



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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FOR IMMEDIATE RELEASE

North Suburban YMCA Offers National Diabetes Prevention Program

Program helps adults at high risk of developing type 2 diabetes reduce their risk.

Northbrook, IL: February 2022 Led by the North Suburban YMCA's Senior Director of Wellness, Megan Vazquez, the Y will offer its popular comprehensive year-long Diabetes Prevention Program beginning March 23, 2022. Designed for adults who are at risk or have been diagnosed with prediabetes, the initiative will feature an extensive educational component encouraging healthy eating and physical activity in a supportive, small group setting. The program is offered live at the NSYMCA's facility at 2705 Techny Road in Northbrook, and virtually through Zoom.

During its 25 scheduled meetings over the course of one year, the Diabetes Prevention Program provides information, education, and a customized physical fitness plan to reduce the participants' chances of developing type 2 diabetes.

Research by the National Institute of Health has shown that programs like the Y's Diabetes Prevention Program can reduce the number of new cases of type 2 diabetes by 58% overall and 71% in adults over the age of 60. Prediabetes is a condition in which a person's blood glucose is elevated, but not high enough for a diabetes diagnosis. In fact, only 10% of those with prediabetes know they have it. However, with awareness and proactive changes in behavior, people may be able to prevent the onset of diabetes.

"We are pleased to offer the YMCA's Diabetes Prevention Program," said Vazquez. "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, stay healthy, and take steps that will help them avoid the disease."

For more information about the Diabetes Prevention Program and to register, contact Megan Vazquez, mvazquez@nsymca.org. The cost of the program is \$529; financial assistance is available.

About the [North Suburban YMCA](#)

The North Suburban YMCA services Northbrook and 14 surrounding communities with programs and tools that help its residents 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.

**CHANGE
TODAY
FOR A
HEALTHIER
FUTURE**



Diabetes Prevention Program

Photo Caption: The North Suburban YMCA will hold a year-long comprehensive educational Diabetes Prevention Program beginning March 23, 2022.