

# MEASURABLE PROGRESS UNLIMITED SUPPORT



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YMCA's Diabetes Prevention Program FACT SHEET: December 2021

### 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.

\*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.

## BY THE NUMBERS

Participants attending at least one session <sup>1</sup>	<b>76,094</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>208</b>
Number of program sites 62% Y Sites   38% Non-Y Sites	<b>1,082</b>

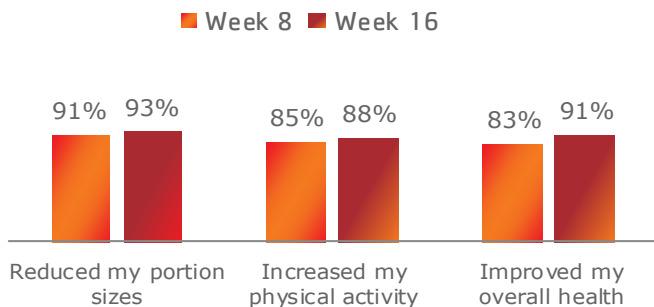
All numbers represent data collected to date.  
<sup>1</sup> Includes Indiana's 392 participants from 2005 – June 2010

**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

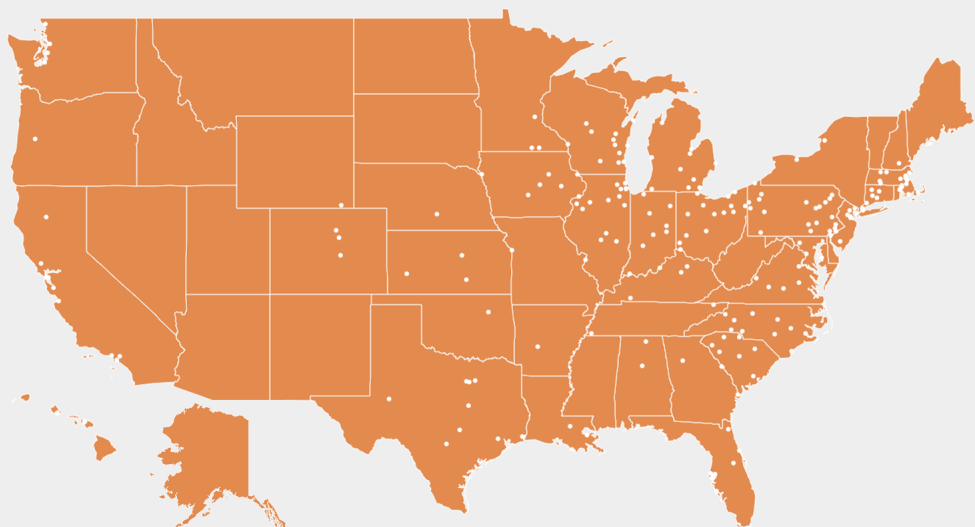
Female	79%
Male	21%

### 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 • 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 Northern Colorado, Lafayette • YMCA of Metropolitan Denver

**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 • Volusia/Flagler Family YMCA, DeLand • YMCA of Greater St. Petersburg • YMCA of the Suncoast, Clearwater • YMCA of Southwest Florida, Venice

**GEORGIA** • Metropolitan Augusta YMCA • YMCA of Coastal Georgia Inc., Savannah • YMCA of Metropolitan Atlanta Inc.

**HAWAII** • Maui Family YMCA

**ILLINOIS** • Champaign County YMCA, Champaign • 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

**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 • YMCA of the Iowa Mississippi Valley, 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

**KENTUCKY** • Hopkinsville/Christian County Family YMCA, Hopkinsville • Paris–Bourbon County YMCA, Paris • YMCA of Central Kentucky, Lexington

**LOUISIANA** • YMCA of the Capital City, Baton Rouge • YMCA of Greater New Orleans

**MAINE** • Bangor YMCA, Bangor • Bath Area Family YMCA, Bath • Boothbay Region YMCA, Boothbay Harbor • Central Lincoln County YMCA, Damariscotta • Old Town–Orono YMCA, Old Town

**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 • Franklin County's YMCA, Greenfield • Hockomock Area YMCA, North Attleboro • Mystic Valley YMCA, Malden • 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** • 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 Michiana, Niles • YMCA of Greater Kalamazoo • YMCA of Metropolitan Lansing • The David & Thru Brule 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 the North, Minneapolis

**MISSISSIPPI** • Mississippi Gulf Coast YMCA, Ocean Springs • YMCA of Memphis & The Mid–South

**MISSOURI** • Gateway Region YMCA, St. Louis

**NEBRASKA** • Kearney Family YMCA • Norm Waitt Sr. YMCA, S. Sioux City

**NEW HAMPSHIRE** • The Granite YMCA, Manchester • YMCA of Greater Nashua

**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 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** • Great Miami Valley YMCA, Hamilton • Lake County YMCA, Painesville • YMCA of Bucyrus–Tiffin, Tiffin • YMCA of Greater Cleveland • YMCA of Greater Dayton • YMCA of Greater Toledo • YMCA of Lima • YMCA of North Central Ohio, Mansfield • YMCA of Wayne County, Wooster

**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 Scranton YMCA, Dunmore • Greater Valley YMCA, Allentown • Greater Wyoming Valley Area YMCA, Kittanning • Harrisburg Area YMCA • Lawrence County YMCA, Allentown • Lebanon Valley Family YMCA • North Penn YMCA, Colmar • River Valley Regional YMCA, Williamsport • Shenago Valley YMCA, Hermitage • Titusville YMCA • Uniontown Area YMCA • YMCA of Greater Brandywine, West Chester • YMCA of Greater Erie • YMCA of Greater Pittsburgh • YMCA of the Roses, York

**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

**VIRGINIA** • Alleghany Highlands YMCA, Covington • Rappahannock Area YMCA, Falmouth • YMCA of Central Virginia, Lynchburg • YMCA of the Virginia Peninsulas, Newport News • 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** • Door County YMCA, Sturgeon Bay • Fond Du Lac Family YMCA • Kettle Moraine YMCA, West Bend • Marshfield Area YMCA • Oshkosh Community YMCA • Racine Family YMCA • Sheboygan County YMCA • South Wood County YMCA, Wisconsin Rapids • YMCA of Dane County Inc., Madison • YMCA of Greater Waukesha County • YMCA of Metropolitan Milwaukee • YMCA of the Chippewa Valley, Eau Claire

**WYOMING** • Cheyenne Family YMCA