



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

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## **TREASURE VALLEY FAMILY YMCA JOINS WITH CDC TO OFFER DIABETES PREVENTION PROGRAM**

APRIL 21, 2011 – The Treasure Valley Family YMCA was recently awarded a grant from YMCA of the USA, as part of the Center for Disease Control (CDC) National Diabetes Prevention Program, to help expand the YMCA's Diabetes Prevention Program and help reduce the burden of chronic disease in communities across the nation. This announcement comes on the heels of a recent CDC report that projects that one in three adults in the United States could develop diabetes by the year 2050 if current trends continue.

The YMCA's Diabetes Prevention Program is a group-based lifestyle intervention designed especially for people at high risk of developing type 2 diabetes, and has been proven to cut high-risk peoples' chances of developing the disease by more than half. YMCA of the USA, the national resource office for the nation's 2,687 YMCAs, is working with CDC and other organizations to expand the program to as many communities as possible nationwide as part of CDC's National Diabetes Prevention Program. The program will be available to community members in the Treasure Valley beginning in May.

"Providing support and opportunities that empower people to be healthy and live well is part of the YMCA's charitable purpose," said Jim Everett, CEO. "The lifestyle choices learned through the YMCA's Diabetes Prevention Program not only reduce risk for type 2 diabetes, but also create lifelong changes in the way that individuals approach health and well being."

According to Mimi Hartman-Cunningham, the Director of the Diabetes Prevention and Control Program and the Oral Health Program for the Idaho Bureau of Community and Environmental Health, "Until the YMCA's Diabetes Prevention Program, there hasn't been a strong community-based lifestyle program to help the 22,000 adults in the Treasure Valley who have been told they have pre-diabetes. This is a wonderful chance to slow the epidemic of diabetes."

The YMCA's Diabetes Prevention Program is based on the landmark Diabetes Prevention Program (DPP) led by the National Institutes of Health (NIH) and supported by CDC, which showed that with lifestyle changes and modest weight reduction, a person with prediabetes can prevent or delay the onset of type 2 diabetes by 58 percent.

Researchers at Indiana University School of Medicine were able to replicate the successful results of the national DPP with the YMCA of Greater Indianapolis. Unlike the national DPP research study, which was conducted with individuals one-to-one, the YMCA's program is conducted in a group setting.

The research by the Indiana University researchers also demonstrated that the YMCA could effectively deliver a group-based lifestyle intervention for about 75 percent less than the cost of the original DPP. This research also highlighted the ability of the Y to take the program to scale nationally.

"We now have proof that lifestyle interventions delivered through community-based organizations such as the Y can save lives and health care dollars," said Everett.

The goals of the YMCA's Diabetes Prevention Program are to reduce and maintain individual weight loss by at least 7 percent and to increase physical activity to 150 minutes per week. In a group setting, a trained lifestyle coach helps

participants learn skills for healthier lifestyles by healthy eating, increasing physical activity and other behavior modifications over the course of 16 core sessions. After the initial sessions, participants meet monthly for up to a year for added support in maintaining their lifestyle changes.

“We can change the course of diabetes in America by preventing the disease in those at highest risk,” says Dr. Ann Albright, director of the Centers for Disease Control and Prevention’s Division of Diabetes Translation. “CDC’s partnership with the Y is improving access to evidence-based programs that we know will help people make healthier lifestyle choices that can prevent or delay type 2 diabetes.”

The historic health care reform legislation passed earlier this year authorized the National Diabetes Prevention Program. If funded, the program would allow CDC to expand its work to train and recognize community-based diabetes prevention programs like those being offered by the Y.

The YMCA is committed to making the program available to everyone in the community. All individuals with a BMI of 25 or greater and who have two additional risk factors or have a diagnosis of prediabetes are eligible. Contact Mary Biddle-Newberry, YMCA Disease Prevention and Management Director, at 344-5502, ext. 276 to find out more.

“The partnership between the YMCA and the CDC stands to reduce the burden of diabetes, one of the nation’s costliest diseases, in the Treasure Valley and across the nation,” said Everett. “With CDCs recent prediction of an increase in diabetes rates, it’s of the utmost importance that our members of Congress support funding for the National Diabetes Prevention Program so we can take this lifesaving program beyond the limited number of communities who currently have access and make it available to people at high risk of developing diabetes across the nation.”

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**THE TREASURE VALLEY FAMILY YMCA:**

The Treasure Valley Family YMCA is a 501 (c)(3) nonprofit organization. At the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. The Treasure Valley Family YMCA is guided by four core values: caring, honesty, respect and responsibility. With over 54,000 members across the Treasure Valley, we also serve over 37,000 children every year with our services and programs. In 2010, we provided over \$5 million in financial assistance and scholarships so that no one was turned away from a YMCA program or service due to inability to pay. We're for youth development, healthy living and social responsibility. [ymcatvidaho.org](http://ymcatvidaho.org)

**The Y**

The Y is one of the nation's leading nonprofits strengthening communities through youth development, healthy living and social responsibility. Across the U.S., 2,687 Ys engage 21 million men, women and children – regardless of age, income or background – to nurture the potential of children and teens, improve the nation's health and well-being, and provide opportunities to give back and support neighbors. Anchored in more than 10,000 communities, the Y has the long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change. [ymca.net](http://ymca.net)

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