

# MEASURABLE PROGRESS UNLIMITED SUPPORT



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YMCA's Diabetes Prevention Program FACT SHEET: December 2022

### 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
  - 26 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  $\geq 23$   
†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>	78,455
Average session attendance for participants who attend at least 4	16.1
Average weight loss at the end of year	6.2%
Average minutes of weekly physical activity	175.3
Number of states delivering the program	39
Ys currently trained to deliver the program	185
Number of program sites	1,106
61% Y Sites   39% Non-Y Sites	

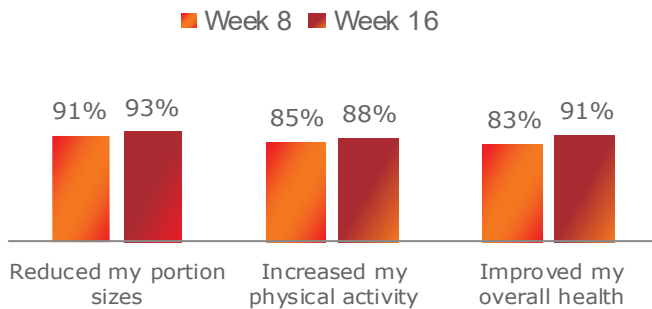
All numbers represent data collected to date.  
<sup>1</sup>Includes Indiana's 392 participants from 2005– June 2010

**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	56%
Black or African American	28%
Asian	5%
American Indian/Alaska Native	1%
Two or more races	1%
Native Hawaiian/Other Pacific Islander	<1%

### ETHNICITY

Hispanic/Latino	11%
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### AGE

18-24	1%
25-44	18%
45-64	53%
65+	28%

Average Age	55
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### INCOME

Low income	11%
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### SEX

Female	76%
Male	19%

### REFERRAL SOURCE

YMCA Staff/Volunteer	5%
Doctor/Other Health Care Professional	21%
Media/Marketing	9%
Other	11%
Friend/Family/Word of Mouth	40%
Current/Former Program Participant	1%
Employer/Insurer	12%

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

## YMCA's Diabetes Prevention Program National Footprint

