Worksite Coverage of the Diabetes Prevention Program (DPP)

Providing the DPP as a Covered Benefit at your Worksite

by the Lorain County General Health District in partnership with the YMCA of Greater Cleveland through the Communities Preventing Chronic Disease program

Communities Preventing Chronic Disease funding is operated through the Lorain County General Health District with funding provided by the Ohio Department of Health through the Centers for Disease Control and Prevention

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Introduction to the Diabetes Prevention Program (DPP)

The Consequences

Diabetes is one of the fastest growing diseases in the United States. In our country, 29.1 million Americans (close to 10% of the population) have diabetes today.² It is estimated that 1 in 3 Americans will have diabetes by 2050 if current diabetes growth patterns continue.⁴ When individuals do not adequately manage their diabetes, the health-related consequences can be severe.⁴

Diabetes is a chronic condition in which insulin, which typically regulates the movement of sugar into the body’s cells, is not utilized properly.⁴ It affects the manner in which the body metabolizes sugar (glucose) and causes a person to have higher levels of glucose in the blood stream than is normal.⁴ These high levels of glucose can harden and damage blood vessels throughout the body with dire results. The damaged blood vessels can cause visual loss, or blindness, kidney disease or kidney failure, nerve damage in feet, legs and hands, poor circulation in legs and feet that can lead to amputation, heart disease and stroke.⁴

Beyond those diagnosed with diabetes, estimates show that close to 7 million afflicted individuals go undiagnosed, and upwards of 57 million more are at risk for developing diabetes.⁴ 86 million people have prediabetes (those at risk for diabetes).² That’s more than 1 out of every 3 adults.⁴

Having prediabetes means your blood glucose (sugar) level is higher than normal, but not high enough to be diagnosed as diabetes. But, nearly 90 percent of adults who have prediabetes don’t know they have it.⁸

For those that have prediabetes and don’t lose weight or increase physical activity, they could develop type 2 diabetes within five years.⁸

YMCA Diabetes Prevention Program

The YMCA’s Diabetes Prevention Program (DPP) is an innovative evidence-based program to help reduce the burden of chronic disease. Based on the National Institute of Health’s (NIH) DPP study, the YMCA Diabetes Prevention Program focuses on delaying or preventing the progression of prediabetes to diabetes through lifestyle interventions that target improving diet, physical activity and achieving moderate weight loss.³

Based on research funded by the National Institute of Health and the Centers for Disease Control (CDC) and Prevention, the program reduces the risk of developing type 2 diabetes by 58%. The risk reduction was even greater, 71%, among adults aged 60 or older. The study showed that this lifestyle intervention overwhelmingly prevents or delays type 2 diabetes in all racial and ethnic groups and the results persisted for at least 10 years.¹

http://www.livehealthyloraincounty.com/worksitewellness/diabetespreventionprogram
How it Works

The YMCA DPP program participants receive support, guidance and encouragement from a trained lifestyle coach that has been CDC certified. Together, they explore how healthy eating, physical activity, moderate weight loss and other behavior changes benefit their health. Participants also receive guidance on developing a plan for improving and maintaining their overall well-being.³

Participants will spend 12 months working together through the DPP curriculum:

- The first 16 weekly sessions include:
  - Healthier eating
  - Getting started with physical activity
  - Overcoming stress
  - Staying motivated
- The next 8 bi-monthly/monthly maintenance sessions include:
  - Dining out
  - Handling eating in social situations
  - Dealing with slip ups around diet and exercise, and more

Eligibility

People who are eligible to participate in the YMCA Diabetes Prevention Program must be 18 and older, have no previous diagnosis of diabetes, and meet the following criteria³:

- BMI of 25 or greater (22+ for Asian individuals) AND
- A physician’s diagnosis and/or confirmatory blood test for prediabetes
  - Diagnosis: Documentation of a combination of risk factors identified by the CDC.
  - Blood test:
    - Fasting plasma glucose: 100–125 mg/dL OR
    - HbA1C: 5.7–6.4 percent OR o Two-hour (75 gm glucola) plasma glucose: 140–199 mg/dL

***People who are already diabetic do not qualify for this program.***

To assess your risk to see if you qualify for the program, take the assessment HERE or visit this link http://www.ymca.net/diabetes-prevention/risk.html.
Assess your Risk

WHAT IS PREDIABETES?
Prediabetes occurs when blood sugar levels are higher than normal but not high enough for a type 2 diabetes diagnosis. Risk for developing type 2 diabetes may be reduced or eliminated by weight loss, healthier eating and increased physical activity.

WHAT IS YOUR RISK SCORE?
7 quick questions to see if you might be at risk.

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<thead>
<tr>
<th>For each &quot;yes&quot; answer, add the number of points listed:</th>
<th>YES</th>
<th>NO</th>
</tr>
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<tbody>
<tr>
<td>Are you a woman who has given birth to a baby weighing more than 9 pounds?</td>
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<tr>
<td>Do you have a parent with diabetes?</td>
<td>1</td>
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<tr>
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<td>0</td>
</tr>
<tr>
<td>Find your height on the chart below.</td>
<td>5</td>
<td>0</td>
</tr>
<tr>
<td>Do you weigh as much or more than the weight listed for your height?</td>
<td>5</td>
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<td>Are you younger than 65 years of age and get little or no physical activity in a typical day?</td>
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<td>Are you between 45 and 65 years of age?</td>
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<td>0</td>
</tr>
<tr>
<td>Are you 65 years of age or older?</td>
<td>9</td>
<td>0</td>
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</tbody>
</table>

IF YOU SCORED A 8 OR HIGHER, then you may be at risk for prediabetes or diabetes, and may qualify for the program. This does NOT mean you have diabetes. You will need a blood test to confirm if you have diabetes.

Program Goals

The program goals for each participant involve:

- Reducing body weight by 7 percent
- Gradually increasing brisk, physical activity to 150 minutes per week.

By reaching program goals, participants can reduce their risk of developing type 2 diabetes by 58%.

Cost of the Program

The out of pocket cost of the program is $429/person. Scholarships are available for individuals who qualify. In addition the DPP can be added as a covered benefit to private insurance providers.

