

**PREDIABETES**

# WEIGHT MANAGEMENT PROGRAM



The MCPS Employee Wellness Program in partnership with Florida Blue and the Frank Deluca YMCA are pleased to offer a FREE program for prediabetes!

**MCPS WELLNESS**

**Family History of Diabetes?**

**Sedentary Lifestyle?**

**Weight Issues?**

**If you said *YES* to any of those questions, you might be at risk for diabetes. The National Diabetes Prevention Program provides the tools and support needed to make healthy lifestyle changes. With group support and training from a Lifestyle Coach, participants can lose weight, boost their energy, reduce their risk for diabetes and feel better!**

### ***Lifestyle Coaching***

Participants will meet with a lifestyle coach in a small group setting for one hour/week for 16 weeks.

### ***Fitness Membership\****

During the program, participants can register for a half-priced YMCA membership. Upon successful completion of the program, participants will get a month FREE!

### ***Follow-up and Support***

After the initial program, participants will meet with their lifestyle coach on a monthly basis.

### ***Incentives***

Participants will get a variety of incentives to help encourage them on their quest for a healthier lifestyle.

**FREE**

***To register, call (407) 644-3606\****

*\*Ask to speak with the Diabetes Prevention Program at ext. 255!*

## ~ Success Story ~



*BEFORE*



*AFTER*

Karen Edsall (HR/Payroll Manager at Jenkins Auto Group) spent most of her childhood overweight and very inactive. It was not until high school that she decided it was time to make a change to her eating habits and lost a substantial amount of weight. Up until about 10 years ago, Karen had been able to maintain a healthy weight when a change in medication caused the pounds to quickly pile on.

Fortunately for Karen, Florida Blue (in partnership with the local YMCA) was offering a free Lifestyle Change program focused on preventing diabetes. Karen had a family history of diabetes and knew if she didn't start making some changes to her daily routine, she was headed down the path to poor health too. Throughout the 16 week program, Karen gained a new perspective on watching food labels and dining out. She quickly learned that many of her old habits were not going to fit with her new lifestyle! Karen's Lifestyle Coach also encouraged her to track fat grams and "get up off the couch" and start walking...something Karen had not focused on in high school. Currently, Karen walks 4-5 times/week and has also incorporated weight training into her routine on 3 days/week. Since starting the program in February, Karen has dropped two pant sizes and is now in the healthy weight range for her height. More importantly though, Karen is more energized and feels better! Karen continues to work with her Lifestyle Coach to stay on track and remain committed to the changes she has made!

**WAY TO GO KAREN!**



*Program Partners*



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## ~ Success Story ~



Cynthia Wyman (Marion County Public Schools) never got rid of her baby weight after the birth of her youngest child . As a mother of four, taking care of herself was generally the last thing on her mind. Limited physical activity and binging on soda and sweets led Cynthia's blood sugar to creep up to a prediabetic level!

In December of 2013, Cynthia vowed to her bus aid that after break, she was going to turn things around. Fortunately, when Cynthia returned to school in January, she found out about a free Lifestyle Change program offered by her employer through Florida Blue and the YMCA. *The Prediabetes Weight Management program* was just what she needed to help her along the path to a healthier lifestyle. Cynthia started attending weekly health coaching sessions, tracking her food choices, and exercising regularly. Because of her busy schedule, she also started making healthy meals in her crockpot so she would have time to go to the gym.



During the 16-week program, Cynthia lost a whopping 30 pounds! During the months to follow, she dropped another 10 pounds for a total of 40 pounds. She continues to do Zumba, Crossfit, Spinning, and Pyloxing weekly. In addition to the support of the program, Cynthia and some of her "sisters" have created a private facebook page called *Sisters on a Fit Mission* for encouragement and motivation.

**KEEP UP THE GOOD WORK!**



*Program Partners*



*Florida Blue* 



## How Do I Qualify?

*Diagnosed with prediabetes via one of the three\* blood tests or a previous diagnosis of gestational diabetes.*

OR

*If you do not have a blood test result, you must have a qualifying risk score\*\*. See below for risk quiz.*

Criteria	Yes	No
Have you ever given birth to a baby weighing > 9 pounds?	1	0
Do you have a parent with diabetes?	1	0
Do you have a brother or sister with diabetes?	1	0
Is your Body Mass Index (BMI) > 25	5	0
Are you younger than 65 and get little or no physical activity in a typical day?	5	0
Are you between 45 and 64 years of age?	5	0
Are you 65 years of age or older?	9	0
<b>TOTAL POINTS FOR ALL "YES" RESPONSES</b>		<input type="text"/>

\* A1c - 5.7%-6.4% or Fasting Plasma Glucose - 100-125 mg/dl or 2 hour Plasma Glucose - 140-199 mg/dl

\*\* If you scored 9 or higher, you might *be at risk* for Type 2 Diabetes, and may qualify for the program. This does not mean you have diabetes. You will need a blood test to confirm a diagnosis of diabetes.