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FOR HEALTHY LIVING
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YMCA Offers Program Free on Diabetes Alert Day

Tampa, FL (March 18, 2013) - Diabetes Alert Day is next Tuesday, March 26th and the Tampa Metropolitan Area YMCA wants residents of the Tampa Bay area to be aware of their risk for prediabetes. As one of the nation's leading nonprofits dedicated to strengthening community through healthy living, the Tampa YMCA is urging residents of Hillsborough and Eastern Pasco counties to assess their risk by stopping by [their local Y](#). **Those who sign up for the Y Diabetes Prevention Program on March 26th will have the fee waived. That's one year of diabetes risk-reducing services for free!**

Nearly 26 million Americans have diabetes and one in three (79 million) people have prediabetes, a condition where blood glucose is elevated, but not high enough for a diabetes diagnosis. The nation's struggle with obesity and type 2 diabetes is no surprise, but the number of people with prediabetes is a growing issue that can be prevented or delayed with lifestyle changes such as healthy eating and physical activity. People with prediabetes are at risk for not only developing type 2 diabetes, but cardiovascular diseases, stroke and other chronic diseases.

"Lifestyle changes can help prevent developing type 2 diabetes but the key is to recognize the risk and determine what needs to be done" said Maureen Chiodini, associate vice-president of membership and programs for the Tampa Y. "You don't have to make the changes alone - the Tampa Y can help through the YMCA's Diabetes Prevention Program."

Originally created by the U.S. Centers for Disease Control, the Y Diabetes Prevention Program is a one-year diabetes prevention program developed to reduce the risk of diabetes in individuals with pre-diabetes. The first 16 weekly sessions will cover nutrition, physical activity, and behavior modification to help participants achieve two primary goals: reduce body weight by 7-percent and participate in regular physical activity. Upon completion of the 16 weeks, participants move into a maintenance program for the remaining eight months. To learn more about the Y Diabetes Prevention Program, please contact Shera Goode, YMCA Diabetes Prevention Program coordinator at 813-316-6834 or ydpp@tampaymca.org.

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About the Y

The Tampa Metropolitan Area YMCA is one of the area's leading nonprofits, strengthening Hillsborough and East Pasco communities through youth development, healthy living and social responsibility. Across the Association, 19 facilities engage more than 142,000 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