

MEASURABLE PROGRESS UNLIMITED SUPPORT

Diabetes Prevention Program FACT SHEET: JULY 2015



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PROGRAM OVERVIEW

The YMCA's Diabetes Prevention Program helps adults at high risk of developing 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 Institutes 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.

DESCRIPTION

- One-year program
 - 16 weekly sessions, then monthly sessions
- Small group, supportive environment
- Classroom based
 - Can be offered in any community setting
- Learn about healthier eating & increasing physical activity to reduce risk

GOALS

- Reduce body weight by 7%
- Increase physical activity to 150 minutes per week

WHO QUALIFIES

- Adults 18+
- Overweight (BMI ≥ 25)*
- At risk for or have been diagnosed with **PREDIABETES**[†]
 - Via a blood test with one of the following results
 - Fasting Plasma Glucose between 100–125 mg/dL
 - 2-hour Plasma Glucose between 140–199 mg/dL
 - A1c between 5.7% and 6.4%
 - Or a previous diagnosis of gestational diabetes
 - If a blood test is not available, a qualifying risk score based on a combination of risk factors—family history, age, etc.

"I'm retired and my doctor told me that I'm prediabetic. Before I joined the class, I didn't know anything—I ate all the bad stuff, I didn't care about exercise. This class and the instructor helped me a lot...It's a very, very good program. I'm healthier now."

PHUOG, YMCA of San Francisco • San Francisco, CA

BY THE NUMBERS

Participants attending at least one session ¹	35,000
Average weight loss at the end of weekly sessions	4.6%
Average weight loss at the end of year	5.5%
Number of states delivering program	43
Ys currently trained to deliver program	184
Total class locations 611 Y sites 683 non-Y sites	1,294
Classes started ²	4,315
Average attendance for 4+ sessions	12.6
Average minutes of weekly physical activity	118.3
Lifestyle Coaches trained by Y-USA	3,150

*Asian individual(s) BMI ≥ 22

[†]Individuals who have already been diagnosed with either type 1 or type 2 diabetes do not qualify for this program.

All numbers represent data collected to date.

¹ Includes Indiana's 392 participants from 2005 – June 2010

² Does not include # of classes in Indiana prior to June 2010

The Y believes that all people—regardless of age, income or background—should be able to live life to its fullest, healthiest potential. As one of the nation’s leading nonprofits strengthening communities through youth development, healthy living, and social responsibility, 2,700 Ys engage 21 million people in more than 10,000 communities across the country. The Y’s reach into all communities makes it a great service channel for programs like the YMCA’s Diabetes Prevention Program.

PROGRAM DEMOGRAPHICS

RACE

White:	73.0%
Black or African American:	23.8%
Asian:	1.8%
American Indian or Alaskan Native:	1.1%
Native Hawaiian or Pacific Islander:	0.2%

ETHNICITY

Hispanic or Latino:	6.1%
Not Hispanic or Latino:	9.9%
Not reported:	84.0%

AGE

Average Age: 56

18-24:	0.8%
25-44:	17.7%
45-64:	50.9%
65+:	30.7%

GENDER

Female:	76.5%
Male:	23.5%

SELF PAY REFERRAL SOURCE

Health care provider:	27.9%
Marketing materials:	28.5%
Staff member:	11.5%
Other:	19.2%
Family/friend or word of mouth:	9.9%
Employer or insurance company:	3.6%

INCOME

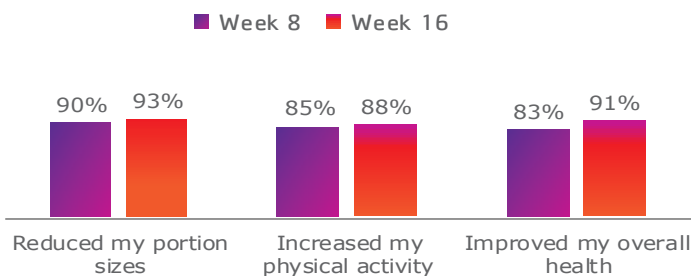
Low income:	16.8%
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Data as of June 2015

By the end of June 2015, the YMCA’s Diabetes Prevention Program had **served 35,000 participants** at 1,250 sites in 43 states across the country.