More Information

The Effect of Diabetes on your Worksite

Diabetes is a disease that is growing exponentially in the United States. 29.1 million Americans are diabetic, while 86 million have prediabetes.\(^4\) Prediabetes is a health condition characterized by higher than normal blood glucose levels, but not high enough to be diagnosed as diabetes.\(^3\)

Employers surveyed by the North East Business Group on Health reported that diabetes is a significant concern within their workplaces, many businesses ranking it in the top 3 conditions that should be addressed through health and wellness programs. Total costs and lost work and wages for people diagnosed with diabetes is $245 billion.\(^4\) Direct medical costs for people diagnosed comes to $175 billion, and indirect costs such as disability, loss of productivity, and employee absenteeism total to an additional $70 billion.\(^4\) These total costs rose from $174 billion in 2007 and will continue to grow.\(^4\)

The financial and productivity burdens that weigh on worksites and healthcare due to diabetic employees are evident. Implementing a new wellness program addressing prediabetes may offer your worksite a return on the investment. Healthier employees correlate with numerous benefits at a worksite:

1. Lower health care and disability costs
2. Enhanced employee productivity
3. Reduced employee absenteeism
4. Improved employee morale
5. Improved employee recruitment and retention\(^5\)

Is it possible that your employees are unaware that they may be at risk for diabetes? Yes, it is possible, given that 90% of adults with prediabetes do not know of their condition. Worksites can help prevent diabetes by providing coverage for the YMCA’s Diabetes Prevention Program. It is a great way to empower your employees and help motivate them to make healthier lifestyle choices.
The DPP for Worksites

Cover the DPP at your Worksite

Employers face extensive direct costs from diabetes-related medical claims.\textsuperscript{4} The Diabetes Prevention Program (DPP) can lead directly to decreased medical costs, decreased lost work time, and indirectly to the costs of disability, loss of productivity, and premature death,\textsuperscript{4} in addition to happier and healthier employees.

This toolkit will give worksites the tools to:

1) Request coverage of the DPP through your company health insurance provider
2) Cover the costs of the program through your worksite
3) Assess risk and program qualifiers
4) Host an information session and/or class at your worksite
5) Support participation in the DPP program

More Information for Worksites

Worksites can host an information session resulting in classes of up to 15 participants at your worksite. A private room with table and chairs is required.

YMCA certified lifestyle coaches are able to host an information session at a worksite. Please contact Linda McVey, YMCA Executive Director of Health Initiatives, to discuss your options.

Healthyliving@clevelandY.org
216-509-3480

http://www.livehealthyloraincounty.com/worksitewellness/diabetespreventionprogram
Health Insurance Coverage of the DPP

Health insurance companies have been offering the Diabetes Prevention Program as a covered benefit since 2010, with United Health Group being the first health plan to cover the DPP. Many other insurance companies have followed their example and have added the DPP as a covered benefit.

State of Ohio health benefit plans currently offer the National Diabetes Prevention Program as a program benefit. Many other states including Colorado, Kentucky, and Washington also offer it as well, in addition to the growing coverage nationwide. Many other state employee health benefit plans are in the process of adding this service as a covered health benefit.

Check with your insurance provider to see if the DPP is covered as part of your benefits package. At no cost or at minimal cost to your organization, the addition of the DPP to your wellness plan allows happier, healthier employees, as well as money saved on chronic disease treatment. First steps would include starting this discussion at your worksite over the phone or email.

Questions for your insurance provider

- Is the Diabetes Prevention Program a covered benefit under the current health insurance plan?
  - If yes:
    - What information do you need for enrollment?
    - Are there any situations in which the DPP would not be covered?
    - Are there any stipulations for enrolling in the DPP?
    - What % of the DPP is covered?
    - If someone drops out of the program, are they responsible for covering the costs?
    - Do you promote the DPP? How do you promote the DPP?
  - If no:
    - What chronic disease prevention/treatment programs are included?
    - Why is this not a covered benefit?
    - Can you explain how coverage of this program would work and if there would be any stipulations we should be aware of?
    - What would the additional costs be? How does that break down per person?
    - What percentage of the DPP cost can be covered?
Employer Coverage of the DPP

As an employer, it is important to explore options for decreasing health care costs and improving employee health. Covering the DPP for employees is a way to do that. Benefits of covering the DPP for your worksite include lower health care costs, increased productivity, reduced absenteeism, and improved employee morale. Offering benefits such as these and/or wellness programs is a tool for employee recruitment and retention.

Steps for employer coverage

1. **Determine point of contact** in your organization (e.g. HR Representative, Employee Wellness Coordinator, etc.).

2. **Do the research.**
   a. Work with current insurance company to pull type 2 diabetes data and costs
   b. Determine what the costs and return on investment would be for your organization if offering the DPP to qualified employees
   c. Determine if this could be part of an employee wellness initiative and if you are able to offer incentives for participation

3. **Meet with organization leadership.**
   a. Present research
   b. Refer to the [worksite DPP brochure](http://www.ymca.net/diabetes-prevention/risk.html) as a resource which provides statistical information about the positive impacts of the DPP being offered for employees. Other helpful resources include the [DPP Fact Sheet](http://www.loraincountyhealth.com/files/resources/DPP_Risk_Assessment_Form.pdf), [FAQ Sheet for Lorain County Employees](http://www.ymca.net/diabetes-prevention/risk.html), [Program Profile](http://www.ymca.net/diabetes-prevention/risk.html), and an article on [Investing in Chronic Disease Prevention](http://www.ymca.net/diabetes-prevention/risk.html).
   c. Follow-up with next steps

4. **Arrangements for DPP information session and class.**
   a. Work with the YMCA DPP coordinator to schedule an information session at your worksite, where employees can take the [DPP risk assessment](http://www.ymca.net/diabetes-prevention/risk.html) and talk to coordinator about enrolling
   b. Work with YMCA DPP coordinator to schedule classes at your worksite/refer offsite

5. **Choose the location for your class.**
   a. Location can be a private space at work or offsite
   b. Tables and chairs are necessary for up to 15

6. **Promote.**
   a. Distribute brochures to worksite employees, hang flyers and posters
   b. Work with YMCA staff to promote at wellness fairs, bio-screening events, staff meetings, etc

7. **Complete the CDC prediabetes risk assessment.** There are two options:
Informing and encouraging employees to join and participate in the Diabetes Prevention Program is the first step to eliminating unhealthy behavior within the workplace. Lifestyle behaviors are engrained in people’s lives, making it very difficult to change. It will take continual promotion to strengthen motivational forces to get employees to take action.

There are many types of communication channels that a workplace can use to encourage, support, and maintain healthy, desirable lifestyle behaviors. Whether you are working to integrate the DPP into your existing worksite wellness plans, or create a new culture of health, you can utilize your current channels of communication to promote the DPP in your workplace at a low cost.

