



eliminating racism
empowering women
ywca

PREVENTION SUPPORT

YMCA'S DIABETES PREVENTION PROGRAM

DUBUQUE COMMUNITY YMCA/YWCA

If you are at risk for developing Type 2 Diabetes, and are ready to make small changes towards a healthier lifestyle - **SIGN UP TODAY!**

HOW IT WORKS

This year-long program consists of one hour classes in a small group setting held at the Dubuque Community YMCA/YWCA. Each class is led by Casey Breitbach, Wellness Director and Trained Lifestyle Coach. Through out the year you will learn strategies needed to reduce your risk of Type 2 Diabetes and live a happier, healthier life.

YOU WILL LEARN STRATEGIES FOR

- Healthy Eating
- Increasing Physical Activity
- Losing Weight



FOR MORE INFORMATION

CONTACT:
Casey Breitbach
Program Coordinator

cbreitbach@dubuquey.org
563.556.3371

DO YOU QUALIFY FOR THE YMCA'S DIABETES PREVENTION PROGRAM?

To participate in this program, you must be:

- 18 years or older
- Overweight (BMI \geq 25)*, and
 - Diagnosed with prediabetes via one of three blood tests or a previous diagnosis of gestational diabetes -or-
 - A qualifying score from the chart below

WHAT IS YOUR RISK SCORE?

7 quick questions to see if you might be at risk

For each "yes", add the number of points listed:	YES	NO
Are you a woman who has given birth to a baby weighing more than 9 pounds?	1	0
Do you have a parent with diabetes?	1	0
Do you have a brother or sister with diabetes?	1	0
Find your height on the chart to the right. Do you weigh as much or more than the weight listed for your height?	5	0
Are you younger than 65 years of age and get little or no physical activity in a typical day?	5	0
Are you between 45 and 65 years of age?	5	0
Are you 65 years of age or older?	9	0

YOUR SCORE:

IF YOU SCORED A 9 OR HIGHER, then you may be at risk for prediabetes or diabetes, and may qualify for the program. This does NOT mean you have Diabetes. You will need a blood test to confirm if you have diabetes.

AT RISK HEIGHT CHART

HEIGHT	WEIGHT (in pounds)	HEIGHT	WEIGHT (in pounds)
4'10"	129	5'8"	177
4'11"	133	5'9"	182
5'0"	138	5'10"	188
5'1"	143	5'11"	193
5'2"	147	6'0"	199
5'3"	152	6'1"	204
5'4"	157	6'2"	210
5'5"	162	6'3"	216
5'6"	167	6'4"	221
5'7"	172		

WHAT IS PREDIABETES?

Prediabetes occurs when blood sugar levels are higher than normal but not high enough for a type 2 diabetes diagnosis. Risk for developing type 2 diabetes may be reduced or eliminated by weight loss, healthier eating and increased physical activity.

CLASSES

Contact Program Coordinator Casey Breitbach at cbreitbach@dubuquey.org to be placed on the waitlist for the next session.

