebook which contains worksheets and handouts for them to use in each of the sessions of the lifestyle intervention. Participants will also receive a weekly journal and be asked to track their food and physical activity during the program.

The YMCA's Diabetes Prevention Program curriculum is a Centers for Disease Control and Prevention (CDC)-approved curriculum in CDC's Diabetes Prevention Recognition Program.

*Asian individual(s) BMI \geq 22

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

The 16 Weekly Sessions Include the Following Topics:

Session 1 – Welcome to the YMCA’s Diabetes Prevention Program. In this session participants are introduced to each other, their Lifestyle Coach, and the purpose and goals of the program.

Session 2 – Be a Fat Detective. Participants learn how to begin keeping an accurate food journal.

Session 3 – Ways to Eat Less Fat. Participants learn to use available resources (such as food labels) to identify healthier options.

Session 4 – Healthy Eating. Participants discuss the food groups and meal planning.

Session 5 – Move Those Muscles. The physical activity goal is introduced in this session. Participants explore ways to add physical activity to their daily routine.

Session 6 – Being Active - A Way of Life. Participants learn the difference between purposeful physical activity and lifestyle physical activity.

Session 7 – Tip the Calorie Balance. Participants explore the principles behind “calories in verses calories out.”

Session 8 – Take Charge of What’s around You. Participants discuss the physical cues in their environment that trigger certain behaviors around eating and physical activity.

Session 9 – Problem Solving. Participants practice using the five steps involved in solving a problem.

Session 10 – Four Keys to Healthy Eating Out. Participants discuss tips for making healthier choices when eating out and practice selecting and ordering meals that fit in their plan.

Session 11 – Talk Back to Negative Thoughts. In this session, participants practice recognizing when they use negative self-talk. Then, they practice talking back to those negative thoughts with more positive ones.

Session 12 – The Slippery Slope of Lifestyle Change. Participants practice identifying typical barriers that cause them to slip from their plan. Then they create action plans to recover from these slips.

Session 13 – Jump Start Your Activity Plan. This session has participants explore new activities they wish to try in order to avoid boredom in their physical activity routine.

Session 14 – Make Social Cues Work for You. This session allows participants to explore the way that other people affect their choices around eating and physical activity.

Session 15 – You Can Manage Stress. Participants recognize how stress affects their bodies and minds as well as their choices. They learn methods for both avoiding stress and coping with stress.

Session 16 – Ways to Stay Motivated. Participants discuss methods they will use to stay motivated to maintain the healthy habits they have worked to create.