
The Diabetes Prevention Program

What is the Diabetes Prevention Program?

A program from The Center for Disease Control and Prevention that reduces the risk of developing type 2 diabetes by 58%, and in adults aged 60 and over, by 71%. It incorporates healthy lifestyle changes by eating healthier, increasing physical activity, and losing a modest amount of weight. The YMCA is the largest coordinator of the DPP nationwide.

Why is this important?

- 8.1 million people do not know they have diabetes²
- 86 million Americans aged 20 years or older are prediabetic²
- Diabetes is associated with serious complications:
 - Heart disease and stroke
 - Blindness
 - Kidney failure
 - Lower-limb amputation

What does commitment entail?

It involves a 12 month commitment working in a small group of 8-15 people to learn about healthier eating and increasing physical activity with trained Lifestyle Coaches. For the first 16 weeks the classes meet weekly, the following 8 months are bi-monthly/monthly sessions for the rest of the 12 month period. The goal is to reduce body weight by 7% and to increase physical activity to 150 minutes per week.

How do I qualify?

People who are eligible to participate in the YMCA Diabetes Prevention Program must be 18 and older, have NO previous diagnosis of diabetes, and meet the following criteria³:

- BMI of 25 or greater (22+ for Asian individuals) AND
- A physician's diagnosis and/or confirmatory blood test for prediabetes
 - Diagnosis: [Documentation of a combination of risk factors identified by the CDC.](#)
 - Blood test:
 - Fasting plasma glucose: 100–125 mg/dL OR
 - HbA1C: 5.7–6.4% OR o Two-hour (75 gm glucola) plasma glucose: 140–199 mg/dL

****People who are already diabetic do not qualify for this program.****

Who do I contact? Inform employees who is their DPP worksite contact.

