

# MEASURABLE PROGRESS UNLIMITED SUPPORT

## Diabetes Prevention Program FACT SHEET: SEPTEMBER 2018



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.

"Everything we were learning just clicked and while my weight is far from where I'd like it to be, my A1c went down from 6.1 to 5.6 which is huge! Also, my cholesterol went down about 70 points—enough that my doctor asked if we'd started anything to lower my cholesterol. That was a big win for me!"

**MELISSA, YMCA of Marshalltown Iowa •  
Marshalltown, IA**

### BY THE NUMBERS

Participants attending at least one session <sup>1</sup>	<b>62,754</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>162.7</b>
Number of states delivering program	<b>40</b>
Ys currently trained to deliver program	<b>214</b>
Total active program locations	<b>1,134</b>
Average attendance for 4+ sessions	<b>15.6</b>

\*Asian individual(s) BMI  $\geq 23$

<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:	46.8%
Black or African American:	14.0%
Asian:	1.6%
American Indian or Alaskan Native:	0.6%
Native Hawaiian or Pacific Islander:	0.3%
Other:	1.4%
Not reported:	34.2%

### ETHNICITY

Hispanic or Latino:	9%
Not Hispanic or Latino:	39%
Not reported:	52%

### AGE

Average Age:	55
18-24:	1%
25-44:	20%
45-64:	57%
65+:	22%

### GENDER

Female:	79%
Male:	21%

### INCOME

Low income:	18.3%
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### REFERRAL SOURCE

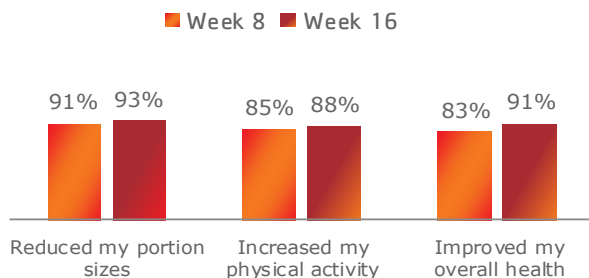
Health care provider:	17%
Marketing materials:	13%
Staff member:	6%
Family/friend or word of mouth:	8%
Other:	13%
Screening/testing event or health fair:	3%
Employer or insurance company:	4%
Not reported:	36%

Data as of June 2018

By the end of September 2018, the YMCA’s Diabetes Prevention Program had **served over 62,000 participants** at over 1,100 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.

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.



“To encourage women over 50 years of age, there is never a “can’t” time to become healthy!!”

**PAMELA, YMCA of Greater Richmond • Richmond , VA**

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

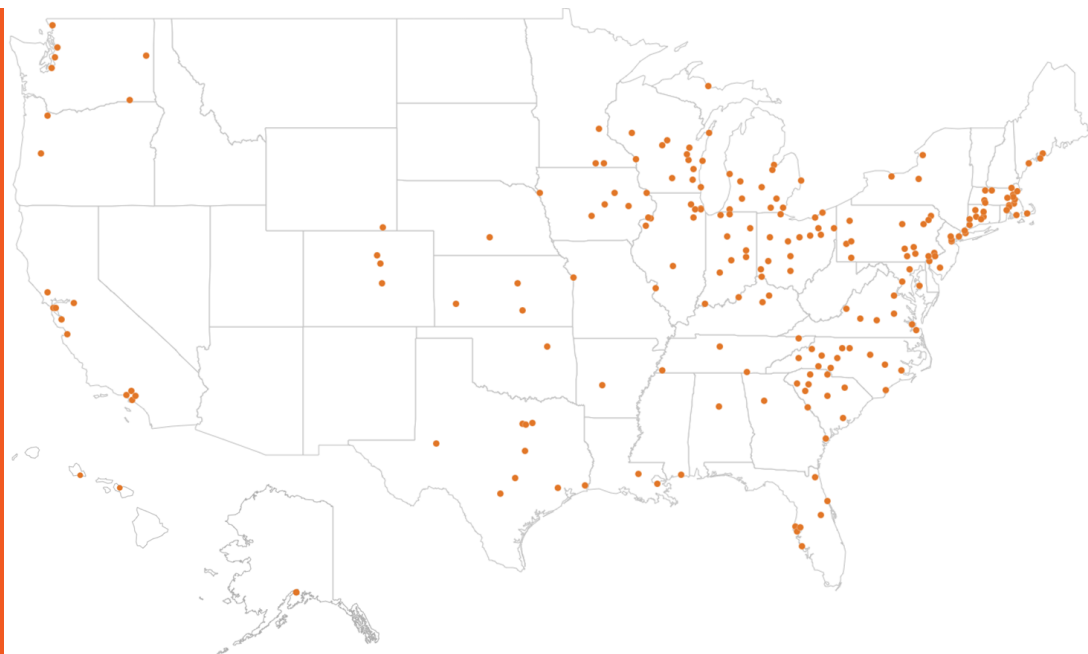
- The YMCA's Diabetes Prevention Program uses a CDC-approved curriculum and is part of the CDC-led National Diabetes Prevention Program.
- The YMCA's Diabetes Prevention Program is available to ALL individuals who qualify, regardless of their insurance status.
- The Y is committed to making the program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



