



# YMCA's Diabetes Prevention Program

Lose weight, gain health and reduce your risk for diabetes!

Virtual program begins Thursday, October 21st from 5:30 - 6:30 p.m.

Take control of your health. Learn how to eat healthier, increase your physical activity and lose weight.

Receive a FREE YMCA gym membership during the initial 16-week portion of the program.

Earn 16 PLN component points and 100 Limeade points!

(Component points will be posted after the below attendance requirements are met).

**FREE!**

This \$429 program will be FREE for PCS Employees with the medical insurance through PCS who meet the attendance requirements of attending 12 out of the 16 initial classes. Maintenance classes will be offered at the end of the 16 week program. Please note: \$100 will be deducted from the participant's paycheck at the end of the program if attendance requirements are not met. The classes meet virtually for one hour each week during the initial 16 weeks.

Is the program right for you?

You must meet the following criteria to be eligible for this program:

- Have a BMI greater than or equal to 25
- **AND**
- At risk for developing type 2 diabetes (determined by a risk quiz) OR diagnosed with prediabetes. Please see the risk quiz attached.
- If you have a diagnosis of diabetes, please contact Gina DeOrsey at [pcs.deorseyg@pcsb.org](mailto:pcs.deorseyg@pcsb.org) or 727-588-6137 to enroll in the PCS Diabetes Care Program.

## REGISTRATION INFORMATION

Contact Summer Cruff to register: [scruff@suncoastymca.org](mailto:scruff@suncoastymca.org) or 727-451-3210

For general program information, contact Dawn Handley:  
[handleyd@pcsb.org](mailto:handleyd@pcsb.org) or 727-588-6151

# IT'S NOT TOO LATE TO MAKE A CHANGE!

**What is Prediabetes?** Prediabetes occurs when blood sugar levels are higher than normal but not high enough for a type 2 diabetes diagnosis. The risk for developing type 2 diabetes may be reduced or eliminated by weight loss, healthier eating, and increased physical activity.

<b>ARE YOU AT RISK?</b>		
<b>For each "yes" answer, add the number of points listed.</b>	<b>YES</b>	<b>NO</b>
Are you a woman who has had a baby weighing more than 9 pounds at birth?	<b>1</b>	<b>0</b>
Do you have a parent with diabetes?	<b>1</b>	<b>0</b>
Do you have a brother or sister with diabetes?	<b>1</b>	<b>0</b>
Is your BMI over 25 or are you overweight?	<b>5</b>	<b>0</b>
Are you younger than 65 and get little to no physical activity in a typical day?	<b>5</b>	<b>0</b>
Are you between 45 and 64 years of age?	<b>5</b>	<b>0</b>
Are you 65 years of age or older?	<b>9</b>	<b>0</b>

If you scored 9 or higher, you may be at risk or you may have prediabetes. This does NOT mean that you have diabetes. You'll need a blood test to confirm.