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FOR HEALTHY LIVING  
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## **Tampa YMCA Offers 50% Discount on Diabetes Alert Day**

**Tampa, FL (March 18, 2014)** – Next Tuesday, March 25<sup>th</sup> is American Diabetes Association Alert Day®. With 26 million children and adults suffering from diabetes and 79 million adults, or one in three, having prediabetes in the U.S., the [Tampa Metropolitan Area YMCA](#) urges the Tampa Bay Area community to learn their risks and take action to prevent the deadly disease. **Those who sign up for the Y Diabetes Prevention Program on March 25<sup>th</sup> will receive a 50-percent discount on that day only!**

Prediabetes is a condition in which individuals have blood glucose levels that are higher than normal, but not high enough to be classified as diabetes. People with prediabetes are at high risk of developing type 2 diabetes, heart disease and stroke. "A prediabetes diagnosis should serve as a final warning to take action to prevent developing type 2 diabetes and there is no better time than American Diabetes Association Alert Day® to determine risk," says Tampa Y Diabetes Prevention Program Coordinator Bridget Piephoff. "The good news is simple lifestyle changes reduce risk and programs like the [Tampa Y's Diabetes Prevention Program](#) can help."

The first step in preventing diabetes is to find out if you are at risk for prediabetes and type 2 diabetes by taking a risk assessment at [www.diabetes.org/risktest](http://www.diabetes.org/risktest). Additionally, individuals can learn how background and lifestyle choices help determine the risk for prediabetes and type 2 diabetes. Several factors putting a person at risk for type 2 diabetes include family history, age, weight and activity level.

The next step is to make the necessary changes to help prevent the disease. Lifestyle modification programs like the Y's Diabetes Prevention Program can help. Facilitated by trained lifestyle coaches, the yearlong program provides a supportive environment where participants work together in a small group to learn about behavior changes that improve overall health. The ultimate goals are to reduce body weight by 7-percent and participate in 150 minutes of physical activity every week.

Initiatives like the Y's Diabetes Prevention Program, part of the Y's commitment to improving the nation's health and well-being, show that losing a moderate amount of weight and increasing physical activity can prevent or delay new cases of type 2 diabetes by 58-percent overall and by as much as 71-percent in adults over the age of 60. The Y's Diabetes Prevention Program is part of the CDC-led National Diabetes Prevention Program and is available at nearly 800 sites in 39 states. To learn more about the Tampa Y's Diabetes Prevention Program, which is offered at [14 Tampa YMCA branches](#), 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)