

# MEASURABLE PROGRESS UNLIMITED SUPPORT

## Diabetes Prevention Program FACT SHEET: JUNE 2017



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
  - 25 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 5-7%
- Increase physical activity to 150 minutes per week

### WHO QUALIFIES

- Adults 18+
- Overweight (BMI  $\geq 25$ )\*
- At risk for or have been diagnosed with **PREDIABETES**<sup>†</sup>
  - 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 had gestational diabetes while pregnant; I didn't want to get diabetes. My WIC nutritionist told me about the Y. When I joined, I didn't know what to expect. I was just hoping for something that would steer me in the right direction. I've lost 30 pounds and I am so happy."

**SHELLY, Treasure Valley Family YMCA •  
Boise, ID**

### BY THE NUMBERS

Participants attending at least one session <sup>1</sup>	<b>54,768</b>
Average weight loss at the end of weekly sessions	<b>4.6%</b>
Average weight loss at the end of year	<b>5.5%</b>
Average minutes of weekly physical activity	<b>162.5</b>
Number of states delivering program	<b>47</b>
Ys currently trained to deliver program	<b>249</b>
Total locations: 769 Y sites   930 non-Y sites	<b>1,699</b>
Average attendance for 4+ sessions	<b>12.6</b>
Lifestyle Coaches trained by Y-USA	<b>4,334</b>

\*Asian individual(s) BMI  $\geq 22$

<sup>†</sup>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.

<sup>1</sup> Includes Indiana's 392 participants from 2005 – 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:	73.9%
Black or African American:	22.6%
Asian:	2.0%
American Indian or Alaskan Native:	1.0%
Native Hawaiian or Pacific Islander:	0.2%
Multi-racial:	0.2%

### ETHNICITY

Hispanic or Latino:	6.6%
Not Hispanic or Latino:	19.4%
Not reported:	74.0%

### AGE

Average Age:	55
18-24:	0.9%
25-44:	18.5%
45-64:	52.1%
65+:	28.5%

### GENDER

Female:	76.9%
Male:	23.1%

### INCOME

Low income:	21.9%
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### SELF PAY REFERRAL SOURCE

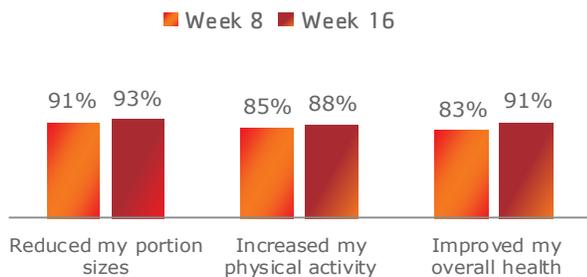
Health care provider:	30.3%
Marketing materials:	28.6%
Staff member:	10.7%
Family/friend or word of mouth:	10.7%
Other:	10.5%
Screening/testing event or health fair:	7.3%
Employer or insurance company:	2.2%

Data as of December 2016

By the end of May 2017, the YMCA’s Diabetes Prevention Program had **served more than 53,000 participants** at nearly 1,700 sites in 47 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: 13,200 | Week 16 n: 9,543



**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.



“I didn’t realize how strong of a relationship you can have with a community partner (YMCA of Rye, New York). The strength and knowledge of the staff and their ability to communicate and participate is outstanding. This program is changing lives in this community.”

