

Program Kickoff

United Way
of Central Ohio
Member Agency



what

A program designed to bring awareness and education to the community about the risk factors related to diabetes and chronic illnesses associated with diabetes.

Individuals chosen will be enrolled in the 10-week program. This program will include educational seminars and usage of the Fitness Center.

when

February 9 - April 13, 2010

where

North YMCA
1640 Sandalwood Pl.
Columbus, OH 43229
Contact: Sarah Whitney
614-885-4252
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cost

This program is FREE

how long

10 full weeks
(through April 12, 2010)

United Way
of Central Ohio
Member Agency



Supported by funding through the
United Way of Central Ohio



NORTH YMCA

Activate Ohio

Diabetes Education Program

Presented By:
North YMCA

OUTLINE

The 10-week educational sessions will be led by a combination of YMCA staff, registered dietitians, certified diabetes educators, nurses, and health educators.

WEEK 1

Diabetes Education and Information

Diabetes Educators will share general diabetes information that will address risk factors, types of diabetes, and the effects of uncontrolled and abnormal blood glucose levels. Each participant will be taught how to use a blood glucose meter.

WEEK 2

Pushing Through Barriers

The YMCA Fitness Director leads a discussion on common, psychological barriers that may challenge participants as they work to make changes in lifestyle choices. General principles of exercise psychology, including the importance of goal setting, documentation, identification of motivation, and ways to build confidence to aid making daily changes in lifestyle will be discussed.



WEEK 3

Understanding How Diabetes Affects the Whole Body

Diabetes Educators discuss the affect of diabetes on the body, the risk factors associated with diabetes, the psysiology of the disease, and the signs of pre-diabetes. A discussion of the different types of diabetes, how diabetes can affect children, and the link between diabetes and obesity will also be conducted.

WEEK 4

Diabetes and Fitness

The effects of diabetes on the body and the link between obesity and diabetes will be reviewed. Diabetes Educators and the YMCA Fitness Director discuss how walking can be one the best forms of physical activity and how a walking routine can help manage blood glucose levels. Other forms of physical activity, such as swimming and strength training, and benefits of each will also be discussed. General exercise principles and the importance of documenting progress will be taught. Participants will brainstorm ways to make activity a part of their daily lives.

WEEK 5

Nutrition—A Cornerstone a of Better Health

Week 5 begins a three week focus on the importance of proper nutrition and healthy eating choices as it relates to food planning. Participants will be taught the importance of reading and understanding food labels.

WEEK 6

Let's Go Shopping—Field trip to a local grocery in the neighborhood

Registered Dietitians lead participants through a grocery store to identify the "healthy" sections of the store. They will discuss the parts of the store that may offer products full of empty calories and products on the edge of the store that tend to be healthier. The class will discuss the importance of having a well-balanced shopping cart.

WEEK 7

Stirring Up Something Healthy

Registered Dietitians prepare a full dinner and dessert for participants. Healthy recipes and tips for food preparation are shared with the group.



WEEK 8

Pulling the Pieces Together—Discovering Total Health and Wellness

The YMCA Fitness Director will discuss the complete picture of total health and wellness. The class discusses the importance of maintaining a healthy life and shares tips on how participants can make long-term healthy lifestyle choices. The class identifies community organizations that promote healthy lifestyles choices and how participants can incorporate the various events offered throughout the community into their life.

WEEK 9

YMCA programs that contribute to enhanced health and wellness

YMCA staff share information regarding programs for youth, adults, and families that support healthy lifestyle choices. The Fitness Director revisits exercise programs, discusses what participants liked about their current involvement in the program and answers questions.

WEEK 10

Program Graduation—Celebrating Steps to Better Health

Leaders distribute incentives and certificates of completion. Participants share what they learned about themselves with the group and how the program affected their life. A post diabetes screening is conducted as well as post program survey.

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TESTIMONIALS



This program is helping me learn how to take control of my life and my health.

"I feel I am doing great in this program. I have changed many of my bad habits, and have made exercise and proper eating a priority."

"I loved the class because it motivated me to do more, especially exercise."

"I encourage everyone, especially African Americans, to become informed on the dangers of diabetes. Make the commitment and devote one hour a week to learn more about this disease. The Y is doing a great thing in educating our community about this silent disease and helping us take control of our health."

"I feel like I have more energy and am healthier. It was tough in the beginning, but I have made the change and will always want to be active."

"It was great to learn something new every Monday night about a disease that has affected so many people in my life. I now know what I can do to be healthier and not become diabetic. It is up to me."

