

For Immediate Release

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YMCA Offers Free Diabetes Prevention & Management Program
Registration Now Accepted For Fall Glucose Screenings

Upwards of 20 million people in the United States have diabetes, and nearly 1/3 don't even know they have it. Ohio has the third largest rate of death due to the disease according to the Diabetes Association – but it doesn't have to be that way. Diabetes is preventable (or the onset can be delayed) and manageable. With funding from the Ohio Department of Health, the YMCA has been screening residents for high glucose levels (an indicator for the disease) and enrolling those who have elevated readings in a free diabetes education and management program. Registration is now being accepted for the fall screening.

The next FREE YMCA diabetes screening will be:

October 16 from 4 to 8 p.m.

Skyline Community Center (8500 Pippin Rd)

Ph: 513-729-0755 No appointment is necessary

NOTE: The fall education program will also occur at the Skyline Community Center

The 10-week programs are being scheduled at the Carl H. Lindner, Melrose, and Clippard Family YMCAs as well as the Skyline Community Center in Skyline Acres (rotating between branches). Programs are taught by a registered dietician and certified diabetes educator, as well as a YMCA fitness specialist. Individual classes focus on healthy eating (includes cooking demonstration and grocery shopping), exercise, goal setting, and physiology of the disease. Participants also workout once a week with a YMCA fitness specialist. A unique element is that they include those who are at high risk of developing the disease, which is very important because proper lifestyle is imperative toward preventing or managing the disease. At the end of the 10-week educational program the participants who complete 90% of the classes will receive a free 6-month membership to the YMCA.

"Some of the risk factors for diabetes are behavior based. Eating proper nutrition and physical activity are two very important behaviors to reduce and manage the disease," said David Martorano, YMCA of Greater Cincinnati district vice president. "We strongly urge everyone, especially those in higher risk populations to get screened. It just may save a life."

For information on future screenings and locations, the public can call the YMCA at 513-362-YMCA.

With more than 83,000 members across the Tri-State, the YMCA of Greater Cincinnati has grown to operate 111 program child care, CincyAfterSchool, and 21st Century Community Learning sites in addition to its 17 branches and summer camp locations. The YMCA of Greater Cincinnati is the largest non-governmental, non-profit community services organization in this area that is committed to helping everyone reach their God-given potential in spirit, mind, and body – regardless of their ability to pay. Each year tens of thousands of people from children to seniors are able to participate in YMCA programs and services because of financial assistance, including health and wellness, active older adult programs, youth

and teen camp, swimming and water safety lessons , teen achievers, college readiness, and job preparedness.

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EDITOR'S NOTE:

Although science has yet to determine the exact cause of diabetes, research has shown that poor dietary habits and a sedentary lifestyle increase the risk of developing diabetes. Knowing you are at risk because of your ethnicity, family history or weight can lead to taking preventative steps or an early diagnosis and treatment.

Diabetes Risk Calculator

http://www.diabetes.org/risk-test.jsp?WTLPromo=corporate_risktest

Did you know? Ohio facts about diabetes

http://www.diabetesohio.org/index.php?option=com_content&task=view&id=38&Itemid=75