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**NORTH SUBURBAN
YMCA**
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FOR IMMEDIATE RELEASE

North Suburban YMCA Introduces Diabetes Prevention Program

Northbrook, IL: The [North Suburban YMCA](http://www.nsymca.org) has joined the nationwide YMCA Diabetes Prevention Program by introducing a comprehensive year-long local Diabetes Prevention Program beginning February 11. Designed for adults who are at risk or have been diagnosed with prediabetes, the initiative will be held at the NSYMCA's facility at 2705 Techny Road in Northbrook and feature an extensive educational component encouraging healthy eating and physical activity in a supportive, small-group setting.

The program will offer 52 weekly meetings with the Y's Senior Director of Wellness, Megan Vazquez who will help individuals by offering information, education, and a customized physical fitness plan to 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.

"We are very excited to kick-off the Y's year-long Diabetes Prevention Program," 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. This new program will give people the tools to understand their risk and take steps that will help them avoid the disease."

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.

The North Suburban YMCA is located at 2705 Techny Road in Northbrook. For more information about the Diabetes Prevention Program and other wellness programs at the Y, contact Megan Vazquez, mvazquez@nsymca.org. Financial assistance is available.

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: The North Suburban YMCA will launch a year-long comprehensive educational Diabetes Prevention Program beginning February 11, 2019.