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## **Tampa YMCA Focuses on Prevention during National Diabetes Awareness Month**

*The Y offers a 30% discount in honor of the nearly 30 million kids & adults in the U.S. with diabetes.*

**Tampa, FL (October 28, 2014)** – Tampa resident Mary Ann knew she was at risk for type 2 diabetes simply because her father had it. She says the Y's Diabetes Prevention Program at the Tampa Metropolitan Area YMCA, "...gave me more energy and lots of motivation. The weekly weigh-ins became fun as the weight kept going down. I am 68 years old and don't want to be scared of diabetes. I checked in with my doctor and my glucose levels have gone down."

November is National Diabetes Awareness Month, and Mary Ann is just one of the more than 86 million people in the U.S. who have prediabetes, a condition in which individuals have blood glucose levels that are higher than normal, but not high enough to be classified as diabetes. This number is up from 79 million in 2010 and represents more than 1 in 3 Americans. People with prediabetes are at a high risk of developing type 2 diabetes and other chronic diseases, such as heart disease and stroke.

To address the sheer number of prediabetes cases, the Tampa YMCA offers the Y's Diabetes Prevention Program, which helps adults lose 5-7 percent of body weight through healthier eating and increased physical activity that can prevent or delay the onset of type 2 diabetes. **During the month of November, the Tampa Y is offering a 30 percent discount off the Y's Diabetes Prevention Program fee in honor of the nearly 30 million children and adults in the U.S. with diabetes.**

"Prediabetes is a nationwide concern that can be addressed at the community level through programs like the Y's Diabetes Prevention Program, which takes treatment out of a clinical setting and into the community, making it more accessible to those who need it most," says Y Diabetes Prevention Program Coordinator Bridget Piephoff. "The Y is one of the few organizations in the country with the reach and experience to help people make the necessary behavior changes to improve health."

During the yearlong Y Diabetes Prevention Program, a trained lifestyle coach helps participants learn how to adapt healthy eating, physical activity and other lifestyle changes. Participants meet monthly for added support in reaching their ultimate goals. The program has shown to prevent or delay new cases of type 2 diabetes by 58 percent and as much as 71 percent in adults over the age of 60. Mary Ann shares, "I made a 7 percent weight drop during three months. I, wholeheartedly, endorse this program. The program works. Just give it a chance."

The YMCA's Diabetes Prevention Program uses a CDC-approved curriculum and is part of the CDC-led National Diabetes Prevention Program. The nationwide program is offered at 10 Tampa YMCA branches; as well as several community centers, corporate sites, and senior centers. To learn more please contact Bridget Piephoff at 813-922-2808 or [Bridget.Piephoff@tampaymca.org](mailto:Bridget.Piephoff@tampaymca.org).

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**About the Tampa Y**

The Tampa Metropolitan Area YMCA is a cause-driven [4-star charity](#) and 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 167,000 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)