Examples of promotional strategies within your worksite

- **Display promotional signs**: Post information in employee break rooms or other high traffic areas.
- **Website advertising**: Display information on your employee website or internal messaging boards to get the word out. Include the link to the web based risk assessment to determine eligibility: [http://www.ymca.net/diabetes-prevention/risk.html](http://www.ymca.net/diabetes-prevention/risk.html).
- **Meeting announcements**: Make announcements, pass out brochures or hand out flyers at staff meetings. Make the risk assessment available, too.
- **Social Media**: Post information on various social media sites through a Facebook boost or homepage slider to both promote the DPP and feature any successful graduates of the program.
- **Staff email**: Email staff members to inform them that the DPP is now a covered benefit. Email includes a link to the risk assessment to determine eligibility.
- **Newsletters**: Feature the DPP in a section of your employee newsletter or e-newsletter with the risk assessment link.
- **Health Fair**: Include a DPP table or display at your employee health fairs to give out information and sign people up.
- **Include in your Wellness Initiative**: The DPP can be a part of your staff wellness initiative.

In addition to your internal efforts ask your health insurance company about their promotion plan for the DPP. If they are not promoting the DPP, request information to go out annually, and to be included with billing. Also, do a targeted mailing for those with prediabetes markers, and include information with enrollment period materials.

Methods for continually providing DPP promotion

- The worksite DPP coordinator can take the lead on promotional planning and come up with a plan/timeline
- Run initiatives that support the DPP curriculum, including opportunities for physical activity and healthier eating. Have lunchtime walking groups, healthier food at meetings, etc.
- Consider linking into national health observance activities to give a boost to your own campaigns
  - November is American Diabetes Month

- March is American Diabetes Association Alert Day
- What you can do: Send a staff email with the risk assessment, have opportunities available to take the risk assessment in a meeting or in the break room, encourage staff to wear a single color on that day for awareness.

You do not have to create your own promotional materials from scratch, please see the Appendix for a library of items or click HERE that you can print out or scan to use in any of your internal promotions.

References:

Appendix

What is the Diabetes Prevention Program?

A program from The Center for Disease Control and Prevention that reduces the risk of developing type 2 diabetes by 58%, and in adults aged 60 and over, by 71%. It incorporates healthy lifestyle changes by eating healthier, increasing physical activity, and losing a modest amount of weight. The YMCA is the largest coordinator of the DPP nationwide.

Why is this important?

- 8.1 million people do not know they have diabetes
- 86 million Americans aged 20 years or older are prediabetic
- Diabetes is associated with serious complications:
  - Heart disease and stroke
  - Blindness
  - Kidney failure
  - Lower-limb amputation

What does commitment entail?

It involves a 12 month commitment working in a small group of 8-15 people to learn about healthier eating and increasing physical activity with trained Lifestyle Coaches. For the first 16 weeks the classes meet weekly, the following 8 months are bi-monthly/monthly sessions for the rest of the 12 month period. The goal is to reduce body weight by 7% and to increase physical activity to 150 minutes per week.

How do I qualify?

People who are eligible to participate in the YMCA Diabetes Prevention Program must be 18 and older, have NO previous diagnosis of diabetes, and meet the following criteria:

- BMI of 25 or greater (22+ for Asian individuals) AND
- A physician’s diagnosis and/or confirmatory blood test for prediabetes
  - Diagnosis: Documentation of a combination of risk factors identified by the CDC.
  - Blood test:
    - Fasting plasma glucose: 100–125 mg/dL OR
    - HbA1C: 5.7–6.4% OR o Two-hour (75 gm glucola) plasma glucose: 140–199 mg/dL

***People who are already diabetic do not qualify for this program.***

Who do I contact? Inform employees who is their DPP worksite contact.
Hello XXXXX staff,

In order to support the health of all of our employees at ORGANIZATION NAME, the YMCA’s Diabetes Prevention Program will be provided as a covered benefit. The Diabetes Prevention Program (DPP), is an innovative evidence-based program to help reduce the risk of developing type 2 diabetes by 58%, and in adults aged 60 and over, by 71%. It incorporates healthy lifestyle changes by eating healthier, increasing physical activity, and losing a modest amount of weight.

“The YMCA’s Diabetes Prevention Program may be my lifesaver! The support and suggestions of the Coach and other participants have been very helpful in my success so far. I have lost weight and my A1c dropped. This is truly something that I can do long-term and I look forward to continued success.” – Patty, Program Participant

Why is this important? Eighty-six million Americans have prediabetes and 90% of them do not know they are. Prediabetes involves having higher than normal blood glucose levels, but not high enough to be diagnosed as diabetes.

To find out if you are at risk for type 2 diabetes and qualify for this program, take the risk assessment quiz at http://www.ymca.net/diabetes-prevention/risk.html

DPP classes will be offered at LOCATION, and we encourage you to be a part of this healthy lifestyle class which requires 1 hour of your time per week for the first 16 weeks, then 1-2 hours per month for the remainder of the year. As soon as we have 12-15 interested individuals we will form a small group and begin a class.

Incentives will be offered for enrollment and completion of the DPP including INCENTIVE 1 and INCENTIVE 2.

Should you have further questions about the program please contact NAME OF CONTACT at EMAIL or PHONE.

Sincerely,

NAME
BUSINESS NAME
PHONE NUMBER
EMAIL ADDRESS
C. Risk Assessment Form

ARE YOU AT RISK FOR DEVELOPING DIABETES?

Prediabetes means your blood glucose (sugar) is higher than normal, but not yet diabetes. Type 2 diabetes can be delayed or prevented in people with prediabetes through effective lifestyle programs. Take the first step. Find out your risk.

**TAKE THE TEST – KNOW YOUR SCORE!**

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
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<tbody>
<tr>
<td>Are you a woman who has had a baby weighing more than 9 pounds at birth?</td>
<td>1</td>
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<tr>
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<td>1</td>
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<tr>
<td>Find your height on the chart on the back of this page. Do you weigh as much as or more than the weight listed for your height?</td>
<td>5</td>
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<td>Are you younger than 65 years of age and get little or no physical activity in a typical day?</td>
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<tr>
<td>Are you between 45 and 64 years of age?</td>
<td>5</td>
</tr>
<tr>
<td>Are you 65 years of age or older?</td>
<td>9</td>
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</table>

TOTAL POINTS FOR ALL “YES” RESPONSES:  

If you scored a 9 or higher, then you may be at significant risk for diabetes, and you may qualify for the YMCA’s Diabetes Prevention Program.