**CATHY,**  
YMCA of Central  
Kentucky, Lexington

"I had received phone calls from the nurses at Anthem Blue Cross/Blue Shield, asking me if I knew I was in danger of becoming diabetic and I received a postcard in the mail, informing me that my health insurance would cover the cost of the Diabetes Prevention Program (DPP) classes. Memories of my mom, a type 1 diabetic, came flooding back—her daily insulin shots, strict diet and daily walks after supper. She managed her disease well but the medical knowledge of the day was not enough—she died at age 51 in 1982 from diabetic complications. When the DPP started, I learned no food is off limits, but I did have to use portion control and to accept this is a lifestyle change that will have to be maintained for the rest of my life. New challenges were saying no to too much food at work and church potlucks. My lifestyle coach was friendly and helpful but firm—she wanted to see me succeed. I lost 27.4 lbs in the first 16 weeks. My blood glucose is now in the normal range, but I can't afford to go back to my old ways of eating. I will always be a high-risk patient because of my family history of diabetes, age and high blood pressure.

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



**TO LEARN MORE** contact **HEATHER HODGE**, Senior Director, Evidence-based Health Interventions  
at [heather.hodge@ymca.net](mailto:heather.hodge@ymca.net).

**ALABAMA** • Birmingham Metropolitan YMCA  
**ALASKA** • YMCA of Anchorage Alaska  
**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 San Francisco • YMCA of San Joaquin County, Stockton • YMCA of Silicon Valley, San Jose • YMCA of the East Bay, Oakland • YMCA of the Foothills, La Canada Flintridge  
**COLORADO** • YMCA of Boulder Valley, Lafayette • YMCA of Metropolitan Denver • YMCA of the Pikes Peak Region, Colorado Springs  
**CONNECTICUT** • Greater Waterbury YMCA • 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 • Tampa Metropolitan Area YMCA • The SKY Family YMCA, Venice • Volusia/Flagler Family YMCA, DeLand • YMCA of Greater St. Petersburg • YMCA of the Suncoast, Clearwater  
**GEORGIA** • Metropolitan Augusta YMCA • YMCA of Coastal Georgia Inc., Savannah • YMCA of Metropolitan Atlanta Inc.  
**HAWAII** • Maui Family YMCA • YMCA of Honolulu  
**ILLINOIS** • Christian County YMCA, Taylorville • Gateway Region YMCA, St. Louis • Golden Corridor Family YMCA, Schaumburg • Greater Joliet Area YMCA • Mercer County Family YMCA, Aledo • The West Cook YMCAs, Oak Park • Two Rivers YMCA, Moline • YMCA of Berwyn-Cicero • YMCA of Northwestern Dupage County, Glen Ellyn  
**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 Muncie Indiana Inc. • YMCA of Southwestern Indiana, Evansville  
**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  
**MAINE** • Boothbay Region YMCA, Boothbay Harbor • Central Lincoln County YMCA, Damariscotta • YMCA of Southern Maine, Portland  
**MARYLAND** • Dorchester County Family YMCA, Cambridge • YMCA of Cecil County, Elkton • YMCA of Central Maryland, Baltimore • YMCA of the Chesapeake, Easton • 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 Saginaw • YMCA of the Blue Water Area, Port Huron  
**MINNESOTA** • Albert Lea Family 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 • Siouxland YMCA, S. Sioux City  
**NEW JERSEY** • Cumberland Cape Atlantic YMCA, Vineland • YMCA of Fanwood-Scotch Plains, Scotch Plains • YMCA of Madison NJ • YMCA of Metuchen  
**NEW YORK** • Watertown Family YMCA • 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 • Twin Rivers YMCA, New Bern • Williams YMCA of Avery County, Linville • YMCA of Catawba Valley, Hickory • YMCA of Greater Charlotte • YMCA of Northwest North Carolina, Winston-Salem • YMCA of Rowan County, Salisbury • 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 • YMCA of Central Ohio, Columbus • YMCA of Central Stark County, Canton • 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 Youngstown  
**OKLAHOMA** • YMCA of Greater Tulsa  
**OREGON** • Eugene Family YMCA, Eugene • YMCA of Columbia-Willamette, Portland  
**PENNSYLVANIA** • Carbondale YMCA • Community YMCA of Easter Delaware County, Lansdowne • Franklin/Grove City YMCA • Freedom Valley YMCA, Philadelphia • Greater Scranton YMCA, Dunmore • Harrisburg Area YMCA • Lancaster Family YMCA • Lebanon Valley Family YMCA • River Valley Regional YMCA, Williamsport • Uniontown Area YMCA • Valley Points Family YMCA, New Kensington • Wilkes-Barre Family YMCA • 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  
**TENNESSEE** • Greater Kingsport Family YMCA • YMCA of Memphis & The Mid South • YMCA of Metropolitan Chattanooga, Chattanooga • YMCA of Middle Tennessee, Nashville  
**TEXAS** • Arlington-Mansfield Area YMCA • Austin Metropolitan YMCA • YMCA of Central Texas, Waco • 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  
**VIRGINIA** • Alleghany Highlands YMCA, Covington • Peninsula Metropolitan YMCA, Newport News • Rappahannock Area YMCA, Falmouth • 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  
**WISCONSIN** • Fond Du Lac Family YMCA • Door County YMCA, Sturgeon Bay • Kettle Moraine YMCA, West Bend • La Crosse Area Family YMCA • Oshkosh Community YMCA • Racine Family YMCA • South Wood County YMCA, Port Edwards • Sheboygan County YMCA • Stevens Point Area 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