



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YOU CAN TAKE CONTROL

## DIABETES PREVENTION PROGRAM

Community Y of Marshalltown

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

The YMCA's Diabetes Prevention Program helps those 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. Based on research funded by the National Institutes of Health and the Centers for Disease Control and Prevention, the program reduces the risk of developing type 2 diabetes by 58%.

In a classroom setting, a trained lifestyle coach facilitates a small group of participants in learning about healthier eating, physical activity and other behavior changes over the course of 16 one-hour sessions. Topics covered include healthier eating, getting started with physical activity, overcoming stress, staying motivated, and more. After the initial 16 core sessions, participants meet monthly for added support to help them maintain their progress.

### Program Goals:

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

**The YMCA's Diabetes Prevention Program is part of the CDC-led National Diabetes Prevention Program.**

### NEW, MORE AFFORDABLE PRICING!

- 4 monthly payments of \$45 or \$160 full pay – Y Member
- 4 monthly payments of \$55 or \$200 full pay – Program Participant
- Financial Assistance may be available upon request for qualified applicants
- This program qualifies for flex spending accounts
- United Healthcare members should check with their employer for program availability, or contact the Diabetes Prevention and Control Alliance to confirm eligibility at 1-800-237-4942.

For more information contact:

Community Y of Marshalltown – Angie Paxson  
108 Washington Street  
Marshalltown, Iowa 50158  
(641) 752-8658, ext. 211

