DIABETES PREVENTION

ADDRESSING CRITICAL COMMUNITY NEEDS

The Challenge: America faces a looming public health epidemic of Type II Diabetes stemming from unhealthy lifestyles. There are 79 million people in the United States who have prediabetes. Recent research has shown that some long-term damage to the body, especially the heart and circulatory system, may already be occurring during prediabetes.

How We’re Helping: Though prediabetes is often a precursor to diabetes — diet and lifestyle changes, including modest weight loss, can help prevent or delay the onset of diabetes. The YMCA Diabetes Prevention Program is a healthy lifestyle program for prediabetic patients, teaching the fundamentals of good nutrition and exercise.

How You Can Help: This fee-based program is inaccessible in many areas of the community with the highest need. Your gift of $400 will enable one participant to benefit from this program. A gift of $10,000 will fund eight year-round programs targeted in areas with the highest incidences of the disease.

Our Impact: Janet from South Austin found the YMCA Diabetes Prevention Program after being prescribed high blood pressure medication by her physician. She looked to the Y for guidance in eating right and incorporating physical activity into her busy schedule. “My Dad and two of my brothers had Type 2 Diabetes, so I knew I had to do something significant,” Janet said. “This program gave me structure, the tools and support to put what I’ve learned into action.” Janet has achieved her weight-loss goals and gotten back into her favorite pair of jeans. She’s also talking with her doctor about going off her blood pressure medicine. “Leading a healthy lifestyle makes you feel better inside and out,” she says.

YMCA DIABETES PREVENTION – PROGRAM SNAPSHOT
Healthy lifestyle program for pre-diabetic patients

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NAME/COMPANY CONTACT:

RECOGNITION NAME: (as it should appear in print & online)

DISPLAY BRANCH: GIVING LEVEL:

For gifts of $1,000 and up, please select which banner best represents your commitment to the Y. The following phrases appear on each banner design, respectively, and will be displayed at the YMCA of Austin facility of your choice.

- YOUTH DEVELOPMENT
- HEALTHY LIVING
- SOCIAL RESPONSIBILITY

*Colors and images may vary. If you are a returning donor, your current banner will be updated to reflect this year’s campaign.