



## Prevent Type 2 Diabetes with Help from your Local YMCA

By Justin Casteel, Program Coordinator the YMCA's Diabetes Prevention Program

Everybody knows somebody with type 2 diabetes. It affects every aspect of life. There are changes to the schedule of life with blood testing and doctor's appointments. The relationship with food changes—what should and shouldn't be eaten, and when. Even the relationship with the body is altered due to neuropathy, energy levels, and sleeping patterns. But there is a lot that can be done to prevent the onset of diabetes, if appropriate steps are taken. The key to preventing diabetes can be as simple as having the knowledge, tools, and support to ward off changes before they manifest and become a serious medical condition.

This is where the YMCA comes in! The YMCA is more than just a gym, it is a place for the values and programs that strengthen the community. Many people might not know that the Y offers a number of different Chronic Disease Prevention programs. These programs range from the Freedom from Smoking® program to LIVESTRONG™ the the YMCA, a program for cancer survivors. The programs offered through the YMCA have the benefit of being supported by major medical and governmental agencies and are backed by years of research and ongoing data collection. This process ensures that YMCA programs meet the needs of the community as effectively as possible.

The YMCA's Diabetes Prevention Program uses a curriculum approved by the Center for Disease Control and is part of the CDC-led National Diabetes Prevention Program. Over the course of the year-long program, Lifestyle Coaches help participants develop and refine the tools to accomplish nutrition and weight-loss goals. Through weekly meetings, and self-tracking of fat, calories, and activity, participants on average achieve a 5 – 7% reduction in body weight. This translates to a 58 to 71% reduction in new cases of diabetes among adults over 60! In addition to having access to trained instructors, participants get hand-outs, a 6 month adult membership to the YMCA, and a strong community to help support the process. Many insurance companies now cover the YMCA's Diabetes Prevention Program, so contact your provider to see if you qualify.

So as 2018 dawns and we are faced with the flurries of resolutions and looming lifestyle changes, don't forget to contact your local YMCA to get more information on all the ways that they can bolster your own journey. With wellness classes, personal training, massage, aquatic and youth events, you can be sure that the YMCA is here to support the wellbeing of the entire community. And if your goals are to make sure that you are healthy inside AND out, our Chronic Disease Prevention programs can provide that extra edge you're looking for.

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