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ONE TEST AND SIMPLE STEPS TO REDUCE THE RISK OF DIABETES

The YMCA encourages the DC region to not put off their health any longer this Diabetes Alert Day

Washington, D.C., March 26, 2013 – With 26 million adults suffering from diabetes, taking preventative measures in our community has taken great precedence. March 26th is Diabetes Alert Day, and the YMCA of Metropolitan Washington urges residents of the DC Metropolitan area to learn their risks and take action to prevent the disease.

An estimated one in three adults in the United States has prediabetes, yet only 7 percent are aware they have it. Prediabetes is a condition in which individuals have blood glucose levels that are higher than normal, but not high enough to be classified as diabetes. People with prediabetes are at high risk of developing type 2 diabetes, heart disease and stroke. For adults who are at high risk the YMCA's Diabetes Prevention Program can teach them how to change their lifestyle to not only prevent the onset of type 2 diabetes but improve their overall health and well-being.

The YMCA's Diabetes Prevention Program is a group-based lifestyle change program designed for high-risk adults. The year-long program provides a supportive environment where participants work together in a small group to learn about eating healthier and increasing their physical activity in order to reduce their risk for developing diabetes. Our DC program was just awarded pending recognition for the CDC Diabetes Prevention Recognition Program (DPRP).

Programs like the YMCA's Diabetes Prevention Program that help people lose 5-7 percent of body weight through healthier eating and increased physical activity could reduce the number of cases of diabetes by 58 percent.

The YMCA's Diabetes Prevention Program is part of the CDC-led National Diabetes Prevention Program and is available at 77 Y's in 33 states and the District of Columbia. The YMCA now has expanded classes in the DC Metropolitan Area, so there's no better time to take control. Our neighbors can assess their risk for prediabetes and type 2 diabetes by visiting YMCA.net/diabetes. This assessment also helps individuals learn how background and lifestyle choices help determine their ultimate risk.

To learn more about the YMCA's Diabetes Prevention Program, please contact Irmina Ulysse, Diabetes Prevention Program Director, at ydpp@ymcadc.org or 202-862-9622, ext. 3171.

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ABOUT THE YMCA OF METROPOLITAN WASHINGTON

The Y is one of the nation's leading nonprofits strengthening communities through youth development, healthy living and social responsibility. We've been connecting and supporting men, women and children in Greater Washington for 160 years – regardless of age, income or background. Anchored in

Washington, DC, southern MD, and northern VA, the YMCA of Metropolitan Washington creates a positive difference in the lives of more than 200,000 people each year through its 17 branches and program centers. We have the long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change. For more information, visit www.ymcadc.org or follow us at www.facebook.com/ymcadc.