**TAMMY EVANS, Open Door Medical Center • Rye , NY**

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

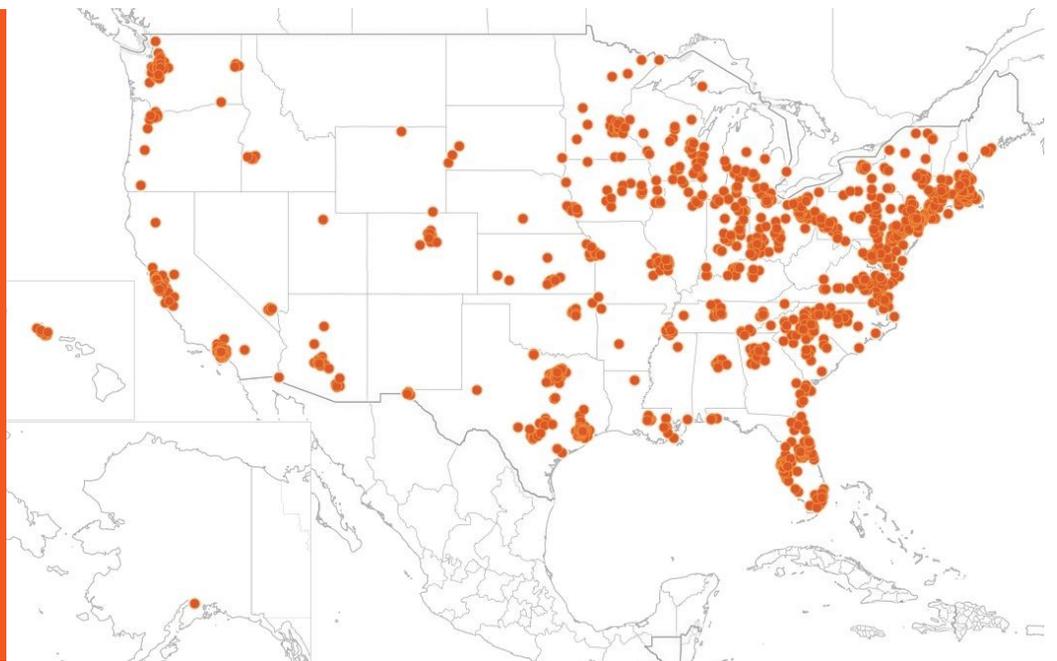
- The YMCA's Diabetes Prevention Program uses a CDC-approved curriculum and is part of the CDC-led National Diabetes Prevention Program.
- The YMCA's Diabetes Prevention Program is available to ALL individuals who qualify, regardless of their insurance status.
- The Y is committed to making the program 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.



**REGGIE,  
YMCA of  
Metropolitan Los  
Angeles, CA**

"I've always been afraid of diabetes but I didn't know there was anything I could do to keep from getting it. I was a big guy, I was 270 pounds. I knew I needed to lose some weight but I was busy doing what I wanted. I've done security at the Y for 15 years. Every day, I watched folks go in and out and I never picked up a weight. I never thought about healthy living. Then I found myself on dialysis. My kidney failed and after something fails on your body, it's a wake-up call. I knew when the program started that I didn't want to get diabetes but I hadn't considered a transplant. I just followed everything I was told to do and I completely turned my life around. After some months in the program, all of my tests were coming back improved. I even got approved for the transplant list. I've lost 40 pounds and my doctors say that I'd be completely healthy if not for my kidney."

