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.

What advice would you give someone considering joining this program?
“Embrace the tracking piece. You truly don’t realize what you eat until you have to write it down. Embrace the exercise. It works. Embrace the changes.”

Trica, YMCA of Greater Dayton • Dayton, OH

BY THE NUMBERS

<table>
<thead>
<tr>
<th>Measure</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participants attending at least one session¹</td>
<td>26,197</td>
</tr>
<tr>
<td>Average weight loss at the end of weekly sessions</td>
<td>4.6%</td>
</tr>
<tr>
<td>Average weight loss at the end of year</td>
<td>5.7%</td>
</tr>
<tr>
<td>Average minutes of weekly physical activity</td>
<td>116.9</td>
</tr>
<tr>
<td>Number of states delivering program</td>
<td>42</td>
</tr>
<tr>
<td>Ys currently trained to deliver program</td>
<td>164</td>
</tr>
<tr>
<td>Total class locations</td>
<td>1,066</td>
</tr>
<tr>
<td>502 Y sites</td>
<td>564 non-Y sites</td>
</tr>
<tr>
<td>Classes started²</td>
<td>3,293</td>
</tr>
<tr>
<td>Average attendance for 4+ sessions</td>
<td>12.5</td>
</tr>
<tr>
<td>Lifestyle Coaches trained by Y-USA</td>
<td>2,313</td>
</tr>
</tbody>
</table>

*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.
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: 61.6%
- Black or African American: 22.8%
- Hispanic or Latino: 12.1%
- Asian: 1.7%
- American Indian or Alaskan Native: 1.3%
- Native Hawaiian or Pacific Islander: 0.2%

**AGE**
- Average Age: 55
- 18-24: 0.8%
- 25-44: 19.2%
- 45-64: 55.5%
- 65+: 24.5%

**GENDER**
- Female: 77.1%
- Male: 22.9%

**SELF PAY REFERRAL SOURCE**
- Health care provider: 26.2%
- Marketing materials: 23.7%
- Staff member: 13.2%
- Other: 14.9%
- Family/friend or word of mouth: 10.2%
- Employer: 6.6%
- Screening/testing event or health fair: 5.0%

Data as of September 2014

By the end of October 2014, the YMCA’s Diabetes Prevention Program had **served more than 26,190 participants** at 1,066 sites in 42 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.

**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.

- 1-4: 86.2%
- 4-9: 82.7%

“The unity of the group members and of the Y members is great. From the moment I entered the Y, the people were friendly. I wouldn’t change my Y for the newest gym and I live a block away from one.”

PATRICIA, Cossaboom YMCA • Houston, TX
The Y is a leading nonprofit committed to strengthening community in part through healthy living.

FOR MOM
Sometimes a point in the right direction is all a person needs to make big life changes. Scott came to the Y hoping to use the pool to soothe his achy joints but a nudge from the membership coordinator toward the YMCA’s Diabetes Prevention Program would change his life. The program helped Scott understand how to eat healthy and how to add physical activity into his life. The emotional support he received from his group helped to propel his success, especially after losing his biggest supporter, his mother, early in the program. “I know she would be proud of me,” says Scott. “She was worried about me and only wanted me to get healthy. Thinking about her keeps me motivated.” On Scott’s first day in the program, at 596 pounds, he needed a cane to walk. By the end of last day, Scott was 102 pounds lighter, his cane was at home.

ONE MILLION MORE
November is National Diabetes Awareness Month, but building awareness of the disease takes more than 30 days. Beginning November 1 through March 31, the Y along with several of national collaborating organizations are working together to increase awareness of prediabetes. We’re hoping you will help us spread the word across your networks via social media (Twitter, Facebook) and electronic communication (email, text). The strategy is simple, ask your networks to take the risk test at YMCA.net, and then they will each ask 10 people to take the test. YMCA.net will keep count of the responders and their risk test outcomes. In the end, this campaign will be a true community effort. Over 86 million Americans have prediabetes, only about 10 million are aware of it. Together we can help ONE MILLION MORE adults know their risk for diabetes.

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.
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.
DELWARE • 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 • Two Rivers YMCA, Moline
INDIANA • 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 Metropolitan Washington
MASSACHUSETTS • Athol 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 • Old Colony YMCA, Brockton • YMCA Southcoast, New Bedford • YMCA of Greater Boston • YMCA of the North Shore, Beverly
MICHIGAN • Ann Arbor YMCA • YMCA of Greater Grand Rapids • YMCA of Greater Kalamazoo • YMCA of Marquette County, Marquette
MINNESOTA • 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 • YMCA of Greater Kansas City
NEBRASKA • Kearney Family YMCA • Siouxland 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 • 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
OHIO • 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 • Allegheny Valley YMCA, Natrona Heights • Central Bucks Family YMCA, Doylestown • Freedom Valley YMCA, Philadelphia • Greensburg YMCA • Ligonier Family YMCA • YMCA of Greater Pittsburgh • York & York County YMCA
RHODE ISLAND • Providence Metropolitan YMCA
SOUTH DAKOTA • YMCA of Rapid City
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 • Allegany Highlands YMCA, Covington • Southside Virginia Family YMCA, Farmville • YMCA of Greater Richmond • YMCA of Metropolitan Washington • YMCA of South Hampton Roads, Norfolk
WASHINGTON • South Sound YMCA, Olympia • Wenatchee Valley YMCA • 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 • Stateline 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 Metropolitan Milwaukee