



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



REDEFINE YOUR HEALTH TRANSFORM YOUR LIFE

Diabetes Prevention Program

NC Alliance of YMCAs: ncymcas.org

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CONNECT PATIENTS TO BETTER HEALTH

Patients look to you—their trusted health care provider—for information on promoting health and preventing chronic diseases.

After assessing your patients' risk for type 2 diabetes and testing for prediabetes, you can feel confident that referring them to the YMCA's Diabetes Prevention Program may reduce their chances of developing.

MEASUREABLE RESULTS

- 58% of new cases of type 2 diabetes can be prevented through programs like the Y's.
- CDC-approved curriculum and part of the CDC-led National Diabetes Prevention Program.
- Led by a trained Lifestyle Coach.
- A group that offers motivation and support.
- Offered virtually at no cost to those who qualify for the program.
- **The Y, the leading nonprofit committed to improving the nation's health, is your community health partner. Refer your patients to the Y's Diabetes Prevention Program.**

In partnership with

