



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

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**November is National Diabetes Awareness Month:
The YMCA's Diabetes Prevention Program Expands from 4 to 8 Branches**
Proven Program Now Piloting the Use of Text Messaging to Support Participants' Goals

SEATTLE – Because one-third of Washingtonians are at risk of type 2 diabetes and may currently have pre-diabetes, awareness and prevention of the disease is a critical issue in our state. November is National Diabetes Awareness Month and the YMCA of Greater Seattle is increasing its diabetes prevention efforts by communicating the risk factors, urging those at risk to get screened and doubling the number of local branches offering the YMCA's Diabetes Prevention Program.

The program is based on research funded by the National Institute of Health and the Centers for Disease Control and Prevention (CDC) that showed losing a moderate amount of weight and increasing physical activity lowers the risk of developing type 2 diabetes by 58% in people with pre-diabetes. The YMCA's program is also part of the CDC-led National Diabetes Prevention Program.

"At the Y, we're committed to healthy living and promoting lifestyle change to help prevent chronic disease," said Mandi George, Chronic Disease Prevention Director for the YMCA of Greater Seattle. "We count it a privilege to offer this proven program to help inform, guide and support our neighbors in taking control and preventing diabetes."

The program is now offered at the following Y branches: Auburn Valley, Bellevue Family, Coal Creek Family, Dale Turner Family, Downtown, Matt Griffin, Northshore and West Seattle & Fautleroy.

How the YMCA's Diabetes Prevention Program Works

- Eligibility: Program participants are those with a Body Mass Index ≥ 25 and at high risk for developing type 2 diabetes or have been diagnosed with pre-diabetes. They may be referred by their physician or they may enroll based on indication of high risk according to self-assessment.
- Participants work with a trained lifestyle coach for 16 sessions, then monthly for ongoing support.
- To make the program accessible to people of all income levels, it's offered through a voluntary 3-tier fee program, including subsidized, partially subsidized and a cost reflecting the true cost of the program.
- Y membership is included for the duration of the individual's program participation.

"This program has completely changed my life," said Wade Heyer, who lost weight and reduced his blood pressure and cholesterol while participating in the program at the Dale

Turner Family YMCA. "I now look forward to the challenge of planning my next healthy meal and getting physical activity into each day."

Text Messaging Pilot to Support Program Participants

The Matt Griffin Y, which will begin the program on November 9, will also pilot the use of text messaging to reinforce points learned in the group sessions and to provide added support. The pilot study will evaluate the relationship between text messaging and participant success in achieving behavior change. The lifestyle coach will use an online tool to send participants daily messages to remind them of their goals and encourage them. The donated phones were provided by the Global to Local Health Initiative (G2L), which support residents in south King County who have little or no access to basic health services.

How to Get Screened:

Getting screened by a doctor for pre-diabetes & type 2 diabetes is especially important if you have these risk factors:

- High blood pressure
- Obesity
- Not physically active
- Over age of 45

Online: To find out whether you're at risk for diabetes, take the [American Diabetes Association's online risk test](#)

Free screening, sponsored by Global to Local, Washington Health Alliance, HealthPoint, Public Health Seattle King County, Swedish and the Y: November 22 from 10:30 AM – 3:30 PM at the Tukwila Pantry, 3118 S. 140th St.

About the YMCA of Greater Seattle

The YMCA of Greater Seattle is the Northwest's leading nonprofit organization strengthening communities through youth development, healthy living and social responsibility. Founded in 1876, the Y enhance the lives of more than 190,700 people annually through 12 branches, two overnight camps and more than 200 program sites throughout King and south Snohomish counties. Visit seattleyymca.org.

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