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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## **YMCA's Diabetes Prevention Program Talking Points for Healthcare Providers**

- Group-based lifestyle change program for individuals at risk for developing type 2 diabetes. This program aims to prevent or delay the onset of type 2 diabetes.
- Virtual classes are discussion-based, and participants learn skills to live a healthier lifestyle through healthy eating and physical activity.
- The goals of this program are to lose 7% of body weight and increase physical activity by 150 minutes per week.
- Program is made up of 25 sessions that occur over one year. Classes occur weekly for the first 16 sessions, biweekly for sessions 17-19 and then monthly for sessions 20-25. Classes are one-hour long.
- Participants will provide weight and engage in tracking food and physical activity at each session.

Thank you for your referrals!  
Please contact our team for additional brochures or referral forms  
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