

# MEASURABLE PROGRESS UNLIMITED SUPPORT

## Diabetes Prevention Program FACT SHEET: APRIL 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  $\geq 25$ )<sup>\*</sup>
- 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.

To learn more about the program  
and to enroll in the next virtual  
session contact

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### BY THE NUMBERS

Participants attending at least one session <sup>1</sup>	60,064
Average weight loss at the end of weekly sessions	4.6%
Average weight loss at the end of year	5.5%
Average minutes of weekly physical activity	162.5
Number of states delivering program	42
Ys currently trained to deliver program	214
Total active program locations	1,134
Average attendance for 4+ sessions	12.6