



**SUPPORTING
YOUR HEALTH-
TOGETHER.**

**Medicare Part B
now accepted**

DIABETES PREVENTION PROGRAM MEASURABLE PROGRESS. UNLIMITED SUPPORT.

If you are at risk for type 2 diabetes, you can make small, measurable changes that can reduce your risk and help you live a happier, healthier life. Change is tough— we can help.

DID YOU KNOW?

- Eating too much sugar does not cause diabetes, but being overweight is a risk factor.
- People with prediabetes may not have any symptoms.
- An estimated 86 million Americans ages 20 years and older have prediabetes.
- And... 89% of that 86 million have NO IDEA they're at risk.
- National Institutes of Health research has shown that programs like the YMCA's Diabetes Prevention Program reduce the number of new cases of type 2 diabetes by 58% overall and by 71% in people over 60.

PROGRAM FEATURES

- 26 sessions delivered over the course of one year
- Led by a trained Lifestyle Coach
- A group that offers motivation and support

LEARN MORE

visit www.westcookymca.org/dpp

FOR ADDITIONAL INFORMATION OR CONTACT:

cdp@westcookymca.org

**COMPLIMENTARY YMCA MEMBERSHIP
INCLUDED!**

The Y is a leading nonprofit committed to improving the nation's health. Financial assistance is available to those who qualify. Please contact the Y for more information. The YMCA's Diabetes Prevention Program uses a CDC-approved curriculum and is part of the CDC-led National Diabetes Prevention Program. West Cook YMCA and the National Council of Young Men's Christian Association of the United States of America ("YMCA of the USA") have made a commitment to collaborate with the nation's YMCAs on efforts to support a national movement to increase awareness and take measures to prevent diabetes and its complications among groups at risk, and to help support treatment outcomes for individuals who have confirmed diagnoses or indications of prediabetes by promoting an effective lifestyle change. YMCA of the USA nor any YMCA offering the YMCA's Diabetes Prevention Program warrants or guarantees any specific outcomes for program participants with respect to diabetes prevention.