Contact Linda McVey healthyliving@clevelandY.org 216.509.3480  clevelandymca.org/community

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AT-RISK WEIGHT CHART:

<table>
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<tr>
<th>Height (in inches)</th>
<th>Weight (in pounds)</th>
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<td>6'4&quot;</td>
<td>221</td>
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People with type 1 or type 2 diabetes are NOT eligible for this prevention program.

1 in 3 adults is at risk for developing type 2 diabetes, which increases to 1 in 2 adults after age 60.

**Is it you?**

The YMCA’s Diabetes Prevention Program helps those at high risk for diabetes adopt and maintain healthy lifestyles that will help them reduce their chances of developing type 2 diabetes.

The YMCA’s Diabetes Prevention Program targets those who are overweight and have prediabetes, and engages them in a personalized year-long group lifestyle intervention to help them avoid the often devastating effects of diabetes.

The YMCA’s Diabetes Prevention Program is part of the CDC-led National Diabetes Prevention Program. Research shows that programs like this can reduce the number of cases of diabetes by 58%, and an astonishing 71% in adults over age 65.

**Is this for you?**

Contact Linda McVey at 216.509.3480 or healthyliving@clevelandY.org

http://www.livehealthyloraincounty.com/worksitewellness/diabetespreventionprogram
HEALTHCARE COMPANY NAME
HEALTHCARE COMPANY ADDRESS

Dear HEALTH INSURANCE COMPANY,

In an effort to improve employee health and wellness and reduce healthcare costs, INSERT YOUR WORKSITE NAME HERE would like to add the National Diabetes Prevention Program (DPP), led by the Centers for Disease Control and Prevention, as a covered benefit for all employees. In this region, the YMCA of Greater Cleveland coordinates this program.

1. The DPP is an innovative evidence-based program to help reduce the risk of developing type 2 diabetes by 58%, and in adults aged 60 and over, by 71% (Centers for Disease Control and Prevention, http://www.cdc.gov/diabetes/prevention/prediabetes.htm). It is a year-long program with 16 weekly sessions and 9 followup sessions for the rest of the year with trained lifestyle coaches who empower participants to take charge of their health.

Why offer it as a covered health benefit? The return on investment for focusing on preventative treatment is well worth the investment. Eighty-six million Americans have prediabetes and 90% of them do not know it. The total expense of diagnosed diabetes is estimated at $245 billion, including both direct and indirect costs. These costs rose from $174 billion in 2007 and continue to rise, resulting in higher treatment costs for both insurance companies and employers.

This best-practice program produces results and is cost-effective. As part of our worksite’s dedication to prevention of chronic disease we would like to ensure that the DPP is offered as part of our health insurance package for employees. We would like to continue this discussion further as modifications to our current benefits plan may change. For future meetings please contract INSERT NAME HERE at EMAIL or PHONE.

Sincerely,

NAME
BUSINESS NAME
PHONE NUMBER
EMAIL ADDRESS

http://www.livehealthyloraincounty.com/worksitewellness/diabetespreventionprogram
E. Promotion

Promotional materials are available for download, through livehealthyloraincounty.com at http://www.livehealthyloraincounty.com/worksitewellness/diabetespreventionprogram.

Materials are also available through the YMCA of Greater Cleveland. For printed brochures, posters, and flyers please contact the Linda McVey of the YMCA of Greater Cleveland at Healthyliving@clevelandY.org or 216-509-3480.

F. Fact Sheets, Profiles, and Resources

http://www.livehealthyloraincounty.com/worksitewellness/diabetespreventionprogram
| **What is the YMCA’s Diabetes Prevention Program?** | A 12 month program held in a small group classroom setting. A certified Lifestyle Coach gives you tools to help improve your overall health over the course of 16 one-hour sessions. After the initial 16 weeks, participants meet 9 more times throughout the year for added support to help maintain progress. |
| **What are the goals?** | To prevent or delay the onset of diabetes by losing 7% of body weight and slowly increasing activity to at least 150 minutes a week. |
| **Is this an exercise class?** | **No** – this is a small group education/discussion class – usually about 10-12 people. |
| **Who can participate?** | You must be  
- At least 18 year old  
- At least a bit overweight (BMI of 25 or greater, or 22 or greater for Asians)  
- At risk for diabetes |
<p>| <strong>How do I tell if I am at risk for diabetes?</strong> | You measure this through the results of a previous blood test OR by answering some risk assessment questions. We’ll help you figure this out! |
| <strong>Who can NOT participate?</strong> | People who already have type 1 or type 2 diabetes or who have a healthy weight. |
| <strong>Does the program work?</strong> | <strong>YES!</strong> This evidence-based program is from the CDC and based on research done by the National Institutes of Health, <strong>which showed a reduction in the number of new cases of diabetes by 58% overall and 71% for adults over age 60.</strong> |
| <strong>What do we learn about?</strong> | The topics each week focus on lifestyle change: how to eat less fat, how to handle eating out, how to lose weight, how to be more active, how to handle stress, and how to stay motivated. |
| <strong>How is this personalized?</strong> | <strong>We do not tell you what to do.</strong> Instead we help you figure out what strategies will work for you in your unique life. <strong>No one is alike!</strong> |
| <strong>Why is the program so long?</strong> | Have you ever tried to make a New Year’s Resolution? Didn’t last, did it? We are with you for a full year to help you through all of the challenges that a year can bring. |</p>
<table>
<thead>
<tr>
<th><strong>Do we get on a scale?</strong></th>
<th>Your coach will record your weight in PRIVATE every class – we do not share or discuss your weight in class in any way.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Do I have to give up eating my favorite foods?</strong></td>
<td><strong>NO!</strong> Your Coach will help you figure out what little changes that you can make in your life that will help you lose weight and give you the best possible chance to prevent diabetes.</td>
</tr>
<tr>
<td><strong>Who leads the program?</strong></td>
<td>Your class is led by a certified Lifestyle Coach who has been specially trained to guide and support you in your journey to a healthier life.</td>
</tr>
<tr>
<td><strong>What is the cost for the full year course?</strong></td>
<td>Ask your Human Resources or wellness staff if your workplace or insurance covers this evidence-based program. If not, email Linda McVey at <a href="mailto:healthyliving@clevelandY.org">healthyliving@clevelandY.org</a> for more options.</td>
</tr>
<tr>
<td><strong>Where is the program held in Lorain County?</strong></td>
<td>We offer this in many locations throughout Lorain County. We can even offer it at your workplace!</td>
</tr>
<tr>
<td><strong>When does the program begin?</strong></td>
<td>Registrations are ongoing. As soon as there are at least 10 people who are available at the same day/time/location, the class start date is set.</td>
</tr>
<tr>
<td><strong>Do I have to be a YMCA member to enroll?</strong></td>
<td>No! This program is open to all eligible adults who are ready to take control of their lives.</td>
</tr>
<tr>
<td><strong>How do I register?</strong></td>
<td>Leave a message at 440-574-0580 or <a href="mailto:healthyliving@clevelandY.org">healthyliving@clevelandY.org</a>. We will contact you within two or three business days.</td>
</tr>
<tr>
<td><strong>How do I get more information?</strong></td>
<td>Go to our website at clevelandymca.org , hover over “Healthy Living” and click on Diabetes Prevention Program. Leave a message at 440-574-0580 or <a href="mailto:healthyliving@clevelandY.org">healthyliving@clevelandY.org</a>. We will contact you within two or three business days.</td>
</tr>
</tbody>
</table>

