You Can Prevent Type 2 Diabetes

Diabetes Prevention Program

We Can Prevent Diabetes Together

In the U.S., 1 in 3 adults has prediabetes and is at risk for type 2 diabetes, yet nearly 85% don't know they have it. Learning about diabetes and how to prevent or delay it is the first step toward living a longer, healthier life.

CDC-Recognized Education & a Proven Intervention System

The Diabetes Prevention Program is a year-long, lifestyle change program for people diagnosed with prediabetes. Prediabetes means that blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. Research shows that programs like the DPP can cut the risk of developing type 2 diabetes in half.



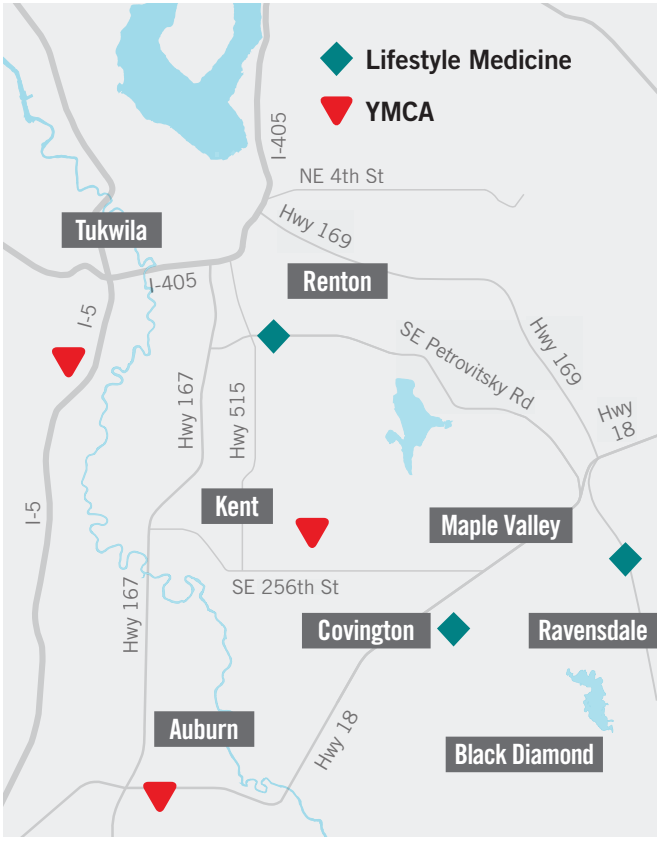
"Diabetes incidence in high-risk adults was reduced by 58% with intensive lifestyle intervention and by 31% with just metformin compared with placebo."

–Centers for Disease Control (CDC)

Group Support & Gym Access

Meet online weekly for the first 6 months, then once or twice a month for the second 6 months. The YMCA also offers an in-person option. Led by certified Lifestyle Coaches, the program focuses on physical activity, healthy eating and other behavior changes. The program was developed by the CDC's PreventT2.

Which Location is Best for You— Lifestyle Medicine or YMCA?



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Which Facilities are Best for You—Lifestyle Medicine or YMCA?

Lifestyle Medicine

Our three Lifestyle Medicine centers have skilled medical professionals onsite with services to support you on your path to improved health. Whether you want to begin with physical movement or nutrition, the Lifestyle Medicine Center is ready to partner with you to improve health. Many of our services are also covered by medical insurance, including Medicare. The Diabetes Prevention Program cost is $299 + tax (payment plans available.) Register at **events.valleymed.org**. Questions? Call 425.690.3520.

The Lifestyle Medicine Diabetes Prevention Program includes:

Virtual Support Group

- Virtual small group meetings with a trained lifestyle coach guiding and encouraging you
- Support from other group members with the same goals as you

Prescribed Exercise Plan

- Locations in Renton, Maple Valley and Covington
- Jump-start to exercise education program with an exercise specialist—three 30-minute sessions of exercise fundamentals and training to develop a plan that works for you
- 24-hour fitness access available in our Lifestyle 365® prescriptive exercise program*, with first month free for DPP participants

Extras

- Get $200 toward joining Lifestyle 365®
- Free virtual HealthyCare informational session available to learn more about all our services

**Additional fees or insurance billing apply for our partner clinical programs and gym memberships*

YMCA

The YMCA of Greater Seattle is here to support you in reaching the health goals that matter to you. Visit Diabetes Prevention | YMCA of Greater Seattle at **seattleymca.org** to learn more or register.

Virtual and In-person Support Group

- Virtual and in-person small group meetings with a trained lifestyle coach guiding and encouraging you
- Support from other group members with the same goals as you

Physical Activity & Other Health Activities

- Free access to 13 YMCA facilities across King County and virtual exercise and health programs through temporary program membership
- Non-prescriptive approaches to health behavior change in a non-clinical environment
- Vast array of virtual online resources to support physical activity and healthy eating goals, including group exercise, mental health counseling, or a family cooking class
- Childcare available onsite* in YMCA facilities and other individual and family programs**

**Childcare services available if participant registers for full membership. May incur drop-in fee for temporary members. Times and availability vary by facility.*

***Some YMCA programs and services are free to members and some incur a separate fee. Financial aid is available to all.*

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Lifestyle Medicine

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POWERED BY PINNACLE MEDICAL WELLNESS

the YMCA

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