



# YMCA's Diabetes Prevention Program

## FAQ for Employees in Lorain County

<b><i>What is the YMCA's Diabetes Prevention Program?</i></b>	A 12 month program held in a small group classroom setting. A certified Lifestyle Coach gives you tools to help improve your overall health over the course of 16 one-hour sessions. After the initial 16 weeks, participants meet 9 more times throughout the year for added support to help maintain progress.
<b><i>What are the goals?</i></b>	To prevent or delay the onset of diabetes by losing 7% of body weight and slowly increasing activity to at least 150 minutes a week.
<b><i>Is this an exercise class?</i></b>	<b>No</b> – this is a small group education/discussion class – usually about 10-12 people.
<b><i>Who can participate?</i></b>	You must be <ul style="list-style-type: none"> <li>- At least 18 year old</li> <li>- At least a bit overweight (BMI of 25 or greater, or 22 or greater for Asians)</li> <li>- At risk for diabetes</li> </ul>
<b><i>How do I tell if I am at risk for diabetes?</i></b>	You measure this through the results of a previous blood test <u>OR</u> by answering some risk assessment questions. We'll help you figure this out!
<b><i>Who can NOT participate?</i></b>	People who already have type 1 or type 2 diabetes or who have a healthy weight.
<b><i>Does the program work?</i></b>	<b>YES!</b> This evidence-based program is from the CDC and based on research done by the National Institutes of Health, <b>which showed a reduction in the number of new cases of diabetes by 58% overall and 71% for adults over age 60.</b>
<b><i>What do we learn about?</i></b>	The topics each week focus on lifestyle change: how to eat less fat, how to handle eating out, how to lose weight, how to be more active, how to handle stress, and how to stay motivated.
<b><i>How is this personalized?</i></b>	<b>We do <u>not</u> tell you what to do.</b> Instead we help you figure out what strategies will work for you in your unique life. <b>No one is alike!</b>
<b><i>Why is the program so long?</i></b>	Have you ever tried to make a New Year's Resolution? Didn't last, did it? We are with you for a full year to help you through all of the challenges that a year can bring.

<b><i>Do we get on a scale?</i></b>	Your coach will record your weight in PRIVATE every class – we do <u>not</u> share or discuss your weight in class in any way.
<b><i>Do I have to give up eating my favorite foods?</i></b>	<b>NO!</b> Your Coach will help you figure out what little changes that you can make in your life that will help you lose weight and give you the best possible chance to prevent diabetes.
<b><i>Who leads the program?</i></b>	Your class is led by a certified Lifestyle Coach who has been specially trained to guide and support you in your journey to a healthier life.
<b><i>What is the cost for the full year course?</i></b>	Ask your Human Resources or wellness staff if your workplace or insurance covers this evidence-based program. If not, email Linda McVey at <a href="mailto:healthyliving@clevelandY.org">healthyliving@clevelandY.org</a> for more options.
<b><i>Where is the program held in Lorain County?</i></b>	We offer this in many locations throughout Lorain County. We can even offer it at your workplace!
<b><i>When does the program begin?</i></b>	Registrations are ongoing. As soon as there are at least 10 people who are available at the same day/time/location, the class start date is set.
<b><i>Do I have to be a YMCA member to enroll?</i></b>	No! This program is open to all eligible adults who are ready to take control of their lives.
<b><i>How do I register?</i></b>	Leave a message at 440-574-0580 or <a href="mailto:healthyliving@clevelandY.org">healthyliving@clevelandY.org</a> . We will contact you within two or three business days.
<b><i>How do I get more information?</i></b>	Go to our website at <a href="http://clevelandymca.org">clevelandymca.org</a> , hover over "Healthy Living" and click on Diabetes Prevention Program.  Leave a message at 440-574-0580 or <a href="mailto:healthyliving@clevelandY.org">healthyliving@clevelandY.org</a> . We will contact you within two or three business days.

**The YMCA of Greater Cleveland serves Lorain, Cuyahoga, and Geauga counties.**