Participants are asked to provide **FEEDBACK ON THE PROGRAM AT SESSIONS 8 AND 16**. Here are some of the data points collected during the program evaluation process to date.

Week 8 n: 9042 | Week 16 n: 6228



RETENTION RATES for participants who attend one session and go on to attend four sessions, and participants who attend four sessions and go on to attend nine sessions.



“Accountability is very helpful to me, and I’ve heard this reiterated by many people in the group. It’s just that little check that you know you have coming down the road that helps keep me on track.”

SUE, YMCA of the Greater Twin Cities • Minneapolis, MN

The Y is a leading nonprofit committed to strengthening community in part through healthy living.

- The YMCA's Diabetes Prevention Program uses a Centers for Disease Control-approved curriculum and is part of the Centers for Disease Control led National Diabetes Prevention Program.
- The YMCA's Diabetes Prevention Program is available to ALL individuals who qualify, regardless of their insurance status.
- The Y is committed to making the program available to everyone who meets program criteria in all communities offering the program.
- A Y membership is not required for participation in the YMCA's Diabetes Prevention Program.



RODNEY,
YMCA of San
Francisco, CA

HAPPY TO BE INVOLVED

My interest in the YMCA's Diabetes Prevention Program was peaked when it became available to members and staff. I took the quiz to see if I was at risk and, as it turned out, I was. I wanted to get involved so I could share the program with others.

Since starting the program, I have lost 15 pounds; I'm eating much better and exercising more! The program taught me to choose foods wisely in order to lower the fat in my diet. I also log my meals regularly with an easy-to-use app that helps motivate me to lose weight at a steady pace.

Another factor to my success in the program is the encouragement during group meetings. I look forward to gathering with my group each week to share tough times and successful strategies helping improve our healthy living habits. The program has changed my habits—hopefully for life!



TRICA,
YMCA of Greater
Dayton, OH

MY COMPANY LEAD ME TO A HEALTHIER LIFE

When I read a feature about the YMCA's Diabetes Prevention Program in my employer's newsletter, I had no idea I was destined to be one of its success stories. Prior to reading about the program, I never thought about diabetes. However, I was concerned about my weight and this realization led me to my company's employee site to take the diabetes risk quiz. I was in fact at risk for diabetes.

Motivated by the support of my employer whose insurance covered the cost of the program, I joined the program at my local Y. I quickly became a leader in my group, meeting my 16-week, 7 percent weight loss goal in half the time. I went on to achieve 15 percent weight loss and as a bonus, my son lost 30 pounds because of our new lifestyle.

Today, I am happier, healthier, and more productive at home and at work.

TO LEARN MORE contact **HEATHER HODGE**, Chronic Disease Prevention Program Director at heather.hodge@ymca.net or 800 872 9622 x8287

