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## **The Y Encourages Tampa Bay to Increase its Diabetes IQ during National Diabetes Awareness Month**

*As diabetes rates continues to rise, few Tampa Bay residents know they are at risk.*

**Tampa, FL (Nov. 1, 2017)** – During National Diabetes Awareness Month, the [Tampa Metropolitan Area YMCA](#) is encouraging Tampa Bay residents to learn their risks for prediabetes and type 2 diabetes and to take preventive steps to potentially reduce their chances of developing the disease.

Statistics from the Centers for Disease Control and Prevention show more than one in three Americans (84 million people) has prediabetes. Prediabetes is a condition in which a person's blood glucose is elevated, but not high enough for a diabetes diagnosis. Only 10 percent of those with prediabetes know they have it but with awareness and simple actions, people with prediabetes may prevent the onset of diabetes.

"As one of the leading community-based charities committed to improving the health of Tampa Bay, the Y wants all community members to understand their risk for prediabetes and steps to take to avoid developing type 2 diabetes," says Healthy Living Director Dawn Kita. "Developing type 2 diabetes not only puts a tremendous strain on our health care system, but impacts the lives of millions of people and their families each year."

Individuals can assess their risk for prediabetes and type 2 diabetes by taking a simple test at [YMCA.net/diabetes](http://YMCA.net/diabetes). Through this assessment, visitors can also learn how lifestyle choices and family history help determine the ultimate risk for developing the disease. If a person is at risk, a diabetes screening conducted by a physician can confirm a diabetes or prediabetes diagnosis.

The Tampa Y can help through the [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.

These basic lifestyle changes can decrease the risk for type 2 diabetes:

- Eat fruits and vegetables every day.
- Choose fish, lean meats and poultry without skin.
- Aim for whole grains with every meal.
- Be moderately active, getting at least 150 minutes of physical activity each week.
- Choose water to drink instead of beverages with added sugar.
- Speak to your doctor about your diabetes risk factors, especially if you have a family history or are overweight.

To learn more about the [YMCA's Diabetes Prevention Program](#), which is offered at [12 Tampa YMCAs](#), contact [YDPP@tampaymca.org](mailto:YDPP@tampaymca.org).

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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 has long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change. [www.tampaymca.org](http://www.tampaymca.org)