

# TAKE CHARGE OF YOUR HEALTH

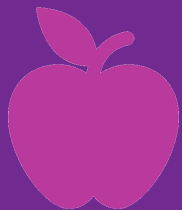
If you have the risk factors for developing type 2 diabetes or have been diagnosed with prediabetes, now is the time to take action!

Without weight loss or moderate physical activity, your chances of developing type 2 diabetes is high. 15-30% of people with prediabetes will develop type 2 diabetes within 5 years.

Type 2 diabetes is not to be taken lightly! This serious condition can lead to health issues such as: heart attack; stroke; kidney failure; blindness; or loss of toes, feet or legs.

More than 200,000 North Dakotans have prediabetes and 9 out of 10 don't know they have it! Find out if you're at risk.

**You can live a happy, healthy life without diabetes!**



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FOR YOUTH DEVELOPMENT®  
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## HEALTHY FOR LIFE



**Are you ready for a lifestyle change?**

## NATIONAL DIABETES PREVENTION PROGRAM



Altru Family YMCA, Grand Forks, ND

## THE PROGRAM



### WHAT IS IT?

The National Diabetes Prevention Program (National DPP & formerly called Weigh2Change) is a lifestyle change program for people who are at risk for developing type 2 diabetes.

People who have prediabetes have blood sugars higher than normal, but not high enough to be diabetes.

You can learn how to create a healthier lifestyle and prevent diabetes by gradually increasing physical activity and redefining your daily diet to include healthier, lower calorie foods to help with weight loss.

You will also learn strategies to take charge of your life, problem solve, navigate social situations, and more. This program is not a diet, it is a lifestyle change adventure, designed to stick with you for life!

The National DPP is designed for people who have been diagnosed with prediabetes and people who have been determined to be at risk for developing type 2 diabetes. Data is reported to the CDC.

Our program is also available to anyone who is concerned about their health and feels the need to make a major lifestyle change. No data is reported, but participants receive the benefits of this excellent program.

## THE CURRICULUM



### PROGRAM DETAILS

- The National DPP is a year-long program. Classes meet weekly for 6 months and at least once per month for the remaining 6 months.
- The curriculum is approved by the CDC (Centers for Disease Control & Prevention).
- You will track your food and activity and privately weigh in at each session. Your lifestyle coach will look over your food/activity log weekly to help you stay on track.
- Class topics include fat & calories; making physical activity a way of life; taking charge of what's around you; problem solving; healthy eating out; managing stress; ways to stay motivated; and more.
- You will have the support of a group of people who are on a similar journey and want the best for you.
- The program is facilitated by a Certified Lifestyle Coach who will promote discussion and learning with participant involvement.
- Guest speakers are invited to address topics of interest. An Altru dietitian will meet with the group to talk in-depth about healthy, clean eating and answer any questions.
- Class sessions are upbeat and positive with emphasis on possibilities and living a happy, healthy life.

## WHAT'S YOUR RISK?

### RISK TEST

Have you had a baby weighing more than 9 pounds at birth?	Yes 1	No 0
Do you have a sister/brother with diabetes?	1	0
Do you have a parent with diabetes?	1	0
Are you younger than age 64 and get little or no exercise in a typical day?	5	0
Are you between 45 and 64 years of age?	5	0
Are you 65 years of age or older?	9	0
Find your height on the chart below. Do you weigh as much as or more than the weight listed for your height?	5	0
<b>YOUR TOTAL</b>		

### Your Score

**3-8 points:** your current risk is low. Continue to be active, eat low fat meals with fruit, vegetables and whole-grain foods.

**9 or more points:** your risk is high. Please make an appointment with your health care provider soon.

Ht.	Wt. (lbs.)	Ht.	Wt. (lbs.)
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		

### Schedule & Details

**Next session starts September 5, 2018**  
**Classes meet Wednesdays, 4:30-5:30 pm**  
**Coach: Becky Westereng, Altru Health System**

YMCA/Choice HF Members: \$65

Non-members: \$135 (includes limited Y privileges).

Financial scholarship assistance is available.

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