

YMCA's Diabetes Prevention Program

Q & A for Welcome Center Staff

Q1: What is the YMCA's Diabetes Prevention Program (Y-DPP)?

A1: The YMCA's Diabetes Prevention Program is for adults who have **prediabetes** and are at **high risk** of developing type 2 diabetes. The yearlong program helps participants 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 Diabetes.


Q2: Is Y-DPP an exercise program?

A2: No, Y-DPP is not an exercise program. The program is held in a classroom, and led by a trained YMCA Lifestyle Coach who facilitates a small group of participants in learning about healthier eating, physical activity and other behavior changes over 25 one-hour sessions. **Participants receive 3 months of FREE island-wide YMCA membership.** Chronic Disease Dept will enroll participants for membership.

Q3: How does someone enroll in Y-DPP?

A3: Due to privacy, please refer those who want to enroll directly to the YMCA's Chronic Disease Department: **Erin Farmer 541-5256** or **Noël Gibeau 548-0951**. YMCA staff team member will return calls within 48 hours, Monday-Friday between 8 AM – 8 PM.

Q4: Who can participate in Y-DPP?

A4: Participants can be Y members or Non-members. To qualify for the program they must be at least 18 years old, overweight (BMI >22 if Asian. BMI >25 if other); and at high risk for developing type 2 diabetes indicated by a confirmatory blood value or a clinical diagnosis of Gestational Diabetes (GDM) during previous pregnancy. If a blood value or diagnosis is not available, a qualifying risk score may be used to enroll by taking a simple **7-question risk test located on back of this page**, and is also available on our YMCA website <http://www.ymcahonolulu.org>. 

Q5: Can people with either type 1 or type 2 diabetes enroll in Y-DPP?

A5: No, individuals who have already been diagnosed with either type 1 or type 2 diabetes do not qualify for this program. However, the Y does host Straub classes for people who have diabetes. You can also refer people who have diabetes to the Chronic Disease Dept for more info about diabetes classes.

Q6: How much does Y-DPP cost?

A6: The YMCA's Diabetes Prevention Program is \$429/person. Some insurances and employers cover partial costs. Monthly payment plans available. Financial assistance is available for low income participants. Enrollment and payment is set up by the Chronic Disease department, not at Welcome Centers.