The YMCA of Greater Cleveland serves Lorain, Cuyahoga, and Geauga counties.
INVESTING IN THE PREVENTION OF CHRONIC DISEASE

Chronic diseases – such as heart disease, cancer, and diabetes – are responsible for 7 out of 10 deaths among Americans. Treatment for individuals with chronic conditions accounts for more than 75% of the $2.5 trillion spent on annual medical care costs in the U.S. The YMCA’s Diabetes Prevention Program offers an evidence-based solution for your employees at risk for developing type 2 diabetes, a devastating and costly chronic disease that the Centers for Disease Control and Prevention (CDC) reports will affect 1 in 3 American adults by 2050.

CHRONIC DISEASE AFFECTS YOUR ORGANIZATION

Indirect costs—including absenteeism, disability, and reduced work output—may be several times higher than direct medical costs. According to the CDC, productivity losses related to personal and family health problems cost U.S. employers $1,685 per employee per year or $225.8 billion annually.

Diabetes—A Common and Deadly Disease

Diabetes is one of the most significant public health threats we have ever faced - 29 million individuals have diabetes in this country and the U.S. spends an estimated $245 billion in related annual medical expenditures. According to one of the nation’s largest insurance companies, it costs roughly $3,700 a year to treat a person with prediabetes. In contrast, treating someone with advanced stages of diabetes tops $20,000 annually. Among adults, diabetes is the leading cause of new cases of blindness, kidney failure, and non-traumatic lower-limb amputations. A person with diabetes has a shorter life expectancy and about twice the risk of dying on any given day as a person of similar age without diabetes.

Prevention is Happening

Hundreds of millions of dollars of peer-reviewed scientific research has demonstrated that lifestyle intervention programs like the YMCA’s Diabetes Prevention Program can reduce the number of new cases of type 2 diabetes by 58% and by 71% in individuals over age 60. This lifestyle intervention was significantly more effective than metformin. As one of the nation’s leading nonprofit organizations improving America’s health, the Y has become increasingly focused on confronting epidemics of preventable chronic diseases.

The Cost of Doing Nothing

In the United States alone, 29 million people suffer from diabetes and 86 million people have prediabetes. These statistics are alarming, and the impact on the cost of health care and the overall well-being of our communities makes preventing the number of new cases of type 2 diabetes more important than ever before.

---

Individuals with prediabetes, and the organizations they are connected to, may be at risk for higher out-of-pocket health care costs should that person go on to develop type 2 diabetes as outlined below. These costs will be even higher if additional associated conditions like high blood pressure, strokes, and blindness are also included.

<table>
<thead>
<tr>
<th>Annual out-of-pocket medical cost of someone</th>
<th>Annual out-of-pocket medical cost of someone with diabetes:</th>
<th>Annual out-of-pocket medical cost of someone with diabetes and associated conditions:</th>
</tr>
</thead>
<tbody>
<tr>
<td>without diabetes:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>$3,673</td>
<td></td>
<td></td>
</tr>
<tr>
<td>$9,202</td>
<td></td>
<td></td>
</tr>
<tr>
<td>$17,762³</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Programs like the YMCA’s Diabetes Prevention Program, designed to improve health outcomes, can help prevent these costs. For a typical population of 100 high-risk adults aged 50 and over, the following results might be expected over three years:

- Prevent 15 new cases of type 2 diabetes.
- Prevent 162 missed work days.
- Avoid the need for blood pressure or cholesterol drugs in 11 people.
- Add the equivalent of 20 years of good health.
- Avoid $91,400 in health care costs.⁴

**YMCA’S DIABETES PREVENTION PROGRAM**

The YMCA’s Diabetes Prevention Program is a community-based lifestyle improvement program for adults with prediabetes. Its purpose is to empower adults with lasting lifestyle changes that will improve their overall health and reduce their chance of developing type 2 diabetes.

Participants gather in a relaxed classroom setting and work together in small groups to learn how to incorporate healthier eating and moderate physical activity into their daily lives.

**THE YMCA’S DIABETES PROGRAM IS:**

- Led by a trained Lifestyle Coach
- A one-year program: 19 sessions in the first six months and 6 sessions in the second six months
- Open to all community members; YMCA membership is not required
- A Centers for Disease Control and Prevention (CDC)-approved curriculum

**PROGRAM QUALIFICATIONS:**

- At least 18 years old,
- Overweight (BMI ≥25), and
- At risk for developing type 2 diabetes or
- Diagnosed with prediabetes via a lab value or previous diagnosis of gestational diabetes⁵

**PROGRAM GOALS:**

- Reduce body weight by 7%
- Increase physical activity to 150 minutes per week

**Meet Nancy R. from New York City, NY - she lost nearly 10% of her starting body weight!**

I feel healthier--terrific even--and friends tell me I look great. I’ve changed the way I cook for myself and my daughter, and now [she] is checking the packaging on foods, taking smaller portions for dessert and making wiser food decisions.

I’m now doing something that is positive for both of us, and I want to tell everyone about it.

---


⁵ Individuals who have already been diagnosed with either type 1 or type 2 diabetes do not qualify for this program.
HOW PAYORS CAN WORK WITH THE Y ON DIABETES PREVENTION

The Y currently has three enrollment options for the YMCA’s Diabetes Prevention Program. Payors can play a critical role in each of the enrollment options outlined on the following pages.

