



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



"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 so happy."

SHELLY, Diabetes Prevention Program Participant

MEASURABLE PROGRESS UNLIMITED SUPPORT

YMCA DIABETES PREVENTION PROGRAM

The YMCA's Diabetes Prevention Program helps overweight adults at risk for type 2 diabetes reduce their risk for developing the disease by taking steps that will improve their overall health and well-being. The program provides a supportive environment where participants work together to achieve the program goals of reducing individual weight by 7% and building up to 150 minutes of moderate (the equivalent of brisk walking) physical activity per week for the purpose of reducing their risk for developing diabetes. The program is delivered over a 12-month period in a classroom setting and can be offered in any community location to participants who meet qualification criteria putting them at risk for developing type 2 Diabetes.

Average Medical Expenses Attributed by Type 2 Diabetes



\$658 / month

\$164 / week

\$23 / day

\$7,900 / year

Annual Cost for YMCA's Diabetes Prevention Program



\$36 / month

\$8 / week

\$1.20 / day

\$420 / year

The Y is one of the nation's leading nonprofits strengthening communities through youth development, healthy living and social responsibility. We've been connecting and supporting men, women and children in Greater Washington for over 160 years – regardless of age, income or background. Anchored in Washington, DC, southern MD, and northern VA, the YMCA of Metropolitan Washington creates a positive difference in the lives of more than 200,000 people each year through its 17 branches and program centers. We have the long-standing relationships and physical presence to not just promise, but deliver lasting personal and social change. For more information, visit www.ymcadc.org.

YMCA of Metropolitan Washington

1112 16th Street NW, Suite 720

Washington, DC 20036

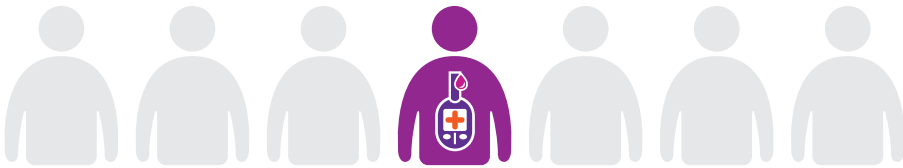
P 202 232-6700

ymcadc.org



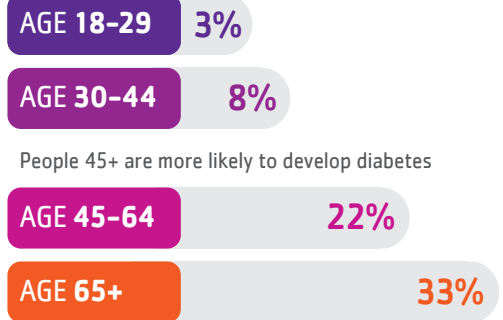
Diabetes in Washington, DC Metropolitan Area

DIABETES HAS STEADILY INCREASED



IMPACTING 1 OUT OF EVERY 7 ADULTS

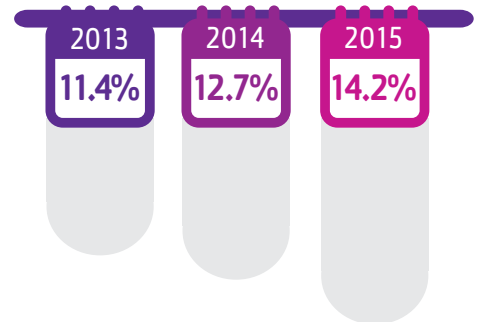
% OF ADULTS WITH DIABETES BY AGE



DIABETES DID NOT DIFFER BETWEEN ADULTS

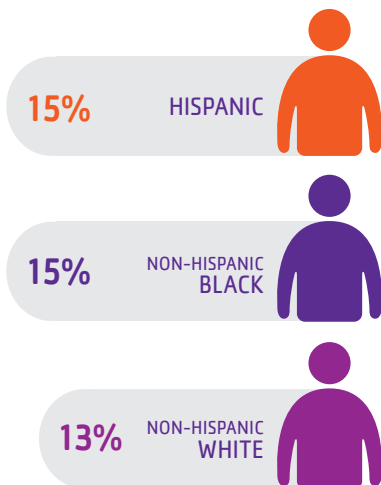


% OF ADULTS WITH DIABETES BY YEAR



% OF ADULTS WITH DIABETES BY ETHNICITY

Diabetes affects HISPANICS and NON-HISPANIC BLACKS slightly higher than NON-HISPANIC WHITES



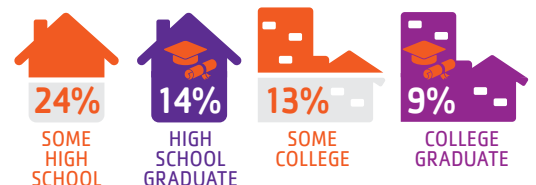
% OF ADULTS WITH DIABETES BY INCOME

People with annual income below \$25,000 are more likely to have diabetes



% OF ADULTS WITH DIABETES BY EDUCATION

Lower education level are linked to a higher risk of diabetes, especially among those that have not graduated from high school





Diabetes in Washington, DC Metropolitan Area

CONSEQUENCES OF DIABETES

People who have diabetes are a high risk of serious health complications, such as:



KIDNEY FAILURE



BLINDNESS



STROKE



HEART DISEASE



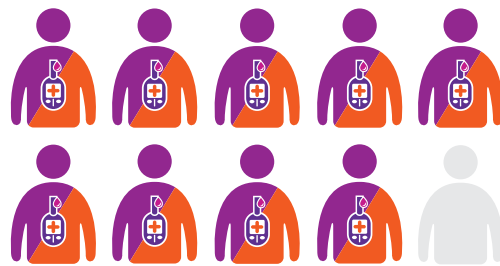
LOSS OF TOES, FOOT OR LEG

1 OUT OF EVERY 8 ADULTS



Has been told by a doctor that they have **PREDIABETES** or Borderline Diabetic

9 OUT OF EVERY 10 PEOPLE



With **PREDIABETES** in the U.S. do not know they have it



NORMAL



PREDIABETES



DIABETES

Occurs when blood sugar levels are higher than normal but not high enough to be classified as **TYPE 2 DIABETES**

BE A CHAMPION OF WELLNESS!



LOSING WEIGHT



EATING HEALTHY



BEING MORE ACTIVE

About 80% of people with Type 2 Diabetes are Overweight or Obese



Diabetes in Washington, DC Metropolitan Area

THE ★ IMPACT ★ YMCA DIABETES PREVENTION



94%
say they have
reduced their
portion size



88%
say they have
increased their
level of physical
activity



83%
say they have
improved their
self-esteem



84%
say they have
more energy



91%
even say they have
improved their
overall health



70%
of participants were more
aware after obtaining
blood results



81%
Retention
rate



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.

Your donation will help support building a healthier community and subsidize those who cannot afford to participate in this program.



For more information, please contact

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