



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA of Greater New Orleans
www.ymcaneworleans.org
(504) 568-9622

OUR MISSION

To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

WE ARE THE Y

Every day, we work side by side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. The Y is, and always will be, dedicated to building healthy, confident, connected and secure people and communities.

WE ARE FOR HEALTHY LIVING

At the Y, a supportive community is a big part of wellness. At every age and every level of activity, you'll find people just like you looking to live a little bit healthier. Members and program participants often cite the support and enthusiasm of fellow participants and staff as some of the key factors in their achievement of greater well-being.

WE ARE ROOTED IN COMMUNITY

Serving New Orleans since 1852, we are the 5th oldest YMCA in the country.

We are uniquely positioned as a community bridge organization.

We regularly add programs to meet the needs of the community.

We're expanding, adding much needed repairs and additions to our facilities.

United Way of
Southeast Louisiana



SMALL STEPS BIG REWARDS

Diabetes Prevention Program

REDUCE YOUR RISK

The YMCA's Diabetes Prevention Program helps overweight adults at risk for type 2 diabetes reduce their risk for developing the disease by taking steps that will improve their overall health and well-being. Research by the National Institute of Health has shown that programs like the YMCA's Diabetes Prevention Program can reduce the number of new cases of type 2 diabetes by 58%, and 71% in adults over the age of 60.



What is the YMCA's Diabetes Prevention Program?

- 1-year program, 16 weekly sessions followed by monthly sessions
- 3-month YMCA membership for the participant and their family
- Small group, supportive environment
- Learn about healthier eating & increasing physical activity to reduce risk
- Classroom based— can be offered in any community setting
- Classes are offered in the four parishes of Plaquemines, Orleans, Jefferson, St. Tammany and other surrounding communities.

What are the goals?

- Reduce body weight by 7%
- Increase physical activity to 150 minutes of moderate (the equivalent of brisk walking) physical activity per week



"While attending my classes, I've realized I wasn't alone in this struggle"

- Victor, Belle Chasse

"I would have never taken this step and made these changes if it wasn't for the Y and the support of my coach and class friends"-Art, Belle Chasse

Is the YMCA's Diabetes Prevention Program right for me?

To qualify:

PARTICIPANTS MUST:

- Be at least 18 years old **AND**
- Be overweight (BMI \geq 25) * **AND HAVE AT LEAST ONE OF THE FOLLOWING:**
 1. Previous diagnosis of gestational diabetes
 2. Blood test with one of the following results
 - Fasting Plasma Glucose between 100-125 mg/dL
 - 2-hour (75 gm glucola) Plasma Glucose between 140-199 mg/dL
 - A1c between 5.7% and 6.4%
 3. A qualifying risk score based on a combination of risk factors-family history, age, etc.

Take the risk test and know your score at <https://www.ymcaneworleans.org/ydpp-participant>

Visit your doctor for a blood test today!

What will I learn to help achieve my goals?

Weekly Session Descriptions:

1. Welcome to the Program
2. Be a Fat Detective
3. Ways to Eat Less Fat
4. Healthy Eating
5. Move Those Muscles
6. Being Active: A Way of Life
7. Tip the Calorie Balance
8. Take Charge of What's Around You
9. Problem Solving
10. Four Keys to Healthy Eating Out
11. Talk Back to Negative Thoughts
12. The Slippery Slope of Lifestyle Change
13. Jump Start Your Activity Plan
14. Make Social Cues Work for You



DID YOU KNOW?

One out of three U.S. adults has type 2 diabetes, but only 11% know they have it.

Financial assistance is available through our Open Doors program at the Y which provides **more than \$925,000 in financial assistance** to individuals and families each year.

How do I enroll?

To see if you qualify, please complete a YMCA's Diabetes Prevention Program Risk Assessment or visit <https://www.ymcaneworleans.org/ydpp>

For more information please contact Erica Halpern, Program Director, @ ericah@ymcaneworleans.org or Julie Belou, Program Coordinator, @ julieb@ymcaneworleans.org, or call us at 504-568-9622

Interested in referring a participant? Please send a message to our secure fax system at 504-636-6014

YMCA of Greater New Orleans and the National Council of Young Men's Christian Association of the United States of America ("YMCA of the USA"), have made a commitment to collaborate on efforts to support a national movement to increase awareness and take measures to prevent diabetes and its complications among groups at risk, and to help support treatment outcomes for individuals who have confirmed diagnoses or indications of prediabetes by promoting an effective lifestyle change. The parties referenced above do not warrant or guarantee any specific outcomes for program participants, with respect to diabetes prevention.

Belle Chasse YMCA
8101 Hwy 23
Belle Chasse, LA

East Jefferson YMCA
6691 Riverside Dr.
Metairie, LA

West St. Tammany YMCA
71256 Francis Rd.
Covington, LA

Plaquemines Parish
Community locations:
Port Sulphur and Buras