<table>
<thead>
<tr>
<th>Option</th>
<th>Benefits &amp; Opportunity</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Consumer self-pay</td>
<td>Individuals may enroll in the YMCA’s Diabetes Prevention Program if they do not currently have an employer or insurer covering the program on their behalf. YMCA membership is not required, and individuals can inquire with their local Y about program availability and financial assistance.</td>
<td>$429</td>
</tr>
</tbody>
</table>

Your organization can support this effort by:
- promoting the program to your specific population,
- providing space for classes open to the public,
- hosting screening events as part of a larger wellness initiative to help identify those who are at risk for developing diabetes, and
- distributing marketing materials to build awareness about diabetes risk, and encouraging enrollment in the program at the individual’s expense.

Types of organizations that may support this option:
- employers able to work directly with their local Y;
- health care providers; or
- community organizations interested in diabetes prevention, etc.

<table>
<thead>
<tr>
<th>Option</th>
<th>Benefits &amp; Opportunity</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Worksite Wellness</td>
<td>Many organizations have a captive audience, the ability to influence the work environment, and often times are looking for opportunities to promote health and prevent chronic diseases such as diabetes.</td>
<td>$429</td>
</tr>
</tbody>
</table>

Under the worksite wellness option organizations partner with their local Y to pay a flat program fee on behalf of a specific population. Under this option organizations receive:
- an agreement to execute with the local Y detailing your arrangement,
- invoicing for qualifying individuals upon attendance at the first session, and
- aggregate, de-identified reporting for your specific population.

Types of organizations that may support worksite wellness are:
- small to mid-size employers willing to pay for wellness programs;
- organizations willing to promote the program and screening for diabetes to raise awareness, and drive enrollment;
- a ‘slice’ of a larger employer or an employer with large numbers of part-time employees who may not have access to the program through existing insurance coverage;
- organizations with limited reporting needs;
- organizations willing to pay for the program based on both qualification criteria: lab value and/or risk score; and
- organizations willing to establish a protocol with the local Y to verify program eligibility.
<table>
<thead>
<tr>
<th>Option</th>
<th>Benefits &amp; Opportunity</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Covered Benefit</td>
<td>Insurers have many opportunities to influence and promote health and wellness among members and are typically looking for solutions for diabetes prevention.</td>
<td>$440 on average</td>
</tr>
<tr>
<td></td>
<td>Under this option, the Y has partnered with the Diabetes Prevention and Control Alliance (DPCA) which administers the Y's third party payor system and web-based data collection tool. Insurers are working through DPCA to offer the YMCA’s Diabetes Prevention Program as a covered health benefit to their members. Through this infrastructure, any payor (private insurer, large self-funded employers, or public payor) is able to reimburse the Y using a single performance-based fee schedule via claims or invoices and offer the program at no cost to members.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>In partnership, large organizations work with their local Y and DPCA to cover the program on a pay for performance basis on behalf of their members. Under this option, organizations:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• enter into agreements with DPCA to provide their members with access to the program at no cost,</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• receive performance monitoring through DPCA’s software triggering claims or invoicing only when participants achieve specific milestones; similarly, the Y is only paid by DPCA if those milestones are achieved,</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• agree to engage their members through their own existing channels or DPCA’s robust consumer engagement strategies, and prioritize testing as a key tactic for driving identification and enrollment of eligible membership.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Types of organizations that may support the covered benefit option:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• mid to large-size payors;</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• organizations with an ability to provide eligibility data to DPCA;</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• organizations for which pay for performance is a priority;</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• organizations willing to use their employers/employees as their channel through which members are reached;</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• multi-location organizations; and</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• organizations requiring data reporting and feeds for incentive programs.</td>
<td></td>
</tr>
</tbody>
</table>

**GETTING STARTED**

For more information, call or email today to receive an assessment of which option may work best for your organization. Be prepared to answer the following:

- How many members/employees does your organization cover?
- Which payor or third party administrator offers your company’s benefit plan?
- In what markets is the greatest concentration of your members/employees?
- Who makes decisions around disease management or wellness programs that get offered?

Visit [www.ymca.net/diabetes-prevention/participating-ys.html](http://www.ymca.net/diabetes-prevention/participating-ys.html) to see where the YMCA’s Diabetes Prevention Program is available across the country.
DIABETES PREVENTION PROGRAM
YMCA OF GREATER CLEVELAND
Program-to-Date Profile through June 2015

PROGRAM DELIVERY DATA

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Program start date:</td>
<td>SEP 2012</td>
</tr>
<tr>
<td>Total # of classes:</td>
<td>77</td>
</tr>
<tr>
<td>Average class size:</td>
<td>9.5</td>
</tr>
<tr>
<td>Y sites:</td>
<td>12</td>
</tr>
<tr>
<td>Non-Y sites:</td>
<td>11</td>
</tr>
<tr>
<td>Blood test:</td>
<td>90%</td>
</tr>
<tr>
<td>Risk test:</td>
<td>10%</td>
</tr>
</tbody>
</table>

Self-Pay Participant Referral Sources (n=606)

- Media/Marketing: 39%
- Health Care Provider: 22%
- Staff Member: 22%
- Other: 12%
- Family/Friend: 5%

DEMOGRAPHICS DATA

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Average age:</td>
<td>67 years</td>
</tr>
<tr>
<td>% in each age category:</td>
<td></td>
</tr>
<tr>
<td>18–24 years:</td>
<td>0%</td>
</tr>
<tr>
<td>25–54 years:</td>
<td>10%</td>
</tr>
<tr>
<td>55–69 years:</td>
<td>48%</td>
</tr>
<tr>
<td>70+ years:</td>
<td>43%</td>
</tr>
<tr>
<td>Low income:</td>
<td>2%</td>
</tr>
</tbody>
</table>

Race (n=600)

- White: 74%
- Black: 25%
- AIAN*: 1%

Ethnicity (n=798)

- Hispanic or Latino: 47%
- Not Hispanic or Latino: 52%
- Not Reported: 1%

Gender (n=798)

- Female: 26%
- Male: 74%
Number of participants scheduled and attending at least 1, 4, and 9 sessions
(For all participants who have completed the weekly portion of the program)

Scheduled: 712
1+ Session: 652
4+ Sessions: 617
9+ Sessions: 580

Program Retention Rates
Retention from 1–4 sessions: 94.6%
Retention from 4–9 sessions: 94.0%

