



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**FOR IMMEDIATE RELEASE**

**Contact:**

Doug Bishop  
Greater Burlington YMCA  
802-734-4295  
[dbishop@qbymca.org](mailto:dbishop@qbymca.org)

**November is National Diabetes Awareness Month  
Are You One of the 86 Million Americans with Prediabetes?**

*Free YMCA program helping Vermonters prevent or delay the onset of type 2 diabetes*

Burlington, VT – November 4, 2016 – During National Diabetes Awareness Month, the Greater Burlington YMCA is encouraging Vermonters to learn their risks for prediabetes and type 2 diabetes and to take preventive steps to potentially reduce their chances of developing the disease.

Statistics from the Centers for Disease Control and Prevention (CDC) show that more than **one in three Americans (86 million people) have prediabetes**, up from 79 million in 2010. Prediabetes is a condition in which a person's blood glucose is elevated, but not high enough for a diabetes diagnosis. **Only 10 percent of those with prediabetes know they have it** and without weight loss and moderate physical activity, 15-30% of people with prediabetes will develop type 2 diabetes within 5 years.

The Greater Burlington YMCA, in partnership with the Vermont Blueprint for Health and hospitals across Vermont, is helping people prevent the onset of type 2 diabetes by offering a statewide network of **free YMCA Diabetes Prevention Program workshops**. The approach utilized in the Y program is proven to **prevent or delay the onset of type 2 diabetes by as much as 58% among adults with prediabetes** and by 71% for those age 60 years or older.

"As an organization whose mission is to strengthen communities and includes healthy living among its three principal areas of focus, the Y wants Vermonters to understand their risk for prediabetes and steps they can take to prevent developing type 2 diabetes," said Doug Bishop, Director of Communications at the Greater Burlington YMCA. "Rising diabetes rates cost the nation \$245 billion annually in medical costs and lost work and wages for a disease that is preventable with simple lifestyle changes like eating better and getting more physical activity."

To learn more about the YMCA Diabetes Prevention Program workshops, and when the next one is offered in your area, visit [www.MyHealthyVT.org](http://www.MyHealthyVT.org) or contact Kristin

Magnant, the Y's Community Health Initiatives Coordinator, by calling 802-652-8196 or via email at [kmagnant@gbymca.org](mailto:kmagnant@gbymca.org).

Individuals can assess their risk for prediabetes and type 2 diabetes by taking a simple test at [YMCA.net/diabetes](http://YMCA.net/diabetes). Through this assessment, visitors can also learn how lifestyle choices and family history help determine the ultimate risk for developing the disease. Several factors that could put a person at risk for type 2 diabetes include race, age, weight and activity level. If a person is at risk, a diabetes screening conducted by a physician can confirm a diabetes or prediabetes diagnosis.

The risk for type 2 diabetes can be decreased by making some basic lifestyle changes that contribute to weight loss and healthy living. Among these are:

- Eat fruits and vegetables every day.
- Choose fish, lean meats and poultry without skin.
- Aim for whole grains with every meal.
- Be moderately active, getting at least 150 minutes of physical activity each week.
- Choose water to drink instead of beverages with added sugar.
- Speak to your doctor about your diabetes risk factors, especially if you have a family history or are overweight.

###

### ***About the Y***

The Greater Burlington YMCA is a non-profit organization with roots in Burlington that date to 1866 with a mission to build a strong community by involving youth, adults and families in programs and activities that develop spirit, mind and body. Last year, the Y awarded \$600,000 in financial assistance so everyone could access the Y's life-enriching programs regardless of ability to pay.