

# MEASURABLE PROGRESS UNLIMITED SUPPORT

## Diabetes Prevention Program Florida YMCA Impact Page



### 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 over the course of one year
- 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 7%
- Increase physical activity to 150 minutes per week

### WHO QUALIFIES

- Adults 18+
- Overweight (BMI >25)\*
- At risk for or have been diagnosed with PREDIABETES
  - Via a blood test with one of the following results
- Fasting Plasma Glucose between 100-125mg/dL
- 2-hour Plasma Glucose between 140-199mg/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

\*Asian individual(s) BMI > 22  
Individuals who have already been diagnosed with either type 1 or type 2 diabetes do not qualify for this program.

*What advice would you give someone considering joining this program?*

"Trust the program and the coaches. When you actually start to track and pay attention to what you're putting into your mouth, it's a colossal eye-opener."

**Ginny, YMCA of Florida's First Coast • Jacksonville, FL**

### BY THE NUMBERS

Individuals enrolled in program since 2010	6,083
Number of classes offered throughout Florida	750
Average participant attendance of core sessions	12.4
Average minutes of weekly physical activity	195.0
Average weight loss at end of year	5.4%
Florida Ys currently trained to deliver program	9
% of respondents that improved overall health	91.1%
% of respondents that increased physical activity	88.1%
% of respondents that reduced portion size	91.9%
Lifestyle Coaches trained by Y-USA for all states.	3,150

All numbers represent data collected to date.  
Data only reflects the state of Florida.

**The Y believes** that all people—regardless of age, income or background—should be able to live life to its fullest, healthiest potential. As one of the nation’s leading nonprofits strengthening communities through youth development, healthy living, and social responsibility, 2,700 Ys engage 21 million people in more than 10,000 communities across the country. The Y’s reach into all communities makes it a great service channel for programs like the YMCA’s Diabetes Prevention Program. What makes this program different from other lifestyle change programs are our physician advocates and community collaborations.

## WHAT SETS US APART

### PHYSICIANS

#### Florida’s First Coast:

Dr. Aristides Sastre  
Dr. Brenda Zenk  
Dr. Floyd Willis

#### Central Florida:

Joe Nadglowski

#### Volusia/Flagler:

Dr. Hill  
Dr. Smith

#### Suncoast:

Dr. Cynthia Miller

#### Tampa:

Dr. Nicholas Galantino

#### South Palm Beach:

Dr. Stacey Shinder  
Dr. Vanessa Rodrigues  
Dr. Martha Rodriguez  
Dr. Carl Spirazza

#### Venice:

Dr. Jeffery Faser  
Dr. Jeff Glover  
Dr. Meghan Bugler  
Dr. Rogers  
Dr. Salapudi

### COLLABORATIONS

Florida Blue  
UnitedHealth Care  
Baptist Medical Center  
UF Health  
JEA  
Mayo Clinic  
Florida Hospital  
BayCare  
Winter Park Mem. Hospital

Orange C. Government  
City of Orlando  
Verimed Health Group  
Locicero Medical Group  
American Diabetes Assoc.  
Obesity Action Coalition  
Orange County Schools  
Marion County Schools

By the end of September 2015, the YMCA’s Diabetes Prevention Program had **served more than 37,643 participants** at 1,365 sites in 43 states across the country

The YMCA’s Diabetes Prevention Program strives on **PHYSICIAN REFERRALS** based from Hemoglobin A1C and Fasting Glucose Levels to better assist our participants in their goals and progress.

New statistics from the CDC show that 86 MILLION Americans now have prediabetes. Participants are successful when they are invested in the program and make a lifestyle change.

## PROFESSIONAL RESOURCES

**Translating the Diabetes Prevention Program into the Community:** The DEPLOY Pilot Study

2008 American Journal of Preventative Medicine

**Adapting the Diabetes Prevention Program Lifestyle Intervention for Delivery in the Community**

<http://tde.sagepub.com>

**Report from the Field: The Diabetes Prevention Program:** How the Participants Did It

Health Affairs – Volume 28, Number 1

If you are a health care provider and would like to learn more about the YMCA’s Diabetes Prevention Program or how to receive materials for your practice, please contact Airen Payne, Program Coordinator at 904.265.1777 or email [prevention@firstcoastymca.org](mailto:prevention@firstcoastymca.org).