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FOR HEALTHY LIVING
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**NORTH SUBURBAN
YMCA**
2705 Techny Road
Northbrook, IL 60062
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FOR IMMEDIATE RELEASE

North Suburban YMCA Program Supports Diabetes Awareness

Northbrook, IL: – In honor of National Diabetes Prevention Day on November 14, the North Suburban YMCA is encouraging residents of Northbrook and other communities to learn their risks for prediabetes and type 2 diabetes. From 10:30 a.m. to 2:00 p.m. on November 14, NSYMCA Senior Director of Wellness Megan Vazquez will be available to offer information about helpful Y programs and advice to help individuals 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 (84 million people) has prediabetes. 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. However, with awareness and proactive changes in behavior, people with prediabetes may prevent the onset of diabetes.

To combat this epidemic on a local level, the North Suburban YMCA will launch a new Diabetes Prevention Program (DPP) in February. This comprehensive educational program, designed for adults who are at risk or have been diagnosed with prediabetes, encourages healthy eating and physical activity in a supportive, small-group setting. Already implemented at YMCAs across the country, the CDC-endorsed curriculum has been shown to help participants achieve significant weight loss and increased activity. DPP runs for one year and is often covered by insurance.

The new DPP initiative is one of several innovative programs launched in connection with the NSYMCA's 50th Anniversary. Other initiatives include: "2 Seconds 2 Long," a children's swim safety partnership with local schools; the Enhance® Fitness Arthritis Management program; Social Responsibility projects; S.T.E.A.M. youth education opportunities; and other goals to advance the Y for the next 50 years.

"We are very excited to introduce the Y's Diabetes Prevention Program to our community," says Megan Vazquez, NSYMCA Senior Director of Wellness. "Prediabetes and type 2 diabetes take a terrible toll on individuals, families, and the health care system overall. It's important to remember that these are preventable conditions, and we want to give people the tools to understand their risk and take steps that will help them avoid the disease."

Megan Vazquez will offer an overview of DPP to interested individuals on a drop-in basis on Wednesday, November 14 from 9:00 a.m. to 1:00 p.m. She will also discuss tools to assess prediabetes risk and provide tips for diabetes prevention. Helpful lifestyle changes include:

- 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.

The North Suburban YMCA is located at 2705 Techny Road in Northbrook. For more information about diabetes prevention and other wellness programs at the Y, contact Megan Vazquez, mvazquez@nsymca.org.

About the [North Suburban YMCA](#)

Celebrating its 50th Anniversary in 2018/19, the North Suburban YMCA provides individuals in Northbrook and 15 surrounding communities with programs and tools that help them become healthier, more connected, and confident, ensuring that everyone, regardless of age, income, or background, has the opportunity to learn, grow, and thrive. The NSYMCA focuses on Youth Development, Healthy Living, and Social Responsibility and is a charitable organization, inclusive and welcoming to all in our community. Learn more at NSYMCA.org.



Photo Caption: Tracking food and activity habits can help prevent prediabetes and type 2 diabetes. Learn more in the North Suburban YMCA's upcoming Diabetes Prevention Program.