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Tampa YMCA Offers 50% Off Diabetes Prevention Program

Tampa, FL (Mar. 20, 2015) – Next Tuesday, March 24th 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 [Y Diabetes Prevention Program](#) on that day.

With millions of Americans at risk for prediabetes and type 2 diabetes, the Tampa YMCA urges community members to learn their risk and take action to prevent the disease. Currently, diabetes affects nearly 29 million people and another 86 million Americans have prediabetes, yet only about 9 million are aware of it.

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. According to the Centers for Disease Control and Prevention (CDC), here in Florida, nearly 1,800,000 adults are living with diabetes. What's even more alarming is that number has more than doubled in ten years and continues to grow.

The Y knows the best way to reduce new cases of type 2 diabetes is to prevent them and awareness is the first step to prevention. "Chances are each of us has a friend or family member with diabetes, but it's even more likely that we know someone with prediabetes who doesn't even know he or she is at risk," says Bridget Piephoff, Tampa Y Diabetes Prevention Program Director. "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. 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 [Tampa Y'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 of the program is to help adults at risk for diabetes reduce their body weight by 5 to 7 percent and increase their physical activity to 150 minutes per week. Studies have shown that programs like this 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 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.

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About the Tampa 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 160,000

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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