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Tampa YMCA Offers 50% Off YMCA's Diabetes Prevention Program

Tampa, FL (Mar. 23, 2017) – Next Tuesday, March 28th is American Diabetes Association Alert Day® and the [Tampa Metropolitan Area YMCA](#) will offer a 50 percent discount to those who sign up for the [YMCA's Diabetes Prevention Program](#) on that day.

With millions of Americans at risk for prediabetes and type 2 diabetes, the Tampa Y urges community members to learn their risk and take action to prevent the disease. One in three adults in the U.S. has prediabetes. Yet just 10 percent of those 86 million people know they have it. Having prediabetes means having elevated blood glucose levels that are not high enough for a diabetes diagnosis. People with prediabetes are at risk for not only developing type 2 diabetes, but also heart disease and other conditions.

The Tampa Y is on the forefront of preventing chronic diseases like type 2 diabetes through the [YMCA's Diabetes Prevention Program](#), showing measurable results. The program is open to ALL individuals regardless of their insurance or Y membership status. Participants who sign up on March 28th will pay only \$215 up front, which is half off the regular program rate. This special offer does not apply to those covered by their insurance provider.

"Diabetes Alert Day is the perfect time to not only determine our own risk, but also encourage our family and friends to determine their chances of developing the disease," says Tampa Y Healthy Living Director Dawn Kita. "Studies show people with prediabetes can prevent or delay the onset of type 2 diabetes by making simple lifestyle changes that include eating healthier and increasing physical activity."

In the yearlong YMCA's Diabetes Prevention Program, a trained lifestyle coach provides a supportive environment where participants work together in a small group to learn about behavior changes that can improve overall health. The goal is to reduce body weight by 5-7 percent and increase physical activity to 150 minutes per week. Proven results show the program can prevent or delay new cases of type 2 diabetes in adults by 58 percent and by as much as 71 percent in those over age 60. To learn more about the YMCA's Diabetes Prevention Program, which is offered at [13 Tampa YMCAs](#), contact YDPP@tampaymca.org.

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About the Tampa Y

The Tampa Metropolitan Area YMCA is a cause-driven [4-star charity](#), strengthening Hillsborough and East Pasco communities for 128 years, through youth development, healthy living and social responsibility. Across the Association, 18 facilities engage more than 150,000 men, women and children — regardless of age, income or background — to nurture the potential of children and teens, improve our community's health and well-being, and provide opportunities to give back and support neighbors. The Tampa Y

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has long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change.
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