



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



REDEFINE YOUR HEALTH TRANSFORM YOUR LIFE

**Diabetes Prevention Program
DECATUR COUNTY FAMILY YMCA
DECATUR COUNTY MEMORIAL HOSPITAL**

Please contact Dawn Ernstes to enroll at 812-663-9622 x 19

SUPPORTED BY:



If you're 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.**

PROGRAM FEATURES

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

PARTICIPANT RESULTS:

- Our participants average a weight loss of 12 pounds a person, during the duration of the program.
- 85% of our participants lost the recommended 5-7% weight loss in the first 16 weeks of the program
- At least 85% of our participants completed the recommended 150 minutes each week of physical activity. Most of them completed more than the recommended.
- After following up with their primary care physician, at least 43% of our participants made changes to their medication regime, most of those participants actually had a decrease made to their medication!

Support Group meets virtually on Tuesdays via Zoom. Class Begins: In person Sat, Apr 10th at 9:30 am at the YMCA.

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.

YMCA's Diabetes Prevention Program ("YMCA's DPP") uses a CDC-approved curriculum and is part of the CDC-led National Diabetes Prevention Program. YMCA of the USA offers access to YMCA's DPP through a network of local YMCAs, and YMCA's DPP may or may not be a covered benefit under your health insurance policy, worksite wellness program, Medicare Plan, or other applicable federally funded healthcare program. To find out whether YMCA's DPP is covered under your policy and to determine any cost-sharing responsibilities, contact your insurance company, health plan administrator, wellness program sponsor, Medicare or Medicaid. Any dispute regarding coverage of YMCA's DPP should be brought to your insurance provider or benefit program administrator. Neither YMCA of the USA nor any local YMCA warrants or guarantees any specific outcome for YMCA's DPP participants with respect to diabetes prevention.