ALABAMA • Birmingham Metropolitan YMCA
ALASKA • YMCA of Anchorage Alaska
ARIZONA • Valley of the Sun YMCA, Phoenix • YMCA of Southern Arizona, Tucson
ARKANSAS • YMCA OF Memphis & The Mid-South
CALIFORNIA • Sonoma County Family YMCA, Santa Rosa • YMCA of Greater Long Beach • YMCA of Metropolitan Los Angeles • YMCA of San Francisco • YMCA of Silicon Valley, San Jose • YMCA of the Central Bay Area, Berkeley • YMCA of the East Bay, Oakland
COLORADO • YMCA of Boulder Valley, Lafayette • YMCA of Metropolitan Denver
CONNECTICUT • Central Connecticut Coast YMCA, New Haven • Regional YMCA of Western Connecticut Inc., Brookfield • Wallingford Family YMCA • Wilton Family YMCA Inc.
DELAWARE • YMCA of Delaware, Wilmington
DISTRICT OF COLUMBIA • YMCA of Metropolitan Washington
FLORIDA • Central Florida YMCA, Orlando • Florida's First Coast YMCA-Metropolitan, Jacksonville • South County Family YMCA, Venice • Tampa Metropolitan Area YMCA • Volusia/Flagler Family YMCA, DeLand • YMCA of Broward County, Fort Lauderdale • YMCA of Greater St. Petersburg • YMCA of South Palm Beach County, Boca Raton • YMCA of the Suncoast, Clearwater
GEORGIA • YMCA of Coastal Georgia Inc., Savannah • YMCA of Metropolitan Atlanta Inc.
IDAHO • Treasure Valley Family YMCA, Boise
ILLINOIS • Kishwaukee Family YMCA Inc., Sycamore • The West Cook YMCAs, Oak Park • Two Rivers YMCA, Moline
INDIANA • Cass County Family YMCA, Logansport • Henry County YMCA, New Castle • YMCA of Greater Fort Wayne • YMCA of Greater Indianapolis • YMCA of Michiana Inc. South Bend • YMCA of Monroe County, Bloomington • YMCA of Muncie Indiana Inc. • YMCA of Southwestern Indiana, Evansville • YMCA of Valparaiso Indiana Inc.
IOWA • Scott County Family YMCA, Davenport • YMCA of Cedar Rapids Metro Area • YMCA of Marshalltown Iowa
KANSAS • YMCA of Greater Kansas City • YMCA of Wichita Kansas
KENTUCKY • Paris-Bourbon County YMCA, Paris • YMCA of Central Kentucky, Lexington • YMCA of Greater Louisville
LOUISIANA • YMCA of the Capital City, Baton Rouge • YMCA of Greater New Orleans
MARYLAND • YMCA of Central Maryland, Baltimore • YMCA of Cumberland MD • YMCA of Metropolitan Washington
MASSACHUSETTS • Athol YMCA • Attleboro YMCA • Cape Cod Young Men's Christian Association, West Barnstable • Greater Holyoke YMCA • Hockomock Area YMCA, North Attleboro • Malden YMCA • Merrimack Valley YMCA Inc., Lawrence • MetroWest YMCA Inc., Framingham • Old Colony YMCA, Brockton • South Shore YMCA, Quincy • YMCA Southcoast, New Bedford • YMCA of Greater Boston • YMCA of the North Shore, Beverly
MICHIGAN • Ann Arbor YMCA • Benton Harbor-St. Joseph YMCA, Saint Joseph • YMCA of Greater Grand Rapids • YMCA of Greater Kalamazoo • YMCA of Metropolitan Lansing • YMCA of Marquette County, Marquette
MINNESOTA • Albert Lea Family YMCA • Alexandria Area YMCA, Alexandria • Itasca County Family YMCA, Grand Rapids • Kandiyohi County Area Family YMCA, Willmar • Marshall Area YMCA • YMCA of Austin Minnesota • YMCA of the Greater Twin Cities, Minneapolis
MISSISSIPPI • YMCA of Memphis & The Mid South
MISSOURI • Greater St. Louis YMCA • Tri-State Family YMCA, Neosho • YMCA of Greater Kansas City
NEBRASKA • Kearney Family YMCA • Siouland YMCA, S. Sioux City • YMCA of Greater Omaha
NEVADA • YMCA of Southern Nevada, Las Vegas
