



## DIABETES PREVENTION PROGRAM OVERVIEW

The YMCA's Diabetes Prevention Program helps adults at high risk of developing type 2 diabetes adopt and maintain healthy lifestyles by eating healthier, increasing physical activity, and losing a modest amount of weight in order to reduce their chances of developing the disease.

*Research by the National Institutes of Health has shown that programs like the YMCA's Diabetes Prevention Program can reduce the number of new cases of type 2 diabetes by 58% and 71% in adults over age 60.*

### ABOUT THE PROGRAM

In a classroom setting, a trained lifestyle coach will facilitate a small group of participants in learning about healthier eating, physical activity and other behavior changes over 25 sessions. The year-long program consists of 16 weekly sessions and three sessions every other week during the first six months followed by 6 monthly sessions in the second six months.

#### Program Goals:

- Reduce body weight by 7%
- Increase physical activity to 150 minutes per week

### WHO CAN PARTICIPATE?

Participants who qualify for the program must be at least 18 years old, overweight (BMI  $\geq$  25)\* and at high risk for developing type 2 diabetes indicated by a confirmatory blood value<sup>†</sup> or a clinical diagnosis of Gestational Diabetes (GDM) during previous pregnancy. If a blood value or diagnosis is not available, a qualifying risk score may be used to enroll.

### PROGRAM CURRICULUM

Participants will receive a notebook which contains worksheets and handouts for them to use in each of the sessions of the lifestyle intervention. Participants will also receive a weekly journal and be asked to track their food and physical activity during the program.

The YMCA's Diabetes Prevention Program uses a Centers for Disease Control and Prevention (CDC)-approved curriculum in the CDC's Diabetes Prevention Recognition Program.

\*Asian individual(s) BMI  $\geq$  22

<sup>†</sup>Individuals who have already been diagnosed with either type 1 or type 2 diabetes do not qualify for this program.

## The First 16 Sessions Include the Following Topics:

**Session 1 – Welcome to the YMCA’s Diabetes Prevention Program.** In this session, participants are introduced to each other, their Lifestyle Coach, and the purpose and goals of the program.

**Session 2 – Be a Fat Detective.** Participants learn how to begin keeping an accurate food journal.

**Session 3 – Ways to Eat Less Fat.** Participants learn to use available resources (such as food labels) to identify healthier options.

**Session 4 – Healthy Eating.** Participants discuss the food groups and meal planning.

**Session 5 – Move Those Muscles.** The physical activity goal is introduced in this session. Participants explore ways to add physical activity to their daily routine.

**Session 6 – Being Active - A Way of Life.** Participants learn the difference between purposeful physical activity and lifestyle physical activity.

**Session 7 – Tip the Calorie Balance.** Participants explore the principles behind “calories in verses calories out.”

**Session 8 – Take Charge of What’s around You.** Participants discuss the physical cues in their environment that trigger certain behaviors around eating and physical activity.

**Session 9 – Problem Solving.** Participants practice using the five steps involved in solving a problem.

**Session 10 – Four Keys to Healthy Eating Out.** Participants discuss tips for making healthier choices when eating out and practice selecting and ordering meals that fit in their plan.

**Session 11 – Talk Back to Negative Thoughts.** In this session, participants practice recognizing when they use negative self-talk. Then, they practice talking back to those negative thoughts with more positive ones.

**Session 12 – The Slippery Slope of Lifestyle Change.** Participants practice identifying typical barriers that cause them to slip from their plan. Then they create action plans to recover from these slips.

**Session 13 – Jump Start Your Activity Plan.** This session has participants explore new activities they wish to try in order to avoid boredom in their physical activity routine.

**Session 14 – Make Social Cues Work for You.** This session allows participants to explore the way that other people affect their choices around eating and physical activity.

**Session 15 – You Can Manage Stress.** Participants recognize how stress affects their bodies and minds as well as their choices. They learn methods for both avoiding stress and coping with stress.

**Session 16 – Ways to Stay Motivated.** Participants discuss methods they will use to stay motivated to maintain the healthy habits they have worked to create.

## Sessions 17-25 Cover These Topics:

**Session 17 – Eating to Prevent Diabetes: Planning Ahead.** This session helps participants plan meals and snacks that will help them achieve their program goals.

**Session 18 – Staying Motivated to Keep Being Physically Active.** Participants revisit the benefits of physical activity and strategies to stay active.

**Session 19 – Maintaining Your Healthy Lifestyle.** Participants recommit to their weight loss and physical activity goals and set new goals as appropriate.

**Session 20 – Preventing Relapse – An Ounce of Prevention is Worth Pounds.** This session helps participants understand the relapsing nature of behavior change and establish a plan for preventing or recovering from relapse.

**Session 21 – Handling Holidays, Vacations, and Special Events.** Participants discuss how to stay on their behavior change journey during times where they may face challenges to their progress.

**Session 22 – Lifestyle Physical Activity.** Participants revisit opportunities for increasing lifestyle physical activity during their daily routine.

**Session 23 – Healthy Cooking.** Participants explore tips on food preparation and recipe modification.

**Session 24 – Variety and Balance in Your Dietary Intake.** Participants revisit the food groups to help ensure variety and balance in their daily food intake.

**Session 25 – Maintaining Behavior Change for Diabetes Prevention.** Participants assess their progress and discuss time management as a strategy for making and maintaining behavior changes that will help prevent or delay the onset of type 2 diabetes.