

# MEASURABLE PROGRESS UNLIMITED SUPPORT



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YMCA's Diabetes Prevention Program FACT SHEET: December 2019

### 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**†
  - 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.

## BY THE NUMBERS

Participants attending at least one session <sup>1</sup>	<b>68,624</b>
Average session attendance for participants who attend at least 4 sessions	<b>16.2</b>
Average weight loss at the end of year	<b>5.5%</b>
Average minutes of weekly physical activity	<b>167.7</b>
Number of states delivering the program	<b>40</b>
Ys currently trained to deliver the program	<b>223</b>
Number of program sites 62% Y Sites   38% Non-Y Sites	<b>1,082</b>

\*Asian individual(s) BMI > 23  
†Individuals who have already been diagnosed with either type 1 or type 2 diabetes do not qualify for this program.

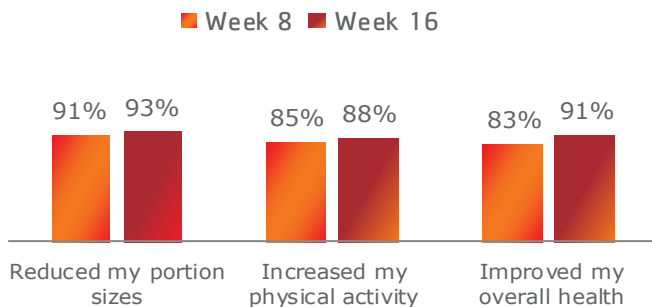
All numbers represent data collected to date.  
<sup>1</sup> Includes Indiana's 392 participants from 2005 – June 2010

**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.



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



## PROGRAM DEMOGRAPHICS

### RACE

White or Caucasian	52%
Black or African American	15%
A race not listed here	2%
Asian	2%
Prefer not to answer	8%
Native Hawaiian/Other Pacific Islander	<1%
American Indian/Alaska Native	1%

### ETHNICITY

Hispanic/Latino	10%
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### AGE

18-24	1%
25-44	19%
45-64	56%
65+	24%

Average Age

55

### INCOME

Low income	16%
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### SEX

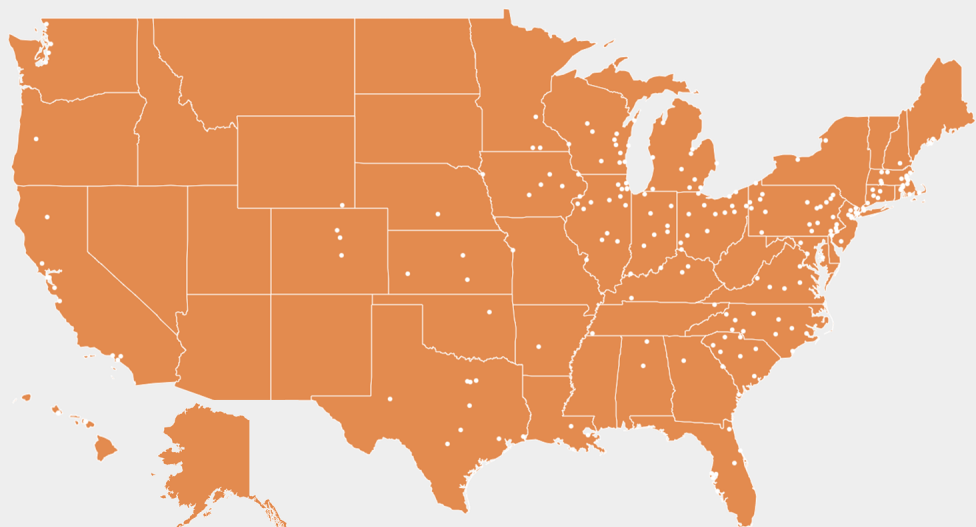
Female	79%
Male	21%

### REFERRAL SOURCE

YMCA Staff/Volunteer	8%
Doctor/Other Health Care Professional	22%
Media/Marketing	12%
Other	10%
Friend/Family/Word of Mouth	8%
Current/Former Program Participant	1%
Employer	8%

\*Referral source categories are reflective of those reporting a referral source at enrollment

## YMCA's Diabetes Prevention Program National Footprint



TO LEARN MORE contact **HEATHER HODGE**, Senior Director, Community Health at [community.health@ymca.net](mailto:community.health@ymca.net).

**ALABAMA** • Birmingham Metropolitan YMCA • YMCA of Huntsville

**ALASKA** • YMCA of Anchorage Alaska

**ARKANSAS** • YMCA of Hot Springs Arkansas

**CALIFORNIA** • Central Coast YMCA, Salinas • Santa Monica Family YMCA • Shasta County YMCA, Redding • Sonoma County Family YMCA, Santa Rosa  
• YMCA of Greater Long Beach • YMCA of Greater Whittier • YMCA of San Francisco • YMCA of Silicon Valley, San Jose • YMCA of the East Bay, Oakland

**COLORADO** • YMCA of Boulder Valley, Lafayette • YMCA of Metropolitan Denver • YMCA of the Pikes Peak Region, Colorado Springs