NEW HAMPSHIRE • YMCA of Greater Nashua, Merrimack
NEW JERSEY • Cumberland Cape Atlantic YMCA, Vineland • Hamilton Area YMCA • Hunterdon County YMCA, Annandale • Metropolitan YMCA of the Oranges, Livingston • The Community YMCA, Shrewsbury • YMCA of Eastern Union County, Elizabeth • YMCA of Fanwood - Scotch Plains, Scotch Plains • YMCA of Madison NJ • YMCA of Metuchen
NEW YORK • Capital District YMCA, Albany • Middletown YMCA • Olean-Bradford Area YMCA • Plattsburgh YMCA • Watertown Family YMCA • YMCA of Broome County, Binghamton • YMCA of Greater New York • YMCA of Greater Rochester • YMCA of Greater Syracuse • YMCA of Long Island • YMCA of Rye NY
NORTH CAROLINA • Cleveland County Area YMCA, Shelby • Greensboro Metropolitan YMCA • YMCA of Catawba Valley, Hickory • YMCA of Greater Charlotte • YMCA of Northwest North Carolina, Winston-Salem • YMCA of the Triangle Area, Raleigh • YMCA of Western North Carolina, Asheville • YMCA of Wilmington Inc.
OHIO • Akron Area YMCA • Putnam County YMCA, Ottawa • YMCA of Central Ohio, Columbus • YMCA of East Liverpool Ohio • YMCA of Greater Cincinnati • YMCA of Greater Cleveland • YMCA of Greater Dayton • YMCA of Greater Toledo • YMCA of Lima • YMCA of Sidney and Shelby County Ohio, Sidney • YMCA of Youngstown
OKLAHOMA • YMCA of Greater Tulsa
OREGON • Eugene Family YMCA, Eugene • Family YMCA of Marion & Polk Counties, Salem • YMCA of Grants Pass Oregon
PENNSYLVANIA • Central Bucks Family YMCA, Doylestown • Freedom Valley YMCA, Philadelphia • Greensburg YMCA • Ligonier Family YMCA • Regional Family YMCA of Laurel Highlands, Mt Pleasant • Valley Points Family YMCA, New Kensington • YMCA of Greater Pittsburgh • York & York County YMCA
RHODE ISLAND • Providence Metropolitan YMCA
SOUTH CAROLINA • Summerville Family YMCA • YMCA of Columbia South Carolina-Metro
SOUTH DAKOTA • YMCA of Rapid City • YMCA of Sioux Falls
TENNESSEE • Greater Kingsport Family YMCA • YMCA of East Tennessee, Knoxville • YMCA of Metropolitan Chattanooga • YMCA of Memphis & The Mid South • YMCA of Middle Tennessee, Nashville
TEXAS • Austin Metropolitan YMCA • Wichita Falls Metropolitan YMCA • YMCA of Arlington • YMCA of Central Texas, Waco • YMCA of Greater San Antonio • YMCA of Metropolitan Dallas • YMCA of Metropolitan Fort Worth • YMCA of the Greater Houston Area
VERMONT • Greater Burlington YMCA
VIRGINIA • Alleghany Highlands YMCA, Covington • Peninsula Metropolitan YMCA, Newport News • Southside Virginia Family YMCA, Farmville • YMCA of Central Virginia, Lynchburg • YMCA of Greater Richmond • YMCA of Metropolitan Washington • YMCA of South Hampton Roads, Norfolk
WASHINGTON • South Sound YMCA, Olympia • YMCA of Greater Seattle • YMCA of Pierce and Kitsap Counties, Tacoma • YMCA of Snohomish County, Everett • YMCA of the Inland Northwest, Spokane • YMCA of Walla Walla
WISCONSIN • Fond Du Lac Family YMCA • Kettle Moraine YMCA, West Bend • La Crosse Area Family YMCA • Oshkosh Community YMCA • South Wood County YMCA, Port Edwards • Racine Family YMCA • Sheboygan County YMCA • St. Lawrence Family YMCA of Beloit • Stevens Point Area YMCA • Wausau - Woodson YMCA • YMCA of Central Waukesha County • YMCA of Dane County Inc., Madison • YMCA of Eau Claire Wisconsin • YMCA of the Fox Cities, Appleton • YMCA of Metropolitan Milwaukee