**YMCA's Diabetes  
Prevention  
Program National  
Footprint**



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

**ALABAMA** • Birmingham Metropolitan YMCA  
**ALASKA** • YMCA of Anchorage Alaska  
**ARIZONA** • YMCA of Southern Arizona, Tucson  
**ARKANSAS** • YMCA of Memphis & The Mid-South  
**CALIFORNIA** • Central Coast YMCA, Salinas • Santa Monica Family YMCA • Sonoma County Family YMCA, Santa Rosa • YMCA of Greater Long Beach • YMCA of Greater Whittier • YMCA of Metropolitan Los Angeles • YMCA of San Francisco • YMCA of San Joaquin County, Stockton • YMCA of Silicon Valley, San Jose • YMCA of the Central Bay Area, Berkeley • YMCA of the East Bay, Oakland • YMCA of the Foothills, La Canada Flintridge  
**COLORADO** • YMCA of Boulder Valley, Lafayette • YMCA of Metropolitan Denver  
**CONNECTICUT** • Central Connecticut Coast YMCA, New Haven • Northern Middlesex County YMCA, Middletown • Northwestern Connecticut YMCA, Torrington • Regional YMCA of Western Connecticut Inc., Brookfield • The Riverbrook Regional YMCA, Wilton • Wallingford Family YMCA • YMCA of Metropolitan Hartford  
**DELAWARE** • YMCA of Delaware, Wilmington  
**DISTRICT OF COLUMBIA** • YMCA of Metropolitan Washington  
**FLORIDA** • Central Florida YMCA, Orlando • Florida's First Coast YMCA-Metropolitan, Jacksonville • Manatee County Family YMCA, Bradenton • Sarasota Family YMCA • Tampa Metropolitan Area YMCA • The SKY Family YMCA, Venice • Volusia/Flagler Family YMCA, DeLand • YMCA of Greater St. Petersburg • YMCA of Northwest Florida, Pensacola • YMCA of South Florida, Fort Lauderdale • 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.  
**HAWAII** • YMCA of Honolulu  
**IDAHO** • Treasure Valley Family YMCA, Boise  
**ILLINOIS** • Gateway Region YMCA, St. Louis • Greater Joliet Area YMCA • Kishwaukee Family YMCA Inc., Sycamore • The West Cook YMCAs, Oak Park • Two Rivers YMCA, Moline • YMCA of Berwyn-Cicero  
**INDIANA** • Cass County Family YMCA, Logansport • Henry County YMCA, New Castle • Owen County Family YMCA, Spencer • YMCA of Greater Fort Wayne • YMCA of Greater Indianapolis • YMCA of La Porte Indiana • 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** • Family YMCA of Black Hawk County, Waterloo • Scott County Family YMCA, Davenport • YMCA of Dubuque Iowa • YMCA of Cedar Rapids Metro Area • YMCA of Greater Des Moines • YMCA of Marshalltown Iowa  
**KANSAS** • YMCA of Salina Kansas • YMCA of Southwest Kansas, Garden City • 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 • YMCA of Northeast Louisiana, Monroe  
**MAINE** • Bath Area Family YMCA • Boothbay Region YMCA, Boothbay Harbor • Central Lincoln County YMCA, Damariscotta  
**MARYLAND** • Dorchester County Family YMCA, Cambridge • YMCA of Cecil County, Elkton • YMCA of Central Maryland, Baltimore • YMCA of the Chesapeake, Easton • 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 • Greenfield 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 Greater Springfield • YMCA of the North Shore, Beverly  
**MICHIGAN** • Ann Arbor YMCA • Bay Area Family YMCA, Bay City • Benton Harbor-St. Joseph YMCA, Saint Joseph • Monroe Family YMCA • Muskegon Family YMCA • YMCA of Greater Grand Rapids • YMCA of Greater Kalamazoo • YMCA of Lenawee County, Adrian • YMCA of Metropolitan Lansing • YMCA of Marquette County, Marquette • YMCA of the Blue Water Area, Port Huron  
**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** • Mississippi Gulf Coast YMCA, Ocean Springs • YMCA of Memphis & The Mid-South  
**MISSOURI** • Gateway Region YMCA, St. Louis • 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 • 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 • 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 • Goldsboro Family YMCA • 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 South Eastern North Carolina, Wilmington  
**OHIO** • Akron Area YMCA • Great Miami Valley YMCA, Hamilton • Lake County YMCA, Painesville • Marion Family YMCA • Tuscarawas County YMCA, Dover • YMCA of Central Ohio, Columbus • YMCA of Central Stark County, Canton • 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 Mansfield Ohio • YMCA of Ross County, Chillicothe • YMCA of Sidney and Shelby County Ohio, Sidney • YMCA of Wooster • YMCA of Youngstown  
**OKLAHOMA** • YMCA of Greater Tulsa  
**OREGON** • Eugene Family YMCA, Eugene • YMCA of Columbia-Willamette, Portland • YMCA of Grants Pass Oregon  
**PENNSYLVANIA** • Beaver County YMCA, New Brighton • Central Bucks Family YMCA, Doylestown • Community YMCA of Easter Delaware County, Lansdowne • Franklin/Grove City YMCA, Freedom Valley YMCA, Philadelphia • Greater Susquehanna Valley YMCA, Sunbury • Greensburg YMCA • Harrisburg Area YMCA • Lebanon Valley Family YMCA • Ligonier Family YMCA • Regional Family YMCA of Laurel Highlands, Mt Pleasant • River Valley Regional YMCA, Williamsport • Valley Points Family YMCA, New Kensington • Wilkes-Barre Family YMCA • YMCA of Centre County, Bellefonte • YMCA of Greater Brandywine, West Chester • YMCA of Greater Pittsburgh • York & York County YMCA  
**RHODE ISLAND** • Providence Metropolitan YMCA  
**SOUTH CAROLINA** • Anderson Area YMCA • Family YMCA of Greater Laurens • Greenwood YMCA • Summerville Family YMCA • Upper Palmetto YMCA, Rock Hill • YMCA of Columbia South Carolina-Metro • YMCA of Greater Spartanburg • YMCA of the Upper Pee Dee, Hartsville  
**SOUTH DAKOTA** • 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** • Arlington-Mansfield Area YMCA • Austin Metropolitan YMCA • The YMCA of the Golden Crescent, Victoria • YMCA of Central Texas, Waco • YMCA of Greater El Paso TX & Rio Grande Valley • YMCA of Greater San Antonio • YMCA of Metropolitan Dallas • YMCA of Metropolitan Fort Worth • YMCA of Midland Texas • YMCA of Southeast Texas, Port Arthur • YMCA of the Greater Houston Area  
**UTAH** • YMCA of Northern Utah, Salt Lake  
**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** • Whatcom Family YMCA, Bellingham • 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 • Green County Family YMCA, Monroe • Kettle Moraine YMCA, West Bend • La Crosse Area Family YMCA • Manitowoc-Two Rivers Area YMCA • Oshkosh Community YMCA • Racine Family YMCA • South Wood County YMCA, Port Edwards • Sheboygan County YMCA • Stataline 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  
**WYOMING** • Cheyenne Family YMCA • Sheridan County YMCA