Average weekly session attendance

<table>
<thead>
<tr>
<th></th>
<th>Cleveland Avg</th>
<th>Natl Avg</th>
</tr>
</thead>
<tbody>
<tr>
<td>1+ Session</td>
<td>14.7</td>
<td>12.6</td>
</tr>
</tbody>
</table>

Average monthly session attendance

<table>
<thead>
<tr>
<th></th>
<th>Cleveland Avg</th>
<th>Natl Avg</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.8</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Cleveland Avg</th>
<th>Natl Avg</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.5</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
PHYSICAL ACTIVITY AND FOOD TRACKER DATA

Average weekly physical activity minutes

<table>
<thead>
<tr>
<th></th>
<th>Cleveland Avg</th>
<th>Natl Avg</th>
</tr>
</thead>
<tbody>
<tr>
<td>Minutes</td>
<td>131.3</td>
<td>118.3</td>
</tr>
</tbody>
</table>

Food tracker completion

<table>
<thead>
<tr>
<th></th>
<th>Cleveland Avg</th>
<th>Natl Avg</th>
</tr>
</thead>
<tbody>
<tr>
<td>Complete</td>
<td>76%</td>
<td>63%</td>
</tr>
<tr>
<td>Partial</td>
<td>3%</td>
<td>5%</td>
</tr>
<tr>
<td>Incomplete</td>
<td>21%</td>
<td>31%</td>
</tr>
</tbody>
</table>

WEIGHT LOSS DATA

Average participant % weight loss

<table>
<thead>
<tr>
<th></th>
<th>9+ Sessions*</th>
<th>End of Year**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cleveland Avg</td>
<td>5.2%</td>
<td>5.7%</td>
</tr>
<tr>
<td>Natl Avg</td>
<td>4.6%</td>
<td>5.5%</td>
</tr>
</tbody>
</table>

*Weekly sessions only for participants attending 9+ sessions
**Weight loss at end of program based on CDC recognition standards

PARTICIPANT EVALUATION DATA

No participant evaluation data available
PROGRAM OVERVIEW
The YMCA’s Diabetes Prevention Program helps adults at high risk of developing type 2 diabetes reduce their risk for developing the disease by taking steps that will improve their overall health and well-being. Research by the National Institutes of Health has shown that programs like the YMCA’s Diabetes Prevention Program can reduce the number of new cases of type 2 diabetes by 58%, and 71% in adults over the age of 60.

DESCRIPTION
• One-year program
  – 16 weekly sessions, then monthly sessions
• Small group, supportive environment
• Classroom based
  – Can be offered in any community setting
• Learn about healthier eating & increasing physical activity to reduce risk

GOALS
• Reduce body weight by 7%
• Increase physical activity to 150 minutes per week

WHO QUALIFIES
• Adults 18+
• Overweight (BMI >25)*
• At risk for or have been diagnosed with PREDIABETES†
  – Via a blood test with one of the following results
    ° Fasting Plasma Glucose between 100–125 mg/dL
    ° 2-hour Plasma Glucose between 140–199 mg/dL
    ° A1c between 5.7% and 6.4%
  – Or a previous diagnosis of gestational diabetes
  – If a blood test is not available, a qualifying risk score based on a combination of risk factors—family history, age, etc.

"Go in with the idea that it’s [the YMCA’s Diabetes Prevention Program] going to help you. Be open to a lot of work because you will have to write down everything you have to eat every day, but it will definitely get you to a better place.”

DARLENE, YMCA of the Greater Twin Cities • Minneapolis, MN

BY THE NUMBERS

<table>
<thead>
<tr>
<th>Measure</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participants attending at least one session¹</td>
<td>36,139</td>
</tr>
<tr>
<td>Average weight loss at the end of weekly sessions</td>
<td>4.6%</td>
</tr>
<tr>
<td>Average weight loss at the end of year</td>
<td>5.5%</td>
</tr>
<tr>
<td>Number of states delivering program</td>
<td>43</td>
</tr>
<tr>
<td>Ys currently trained to deliver program</td>
<td>185</td>
</tr>
<tr>
<td>Total class locations</td>
<td>1,324</td>
</tr>
<tr>
<td>619 Y sites</td>
<td>705 non-Y sites</td>
</tr>
<tr>
<td>Classes started²</td>
<td>4,429</td>
</tr>
<tr>
<td>Average attendance for 4+ sessions</td>
<td>12.6</td>
</tr>
<tr>
<td>Average minutes of weekly physical activity</td>
<td>118.8</td>
</tr>
<tr>
<td>Lifestyle Coaches trained by Y-USA</td>
<td>3,200</td>
</tr>
</tbody>
</table>

*Asian individual(s) BMI > 22
†Individuals who have already been diagnosed with either type 1 or type 2 diabetes do not qualify for this program.

¹ Includes Indiana’s 352 participants from 2005 – June 2010
² Does not include # of classes in Indiana prior to June 2010
The Y believes that all people—regardless of age, income or background—should be able to live life to its fullest, healthiest potential. As one of the nation’s leading nonprofits strengthening communities through youth development, healthy living, and social responsibility, 2,700 Ys engage 21 million people in more than 10,000 communities across the country. The Y’s reach into all communities makes it a great service channel for programs like the YMCA’s Diabetes Prevention Program.

PROGRAM DEMOGRAPHICS

<table>
<thead>
<tr>
<th>RACE</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>White:</td>
<td>73.0%</td>
</tr>
<tr>
<td>Black or African American:</td>
<td>23.8%</td>
</tr>
<tr>
<td>Asian:</td>
<td>1.8%</td>
</tr>
<tr>
<td>American Indian or Alaska Native:</td>
<td>1.1%</td>
</tr>
<tr>
<td>Native Hawaiian or Pacific Islander:</td>
<td>0.2%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>AGE</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Average Age: 56</td>
<td></td>
</tr>
<tr>
<td>18-24:</td>
<td>0.8%</td>
</tr>
<tr>
<td>25-44:</td>
<td>17.7%</td>
</tr>
<tr>
<td>45-64:</td>
<td>50.9%</td>
</tr>
<tr>
<td>65+:</td>
<td>30.7%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>GENDER</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Female:</td>
<td>76.5%</td>
</tr>
<tr>
<td>Male:</td>
<td>23.5%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SELF PAY REFERRAL SOURCE</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Health care provider:</td>
<td>27.9%</td>
</tr>
<tr>
<td>Marketing materials:</td>
<td>28.5%</td>
</tr>
<tr>
<td>Staff member:</td>
<td>11.5%</td>
</tr>
<tr>
<td>Other:</td>
<td>19.2%</td>
</tr>
<tr>
<td>Family/friend or word of mouth:</td>
<td>9.9%</td>
</tr>
<tr>
<td>Employer or insurance company:</td>
<td>3.6%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>INCOME</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Low income:</td>
<td>16.8%</td>
</tr>
</tbody>
</table>

By the end of July 2015, the YMCA’s Diabetes Prevention Program had served over 36,000 participants at more than 1,300 sites in 43 states across the country.

