



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BIG REWARDS SMALL STEPS

Diabetes Prevention Program YMCA OF METROPOLITAN MILWAUKEE

You can reduce your risk for type 2 diabetes and gain tools for healthy living.

DID YOU KNOW?

- About **86 million American** adults have prediabetes.
- Prediabetes means your blood glucose (sugar) is higher than normal, but not yet high enough to be considered diabetes.
*This can be measured by a **Fasting Plasma Glucose between 100 – 125 mg/dL or an A1C 5.7%-6.4%**.
- People with prediabetes are likely to develop type 2 diabetes within 10 years, unless they **take action to prevent** or delay the disease.
- Diabetes is a **leading cause** of heart disease, stroke, blindness, kidney disease and nerve disease.

THE GOOD NEWS . . .

Lifestyle changes such as eating healthier, increasing physical activity and losing a modest amount of weight can prevent or delay development of type 2 diabetes in those at high risk for the disease. With the YMCA's Diabetes Prevention Program, you can work with others in a small group setting to learn how to adopt habits that will improve your overall health and well-being and reduce your risk.

JOIN OUR-SITE CLASS!

CITY HALL

DATE: TUESDAYS, JAN 13TH– APRIL 28TH

TIME: 11:30–12:30 PM

WHERE: CONFERENCE ROOM 303

*Stop by the Wellness center for more information or refer to contact information below.

Earn **20 points toward Healthy Rewards by completing this program!

This program is **FREE** for City employees with United Healthcare insurance. Please contact the Diabetes Prevention and Control Alliance to confirm eligibility and to enroll at 1-800-237-4849.

For information contact:

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The YMCA's Diabetes Prevention Program is part of the Centers for Disease Control and Prevention's National Diabetes Prevention Program and is nationally supported by the Diabetes Prevention and Control Alliance.

