

JOHN'S STORY – A YMCA DIABETES PREVENTION PARTICIPANT

My doctor informed me I was heading down a path for a type 2 diabetes diagnosis. I wasn't really doing much of anything to change my habits and Diabetes runs in my family. When my wife received similar diagnosis, she decided to find out about the YMCA's Diabetes Prevention program. She heard the program had been a very positive experience from co-workers. In the program, I met my 7% weight loss goal and added more exercise to my routine. I am mindful about proper eating and the portion size. The Y coach and the group support have been great. My goal is to continue working my plan for reducing my risk for being diagnosed with type 2 diabetes.

The Y is a leading nonprofit committed to improving the nation's health. Financial assistance is available to those who qualify. Please contact the Y for more information.

For information about the YMCA's Diabetes Prevention Program and how to cover the program for your employees, please contact:

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the **Y** YMCA

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**Diabetes Prevention Program
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THE FINANCIAL IMPACT OF DIABETES ON THE WORKFORCE IS STAGGERING

The Facts: In 2012, the American Diabetes Association reported that the total medical costs and lost work and wages for people diagnosed with diabetes is **\$245 billion**. Direct medical costs come to **\$176 billion** and indirect costs, such as disability, loss of productivity and premature death, equal **\$69 billion**.

These costs rose from **\$174 billion** in 2007.

The Diabetes Risk*: These costs could easily grow because 1 out of 4 Americans do not know they have the disease and 9 out of 10 have no idea they are at risk for the disease.

- 29.1 million Americans suffer from diabetes: 21 million are diagnosed and 8.1 million are undiagnosed.
- Another 86 million Americans have prediabetes, but 90% of them don't know it.
- Without weight loss and moderate physical activity, 15% to 30% of people with prediabetes will develop type 2 diabetes within 5 years.
- Risk of death for adults with diabetes is 50% higher than for adults without diabetes.

Is it possible that some of your employees are unaware they may be at risk for diabetes?

Yes, it's possible. And it's a big reason why we are so encouraged to introduce the YMCA's Diabetes Prevention Program to your organization.

* Centers for Disease Control and Prevention. National Diabetes Statistics Report: Estimates of Diabetes and Its Burden in the United States, 2014. Atlanta, GA: US Department of Health and Human Services; 2014.

HOW YMCA’S DIABETES PREVENTION PROGRAM MAY HELP

When your organization participates in the **YMCA’s Diabetes Prevention Program**, your local Y becomes your partner to get your employees the help they need.

The Facts: Led by a trained Lifestyle Coach, 8 to 15 employees who qualify for the program will meet with the same small group every week for 16 weeks, then monthly for eight months.

Employees can attend class at your worksite or any convenient community location.

During small-group meetings, your at-risk employees will follow a CDC-approved curriculum where they will:

- Have the potential to attend class at your worksite or any convenient community location.
- Participate in a hands-on program and learn about portion sizes, how to read food labels and more.
- Learn to make gradual, healthy and reasonable changes to their food choices and physical activity levels over time.
- Receive support from other members as they break old habits and develop new ones.

The main goals for the first half of the program:

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

DIABETES PREVENTION PROGRAMS ARE MAKING A DIFFERENCE

The Facts: Peer-reviewed scientific research shows that lifestyle intervention programs like the YMCA’s Diabetes Prevention Program can reduce the number of new cases of type 2 diabetes by 58% and by 71% in people over 60.¹

For example, for a typical population of 100 high-risk people, the following results might be expected over three years:

- 15 new cases of type 2 diabetes may be prevented.
- 162 lost work days may be prevented.
- 11 people may avoid the need for blood pressure or cholesterol drugs.
- 20 years good health may be added.
- \$91,400 in diabetes related health care costs may be avoided.



THE YMCA’S DIABETES PREVENTION PROGRAM

Empower your employees who are at risk for diabetes with this engaging yearlong program, led by a trained Lifestyle Coach.

With a curriculum approved by the Centers for Disease Control and Prevention (CDC), this program will help motivate your employees to make healthier food choices and increase their physical activity levels to help reduce their risk for diabetes.

Who qualifies?

To participate in the program, your employees must be:

- At least 18 years old
- Overweight (BMI ≥ 25)^{*}, AND
 - diagnosed with prediabetes via a blood test or gestational diabetes[†];
 - if a blood test is not available, a qualifying risk score.^{**}

A Y MEMBERSHIP IS NOT REQUIRED.

The YMCA’s Diabetes Prevention Program uses a CDC-approved curriculum and is part of the CDC-led National Diabetes Prevention Program.

1 Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin.” NEJM, Vol. 346 No. 6, February 7, 2002.

2 UnitedHealth Center for Health Reform and Modernization, UnitedHealth Group. “The United States of Diabetes: Challenges and opportunities in the decade ahead.” November 2010. Working Paper 5.

* 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.

YMCA of Greater Fort Wayne and the National Council of Young Men’s Christian Association of the United States of America (“YMCA of the USA”) have made a commitment to collaborate with the nation’s YMCAs on efforts to support a national movement to increase awareness and take measures to prevent diabetes and its complications among groups at risk, and to help support treatment outcomes for individuals who have confirmed diagnoses or indications of prediabetes by promoting an effective lifestyle change. YMCA of the USA nor any YMCA offering the YMCA’s Diabetes Prevention Program warrants or guarantees any specific outcomes for program participants with respect to diabetes prevention.