



PROVIDED IN PARTNERSHIP WITH
 **MERCY HEALTH**
A Member of Trinity Health

**YOU DESERVE
TO LIVE LIFE TO
ITS FULLEST!**

MUSKEGON YMCA
DIABETES PREVENTION
PROGRAM

Muskegon YMCA complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

This project is being funded by the CDC 1705 DPP Expansion Grant (NU58DP006365) through Trinity Health.

ARE YOU AS HEALTHY AS YOU COULD BE?

Maybe you feel fine, but we encourage you to give yourself valuable peace of mind by taking the health risk quiz.

Your healthy future awaits!
For more information, contact
Kelli DeLong
231-722-9622 x205
kdelong@muskegonymca.org

This program is made possible through a partnership with Muskegon Community Health Project, a Community Benefit Ministry of Mercy Health.

MUSKEGON YMCA

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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUR HEALTHY FUTURE AWAITS



LOSE WEIGHT



EAT HEALTHY



BE MORE ACTIVE

YOU CAN PREVENT OR DELAY TYPE 2 DIABETES

IS YOUR HEALTH AT RISK?

Answer 7 quick questions below to find out.

For each "yes" answer, 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 below. 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 45-65 years of age?	5	0
Are you 65 years of age or older?	9	0
Your Total Risk 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 WEIGHT 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 THE YMCA DIABETES PREVENTION PROGRAM?

In the Muskegon YMCA's Diabetes Prevention Program a certified Lifestyle Coach will introduce topics in a supportive, small group environment and encourage you to explore how healthy eating, physical activity, and behavior changes can benefit your health. Seeking support when attempting major lifestyle changes is crucial in maintaining long-term success. The main goals of the program are to reduce your body weight by 7% and increase physical activity to 150 minutes per week.

WHAT WILL YOU LEARN?

We often have barriers to making healthy choices that we don't even know exist. In this program you will:

- Work with a certified Lifestyle Coach to make lasting lifestyle changes
- Find out how to manage stress, stay motivated, and solve problems that can slow progress
- Discover how to eat healthy and add more physical activity into your day

STRONG SUPPORT LEADS TO LASTING CHANGES. SIGN UP TODAY.

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DO YOU QUALIFY?

To participate in the program, you must be:

- 18 years or older,
- Overweight (BMI ≥ 25)*, and
- Diagnosed with prediabetes via one of three blood tests or a previous diagnosis of gestational diabetes.**
- If you don't have a blood test result, you must have a qualifying risk score.

*Asian individual(s) BMI ≥ 22

**Qualified blood results in the prediabetes range are needed to confirm eligibility. Individuals who have already been diagnosed with either type 1 or type 2 diabetes do not qualify for this program.

HOW CAN I BE AT RISK FOR DIABETES WHEN I FEEL FINE?

Prediabetes means that your blood sugar registers as higher than normal but not high enough yet for a diagnosis of type 2 diabetes. Most people feel shocked when their doctor tells them they have this condition because it typically produces no symptoms at this early stage. But, you can still make lifestyle changes to prevent or delay a progression to type 2 diabetes.

"I was so confused about how to eat!

Low sugar? Low carb? Low fat? The program is easy to understand and the group discussions really help – I get a lot of great ideas about small changes I can make."

– David