YMCA Diabetes Prevention Program

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Statistics

**DIABETES**
- 25.8 million Americans

**PREDIABETES**
- 79 million Americans (35% of all adults) with progression to diabetes at rate of 5 – 15% per year

**NEW YORK CITY**
- 23.5% or approximately 1.4 million New Yorkers have pre-diabetes.
Research

DIABETES PREVENTION PROGRAM – based on the original National Institutes of Health (NIH) led study.

• 27 research sites (centers)
• 3,234 participants
• 25 years or older
• BMI ≥ 24 (22 for Asian)
• Impaired Glucose Tolerance and Fasting Blood Glucose

LIFESTYLE INTERVENTION An intensive program with the following specific goals:
• > 7% loss of body weight and maintenance of weight loss
• > 150 minutes per week of physical activity
HIGHLIGHTS

2010
• 4 classes (1 Vanderbilt, 3 Bed-Stuyvesant)

2011
• 8 classes (69 participants)
• 40- Met attendance goal
• 22- Met weight loss goal
• 55% success rate (The risk of developing type 2 diabetes)

2012
• 58 classes (31 completed/27 currently running)- 248 participants
• 172- Met attendance goal
• 98- Met weight loss goal
• 57% success rate (The risk of developing type 2 diabetes)
2012 STATISTICS

2012

• Partnerships-Montefoire Clinics, Mt. Sinai Hospital/Employers
• DPCA (Diabetes Prevention Control Alliance)
• September 2012- DPCA referrals begin, 13 Employers added YMCA Diabetes Prevention Program to their employee benefit options.
Updates

2013

- 30 classes (327 participants)
- 18 offsite locations (clinics/businesses)
- 71 DPCA participants (paid)
- NYU has come on board (employee benefit coverage)
- Montefiore is coming on board (employee benefit coverage)
- Staten Island-80 participants joined (goal=100/yr)
- CMMI Update-3 Screening locations submitted
- Video Project- Production: June, Final Cut: August, Distribution: September
Research

DPP LIFESTYLE INTERVENTION WORKED FOR:
• All ethnic/racial groups
• Men and women
• All adults, especially those over age 60

DEPLOY
Diabetes Education & Prevention with a Lifestyle Intervention Offered at the YMCA
Study done at the Indiana University School of Medicine and piloted in the YMCA’s of Greater Indianapolis. Results were better than those collected in a clinical environment.
THE PROGRAM

Who?
• Overweight* Adults (18+) with prediabetes
  • Confirmed via one of 3 blood tests
  • Or have 2 or more risk factors

What?
• 12 month program: includes a 16 session core program followed by monthly maintenance sessions
  • 1 hour per week
  • 8-15 people in group based, classroom setting

When? Where?
• Anytime, anywhere (classroom-type setting)

How?
• Weigh-in at every session
• Weight recorded in online tracking system
• Facilitated by Y Lifestyle Coach (person skilled in Listen First and group facilitation)
Y PERSONAL FITNESS

OUR GOAL IS TO HELP YOU REACH YOURS.

BRONX
Bronx YMCA
(718) 792-9736

BROOKLYN
Bedford-Stuyvesant YMCA
(718) 789-1497
Coney Island YMCA
(Opening 2013)
Dodge YMCA
(718) 625-3136
Flatbush YMCA
(718) 469-8100
Greenpoint YMCA
(718) 389-3700
North Brooklyn YMCA
(718) 277-1600
Prospect Park YMCA
(718) 768-7100
Park Slope Armory YMCA
(212) 912-2580

MANHATTAN
Chinatown YMCA
(212) 912-2460
Harlem YMCA
(212) 912-2100
McBurney YMCA
(212) 912-2300
Vanderbilt YMCA
(212) 912-2500
West Side YMCA
(212) 875-4100

QUEENS
Cross Island YMCA
(718) 479-0505
Flushing YMCA
(718) 961-6880
Jamaica YMCA
(718) 739-0600
Long Island City YMCA
(718) 392-7932

QUEENS continued
Ridgewood YMCA
(212) 912-2180
Rockaways YMCA
(Opening 2013)

STATEN ISLAND
Staten Island YMCA
Broadway Branch
(718) 981-4933
Staten Island YMCA
South Shore Branch
(718) 227-3200

New York City’s YMCA
WE’RE HERE FOR GOOD.
We are committed to supporting you, and best of all, it’s all free with membership!

**WHAT IS Y PERSONAL FITNESS**

Our Y Personal Fitness Program will support you in building a regular exercise routine by starting slowly, setting realistic goals and figuring out what works best for you. The Y Personal Fitness Program is 12 weeks of individual exercise designed for new and returning exercisers. During the 12 weeks, you will have 4 appointments with a Y Personal Fitness Coach (approximately one per month) to provide you with personal attention and extra motivation to help keep you on track.

Y Personal Fitness provides a structured, sensible fitness routine, gradually adding new exercises at each meeting. These small changes will lead to greater success in achieving your health goals. During this time, you can exercise at the YMCA anytime that fits into your own schedule.

**Y PERSONAL FITNESS**

By committing to the Y Personal Fitness Program, you can improve your mental and physical well-being, increase your daily energy, make new friends and be equipped to make exercise a regular, enjoyable part of your life.

**YOUR Y PERSONAL FITNESS COACH WILL:**

- Review and assist you in developing your own Y Personal Fitness Plan
- Provide an orientation on fitness center equipment
- Monitor attendance
- Regularly review and update your Y Personal Fitness Plan
- Discuss options and provide guidance to continue your YMCA exercise experience after program graduation
- Evaluate your Y Personal Fitness experience

**HOW DO I SIGN UP FOR Y PERSONAL FITNESS?**

To schedule an appointment, speak to a representative at the Member Service Desk.
THANK YOU

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YMCA of Greater New York