Participants are asked to provide feedback on the program at sessions 8 and 16. Here are some of the data points collected during the program evaluation process to date.

<table>
<thead>
<tr>
<th>Week 8</th>
<th>Week 16</th>
</tr>
</thead>
<tbody>
<tr>
<td>90%</td>
<td>93%</td>
</tr>
<tr>
<td>85%</td>
<td>88%</td>
</tr>
<tr>
<td>83%</td>
<td>91%</td>
</tr>
</tbody>
</table>

Reduced my portion sizes  
Increased my physical activity  
Improved my overall health

Data as of June 2015

RETENTION RATES for participants who attend one session and go on to attend four sessions, and participants who attend four sessions and go on to attend nine sessions.

| 1 - 4 | 86.4% |
| 4 - 9 | 83.4% |

“I understood the consequences of having diabetes better than most, but even though I had the knowledge it didn’t translate into action. Without the motivation [from the group], I wasn’t getting anywhere... I’ve now lost 20% of my body weight, and I’m going to keep it off!”

CAROL, Ann Arbor YMCA • Ann Arbor, MI
A BIG MOVE LED TO BIG CHANGES

I lived in Texas for over 30 years with no idea of what it meant to live a “healthy” lifestyle. My doctors never talked about weight or any changes I could make to improve my health. So, when I moved to Michigan and my new doctor says he’s concerned about what I eat and my lifestyle, I was shocked. My doctor told me that I was at risk for diabetes, and then he referred me to the YMCA’s Diabetes Prevention Program. I was hesitant at first because I didn’t know what to expect, but the whole thing was great. It was a lot like going to school. I liked learning about portions, nutrition, and things I had never thought about before. Now, when I think about how I never used to eat any fruits or veggies, I shake my head. I lost over 15 percent of my body weight. I eat healthy and I walk a lot. This time, when I saw my doctor, he was shocked.

A LETTER FROM STEVE

The following excerpt is from Steve, a past participant in the YMCA’s Diabetes Prevention Program in Delaware. Here’s what he had to say...

“I thought since I have completed the program, you might be interested in some feedback.

The first thing I should say is that for me the program was life changing. I met my goals in terms of weight loss and activity; however the more important issue for me was coming to grips with the way I eat, the what I eat, and the why. The program setting (i.e., 12 other folks sharing their thoughts and struggles) was ideal; our coach was outstanding in her encouragement and enthusiasm (a real gem!); and the materials pretty straightforward. All in all, this program was a wonderful way to make changes in my life, changes that will no doubt make me healthier.

So, this was a wonderful program—I am not yet done but wanted you to get some positive feedback from an old guy.”
TO LEARN MORE contact HEATHER HODGE, Chronic Disease Prevention Program Director at heather.hodge@ymca.net or 800 872 9622 x8287

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ALASKA • YMCA of Anchorage Alaska
ARIZONA • Valley of the Sun YMCA, Phoenix • YMCA of Southern Arizona, Tucson
ARKANSAS • YMCA OF Memphis & The Mid-South
CALIFORNIA • Sonoma County Family YMCA, Santa Rosa • YMCA of Greater Long Beach • YMCA of Metropolitan Los Angeles • YMCA of San Francisco • YMCA of Silicon Valley, San Jose • YMCA of the Central Bay Area, Berkeley • YMCA of the East Bay, Oakland
COLORADO • YMCA of Boulder Valley, Lafayette • YMCA of Metropolitan Denver
CONNECTICUT • Central Connecticut Coast YMCA, New Haven • Regional YMCA of Western Connecticut Inc., Brookfield • Wallingford Family YMCA • Wilton Family YMCA Inc.
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IDAHO • Treasure Valley Family YMCA, Boise
ILLINOIS • Kishwaukee Family YMCA Inc., Sycamore • The West Cook YMCA's, Oak Park • Two Rivers YMCA, Moline
INDIANA • Cass County Family YMCA, Logansport • Henry County YMCA, New Castle • YMCA of Greater Fort Wayne • YMCA of Greater Indianapolis • YMCA of Michiana Inc.
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IOWA • Scott County Family YMCA, Davenport • YMCA of Cedar Rapids Metro Area • YMCA of Marshalltown Iowa
KANSAS • YMCA of Greater Kansas City • YMCA of Wichita Kansas
KENTUCKY • Paris–Bourbon County YMCA, Paris • YMCA of Central Kentucky, Lexington • YMCA of Greater Louisville
LOUISIANA • YMCA of the Capital City, Baton Rouge • YMCA of Greater New Orleans
MARYLAND • YMCA of Central Maryland, Baltimore • YMCA of Cumberland MD • YMCA of Metropolitan Washington
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MISSOURI • Greater St. Louis YMCA • Tri-State Family YMCA, Neosho • YMCA of Greater Kansas City
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OKLAHOMA • YMCA of Greater Tulsa
OREGON • Eugene Family YMCA, Eugene • Family YMCA of Marion & Polk Counties, Salem • YMCA of Grants Pass Oregon
PENNSYLVANIA • Central Bucks Family YMCA, Doylestown • Freedom Valley YMCA, Philadelphia • Greensburg YMCA • Ligonier Family YMCA • Regional Family YMCA of Laurel Highlands, Mt Pleasant • Valley Points Family YMCA, New Kensington • YMCA of Greater Pittsburgh • York & York County YMCA
RHODE ISLAND • Providence Metropolitan YMCA
SOUTH CAROLINA • Summerville Family YMCA • YMCA of Columbia South Carolina-Metro
SOUTH DAKOTA • YMCA of Rapid City • YMCA of Sioux Falls
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VERMONT • Greater Burlington YMCA
VIRGINIA • Alleghany Highlands YMCA, Covington • Peninsula Metropolitan YMCA, Newport News • Southside Virginia Family YMCA, Farmville • YMCA of Central Virginia, Lynchburg • YMCA of Greater Richmond • YMCA of Metropolitan Washington • YMCA of South Hampton Roads, Norfolk
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