

To Register

Simply fill out this slip and mail, fax, or email it to our Program Specialist using the contact information below.

I, _____
(First and Last Name)

would like to enroll in the National Diabetes Prevention Program.

(_____) _____ - _____
(Phone Number)

_____@_____
(Email Address)

(Cut Here)

Or register securely online at:
surveymonkey.com/r/LHWRegistration

S²AY Rural Health Network
P.O. Box 97, Corning, NY 14830
Phone: (607) 962-8459
Fax: (607) 962-9755
info@s2aynetwork.org

We look forward to working with you!

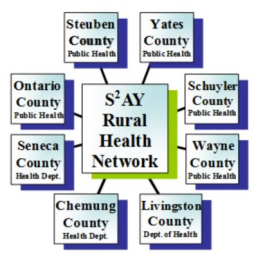
The S²AY Rural Health Network

Mission: To be a leader in improving health outcomes for our rural communities.

The S²AY Rural Health Network, formed in 1997, is a 501(c)(3), nonprofit organization serving Chemung, Livingston, Ontario, Schuyler, Seneca, Steuben, Wayne, and Yates Counties.

To find out more about how the S²AY Rural Health Network is working to improve the health of your community or to see what other services we offer, at no cost to you, please visit us at our website:

s2aynetwork.org



Living Healthy Workshops



The National Diabetes Prevention Program



Take Charge of Your Health Today!

Who Qualifies?

You are at a greater risk of developing type 2 diabetes if:

- You are 45 years of age or older.
- You are overweight.
- You have a family history of type 2 diabetes.
- You are physically active fewer than 3 times per week.
- You have had gestational diabetes.
- You gave birth to a baby that weighed 9 pounds or more.
- You took the Risk Test at doihaveprediabetes.org and scored in the prediabetic range.

You are already prediabetic if your bloodwork falls within the following ranges:

- 2-hour Plasma Glucose Test (OGTT)
140 - 199 mg/dL
- Fasting Plasma Glucose Test (FPG)
100 - 125 mg/dL
- Hemoglobin A1C Test
5.7% - 6.4%

About the NDPP

The National Diabetes Prevention Program (NDPP) is an evidence-based program that helps you eliminate or reduce your risk of developing type 2 diabetes by 58%.

A trained lifestyle coach facilitates workshops that help you lose at least 5% - 7% of your starting body weight through modest lifestyle changes.

Topics covered by the NDPP include:

- Buying and cooking healthy food.
- Managing stress.
- Finding time to be physically active.
- Coping mechanisms.
- Communicating effectively with family, friends, and healthcare providers.
- Eating healthy while traveling or at social events.
- Problem solving.
- Keeping your heart healthy.
- Losing weight and keeping it off.

Benefits to You!

Participating in the program does not conflict with your existing treatment through your healthcare provider. The NDPP is designed to enhance regular treatment plans and education.

Workshops provide an environment where mutual support and success build your confidence and strengthen your ability to manage your health and maintain an active and fulfilling life.

Those who participate in the NDPP and utilize what they have learned find that they:

- Improve their overall health and reduce their risk of developing other health problems.
- Eliminate or cut in half their risk of developing type 2 diabetes.
- Lose at least 5% - 7% of their starting body weight.
- Are able to exercise at least 150 minutes per week.
- Help others improve their health.