**CONNECTICUT** • Greater Waterbury YMCA • 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 • Decatur Family YMCA • Gateway Region YMCA, St. Louis • Golden Corridor Family YMCA, Schaumburg • Greater Joliet  
Area YMCA • Kankakee Area YMCA • Mattoon Area Family YMCA • Mercer County Family YMCA, Aledo • North Suburban YMCA • The West Cook YMCAs, Oak Park •  
YMCA of Berwyn-Cicero • YMCA of Kewanee • YMCA of Knox County • YMCA of Northwestern Dupage County, Glen Ellyn • YMCA of Ottawa Illinois

**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** • 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 Greater Kansas City • YMCA of Salina Kansas • YMCA of Southwest Kansas, Garden City • YMCA of Wichita Kansas

**KENTUCKY** • Hopkinsville/Christian County Family YMCA, Hopkinsville • 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

**MARYLAND** • YMCA of Cecil County, Elkton • YMCA of Frederick County MD, Frederick • YMCA of the Chesapeake, Easton • YMCA of Metropolitan Washington

**MASSACHUSETTS** • Athol YMCA • Cape Cod Young Men's Christian Association, West Barnstable • Greater Holyoke YMCA • Greenfield YMCA • Hockomock Area  
YMCA, North Attleboro • Malden YMCA • MetroWest YMCA Inc., Framingham • Old Colony YMCA, Brockton • South Shore YMCA, Quincy • YMCA of Attleboro •  
YMCA of Greater Boston • YMCA of Greater Springfield • YMCA of the North Shore, Beverly • YMCA Southcoast, New Bedford

**MICHIGAN** • Ann Arbor YMCA • Dow Bay Area Family YMCA, Bay City • Benton Harbor-St. Joseph YMCA, Saint Joseph • Grand Traverse Bay YMCA, Traverse City •  
Monroe Family YMCA • Muskegon Family YMCA • YMCA of Greater Kalamazoo • YMCA of Lenawee County, Adrian • YMCA of Metropolitan Lansing • YMCA of  
Marquette County, Marquette • YMCA of Saginaw • YMCA of Southwest Michigan, Niles • 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 • Norm Waitt Sr. YMCA, S. Sioux City

**NEW HAMPSHIRE** • The Granite YMCA, Manchester

**NEW JERSEY** • Cumberland Cape Atlantic YMCA, Vineland • Lakeland Hills Family YMCA, Mountain Lakes • Somerset County YMCA, Basking Ridge • YMCA of Fanwood-  
Scotch Plains, Scotch Plains • Meadowlands Area YMCA, East Rutherford • YMCA of Metuchen • YMCA of Ridgewood

**NEW YORK** • Watertown Family YMCA • YMCA of Greater New York • YMCA of Greater Rochester • YMCA of Central New York, Syracuse • YMCA of Long Island •  
YMCA of Rye NY

**NORTH CAROLINA** • Cleveland County Area YMCA, Shelby • Goldsboro Family YMCA • Eastern Carolina 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 Southeastern North Carolina, Wilmington • YMCA of the Sandhills, Fayetteville

**OHIO** • Akron Area YMCA • Great Miami Valley YMCA, Hamilton • Lake County YMCA, Painesville • YMCA of Bucyrus-Tiffin, Tiffin • 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 Wayne County, Wooster • YMCA of Youngstown

**OKLAHOMA** • YMCA of Greater Tulsa

**OREGON** • Eugene Family YMCA, Eugene

**PENNSYLVANIA** • Berwick Area YMCA • Bloomsburg Area YMCA • Carbondale YMCA • Community YMCA of Eastern Delaware County, Lansdowne • Franklin/Grove  
City YMCA • Greater Philadelphia YMCA • Greater Scranton YMCA, Dunmore • Greater Valley YMCA, Allentown • Harrisburg Area YMCA • Lancaster Family  
YMCA • Lebanon Valley Family YMCA • New Castle Community YMCA • North Penn YMCA, Colmar • Richard G. Snyder YMCA Campus, Kittanning • River Valley  
Regional YMCA, Williamsport • Shenago Valley YMCA, Hermitage • Titusville YMCA • Uniontown Area YMCA • Wilkes-Barre Family YMCA • YMCA of Greater  
Brandywine, West Chester • YMCA of Greater Erie • YMCA of Greater Pittsburgh • York & York County YMCA

**RHODE ISLAND** • Pawtucket & Central Falls Metro YMCA • Providence Metropolitan YMCA

**SOUTH CAROLINA** • Anderson Area YMCA • Family YMCA of Greater Laurens • Lakelands Region YMCA of South Carolina, Laurens • 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

**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

**WASHINGTON** • Whatcom Family YMCA, Bellingham • YMCA of Greater Seattle • YMCA of Pierce and Kitsap Counties, Tacoma • YMCA of Snohomish County, Everett

**WISCONSIN** • Fond Du Lac Family YMCA • Door County YMCA, Sturgeon Bay • Kettle Moraine YMCA, West Bend • La Crosse Area Family YMCA • Marshfield Area  
YMCA • Oshkosh Community YMCA • Racine Family YMCA • South Wood County YMCA, Port Edwards • Sheboygan County YMCA • YMCA of Greater Waukesha  
County • YMCA of Dane County Inc., Madison • YMCA of Metropolitan Milwaukee • YMCA of the Chippewa Valley, Eau Claire • YMCA of the Fox Cities, Appleton

**WYOMING** • Cheyenne Family YMCA