



YMCA'S DIABETES
PREVENTION PROGRAM

PREVENTION STARTS WITH YOU

WHY IT MATTERS

Out of the 30 million Americans living with diabetes, 7 million do not know they have it—nearly 1 in 4. Additionally, 9 out of 10 people with prediabetes are unaware they are at risk.

Data from the North Carolina Department of Health and Human Services indicate that approximately one in three adults in the state has prediabetes. That translates to roughly 2.5 million adults living with prediabetes. Yet awareness remains low: only about 13–14 percent of adults report having been told by a health professional that they have prediabetes or borderline diabetes.

If you are at risk for type 2 diabetes, small, measurable lifestyle changes can significantly reduce your risk and improve your overall health. **The YMCA's Diabetes Prevention Program provides the tools and support needed to make lasting change.**

PROGRAM OVERVIEW

Led by a trained Lifestyle Coach, participants meet for 26 sessions delivered over the course of one year.

The main goals of the program are to:

- Reduce body weight by 7%
- Increase physical activity to 150 minutes per week

This program empowers participants to make healthier food choices and increase physical activity to help reduce their risk for type 2 diabetes.

PROUD
PARTNER





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DO YOU QUALIFY?

To participate in the program, individuals must be:

- 18 years or older
- BMI ≥ 25
- Diagnosed with prediabetes via one of three blood tests or a previous diagnosis of gestational diabetes**

To find out if you qualify or to learn more, please scan QR code.



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ALLIANCE OF YMCAS**

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