



We build strong kids, strong families, strong communities.

DIABETES PREVENTION PROGRAM REGISTRATION FORM

Name _____

Date _____

Address _____

City _____ State _____ Zip _____

Contact Phone _____

Best Time to Call _____ am pm

Alternate Phone _____

Best Time to Call _____ am pm

Email _____

Is email a good contact? Yes No

Have you been told you have: (check one)

_____ Pre Diabetes _____ Diabetes

Branches you would be willing to attend for the Diabetes Prevention Program (check all that apply):

_____ Athenaeum (downtown — 401 E Michigan St)

_____ Baxter (south — 7900 S Shelby St)

_____ Benjamin Harrison (northeast — 5736 Lee Rd)

_____ Fishers (north — 9012 E 126 St)

_____ Jordan (north — 8400 Westfield Blvd)

_____ Pike (northwest — 7114 Lakeview Pkwy W)

_____ Ransburg (east — 501 N Shortridge Rd)

_____ Other: _____

Time you could attend a Diabetes Prevention Program? (check all that apply)

_____ Morning _____ Afternoon _____ Evening

For more information on the DPP program, session dates or available classes, contact 317-266-9622.

Register for the Diabetes Prevention Program at the Member Service desk of the branch you are planning to attend, or mail/fax your registration for to:

The YMCA of Greater Indianapolis
c/o Diabetes Prevention Program
615 N. Alabama Street, Suite 200
Indianapolis Indiana 46204



YMCA OF GREATER INDIANAPOLIS

615 N Alabama Street, Suite 200
Indianapolis, IN 46204
317.266.9622,
Fax: 317-266-2845



DIABETES PREVENTION PROGRAM



*developed in partnership with
Indiana University
School of Medicine*

PRE-DIABETES

Pre-diabetes is the state that occurs when a person's blood glucose levels are higher than normal, but not high enough for a diagnosis of diabetes.

There are 57 million people in the United States who have pre-diabetes.

If you have pre-diabetes, you can and should do something about it. According to the American Diabetes Association, recent research has shown that some long-term damage to the body, especially the heart and circulatory system, may already be occurring during pre-diabetes.

The good news is that we now know how to prevent or delay diabetes in people with pre-diabetes.

In addition, studies have shown that people with pre-diabetes can prevent or delay the development of type 2 diabetes by up to 58 percent through changes to their lifestyle that include modest weight loss and regular exercise.

DIABETES PREVENTION AT THE YMCA

The YMCA of Greater Indianapolis is offering the Diabetes Prevention Program (DPP), designed by IU School of Medicine, to aid in the prevention of diabetes to pre-screened individuals who are considered pre-diabetic.

This program is lead by certified DPP instructors and meets for 16 weeks in a group setting where personal lifestyle goals are set for each individual.

The two major goals of the DPP lifestyle intervention are:

- To reduce and maintain individual weight loss by five to seven percent (5-7%) through basic nutrition education
- To increase physical activity to 150 minutes per week



THE YMCA CAN HELP!

We understand that lifestyle change is not easy. Therefore, the following materials and support are included with your participation in the YMCA Diabetes Prevention Program:

- **Certified YMCA Diabetes Prevention Program Instructors**
- **Program Binder**
- **Free Individualized Activity Plan by YMCA Wellness Coaches**
- **Free YMCA membership from weeks 5-16 (for participants who are not members of the YMCA)**
- **Class supplies including measuring scale, measuring cups/spoons, calorie counter and diet/activity logs.**
- **Group and individual support**