

**Change Today for a Healthier Future:
YMCA Diabetes Prevention Program**

**Satellite Conference and Live Webcast
Wednesday, February 6, 2013
2:00 – 4:00 p.m. Central Time**

Produced by the Alabama Department of Public Health
Video Communications and Distance Learning Division

Faculty

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Agenda

- Need for diabetes prevention
- Program evolution
- Program design
- How you can help

Type 2 Diabetes

- How large and big is the problem?

Diabetes

- 25.8 million Americans

Pre Diabetes

- 79 million Americans (35% of all adults) with progression to diabetes at rate of 10% per year

Burden of Diabetes in the United States

- Diabetes and its associated complications costs the national economy of the U.S. approximately \$198 billion dollars annually

Burden of Diabetes in the United States

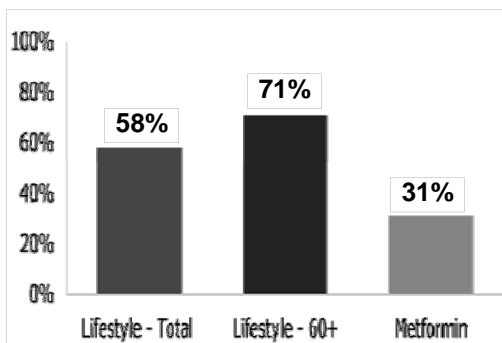
- Leading cause of kidney failure, non-traumatic lower-limb amputations, and new cases of blindness among adults in the United States
 - The risk for stroke and heart attack is 2-4 times higher in individuals with diabetes

Burden of Diabetes in the United States

- Accounts for 17% of all deaths for ages >25

Program Evolution

Scaling: Chapter One – 90's



Scaling: Chapter One – 90's

- Lifestyle intervention sharply reduced the incidence of developing type 2 diabetes (58%)
- Metformin group reduced the incidence of developing type 2 diabetes but not as much as the lifestyle group (31%)

– New England Journal of Medicine, 2002

Where the Program Is Today

- To date, three private payers and multiple employers are reimbursing the Y for participant performance
 - Several additional payers in the sales pipeline with efforts underway to seek additional private and public payers

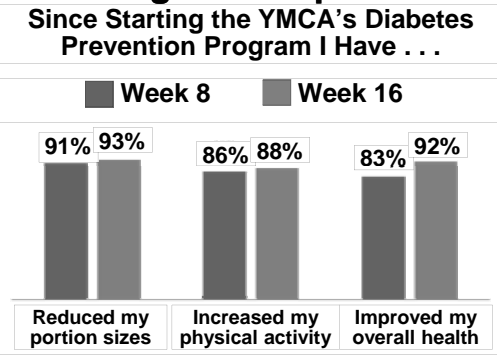
Where the Program Is Today

- Y-USA won one of the first ever HHS Innovation Awards for the dissemination model of the YMCA’s DPP

Where the Program Is Today

As of August 31, 2012	<ul style="list-style-type: none"> - 73 Ys - 368 program locations - 31 states - 6,512 participants - 903 Lifestyle Coaches - 800+ classes - 4.8% Avg Wt. Loss (5.1% among DPCA referrals)
By the end of 2012:	Nearly 80 Ys with more than 400 program locations in 32 states
More to come...	

Program Snapshot

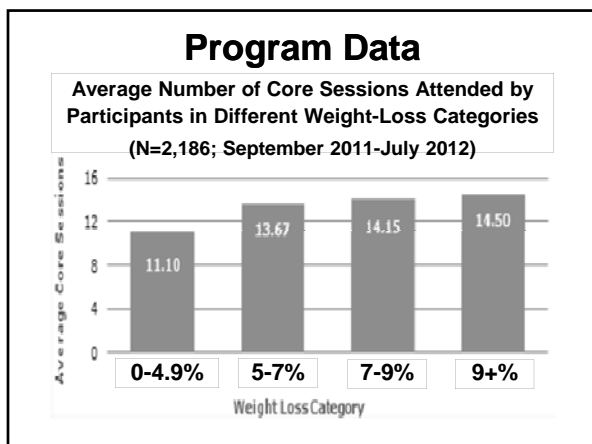


Program Snapshot

- More than 6,000 individuals have enrolled and attended at least one class since efforts to expand the program began in 2010
 - 1/3 have completed the full year-long program

Program Snapshot

- Participants in the YMCA’s Diabetes Prevention Program lost an average of 4.8% of their body weight
 - Hundreds of individuals lost an average of 7% of their body weight



Program Data

National Overview– Through August 2012

Number of classes started to date	855
Total class locations to date	368
Number of Y locations	243
Number of non-Y locations	125
YTD average number of sessions attended for participants who have completed the 16 core sessions (attended at least 4 sessions)	12.6

- ### Locations by State
- Alabama
 - Arizona
 - Connecticut
 - DC
 - Delaware
 - Florida
 - Georgia
 - Idaho
 - Illinois
 - Indiana
 - Iowa
 - Kansas
 - Kentucky
 - Maryland
 - Massachusetts
 - Michigan
 - Minnesota
 - Missouri

- ### Locations by State
- Nevada
 - New Jersey
 - New York
 - North Carolina
 - Ohio
 - Oregon
 - Pennsylvania
 - Rhode Island
 - Texas
 - Vermont
 - Virginia
 - Washington
 - Wisconsin

- ### The Program in Birmingham, Alabama
- 225 participants
 - 89% female
 - 57% African American
 - 36% Caucasian
 - 78% self referred

- ### The Results
- 63% attended 8 or more sessions
 - 40% achieved 3-7% weight loss
 - The more sessions attended the greater the weight loss

The Program	
Who?	<ul style="list-style-type: none"> • Overweight* adults (18+) with prediabetes • Confirmed via one of 3 blood tests • Or a qualifying risk score
What?	<ul style="list-style-type: none"> • 12 month program: includes 16 weekly sessions followed by monthly maintenance sessions • 1 hour sessions • 8-15 people in group based, classroom setting
When? Where?	<ul style="list-style-type: none"> • Anytime, anywhere (classroom-type setting)
How?	<ul style="list-style-type: none"> • Weigh-in at every session • Weight recorded in online tracking system • Facilitated by Y Lifestyle Coach (person skilled in Listen First/motivational interviewing and group facilitation)

Individualized Lifestyle Program
<ul style="list-style-type: none"> • Program Goals <ul style="list-style-type: none"> – To reduce the risk of developing type 2 diabetes through: <ul style="list-style-type: none"> • ≥ 7% loss of body weight and maintenance of weight loss • ≥ 150 minutes per week of physical activity

Who Qualifies?
<ul style="list-style-type: none"> • Participant must have a blood value in the pre-diabetes range or a qualifying risk score

New Goals and Opportunities
<ul style="list-style-type: none"> • A national voice • Collaborations with health care providers, business leaders and non-profits • Expanding our reach through Cities for Life

Cities for Life
<ul style="list-style-type: none"> • A community-based diabetes management program anchored in primary care

Cities for Life
<ul style="list-style-type: none"> • The American Academy of Family Physicians (AAFP) Foundation, with support from Sanofi U.S., selected the city of Birmingham for this program not only because Alabama has one of the highest rates of diabetes in the country, but also for its visible commitment to improving the lives of its citizens

Program Guidance and Partners

- The AAFP Foundation is guiding the Cities for Life program with the National Research Network of the AAFP, who is developing and implementing the program alongside community partners

Program Guidance and Partners

- Guidance is also coming from the AAFP Foundation's Peers for Progress program

Program Guidance and Partners

- The AAFP Foundation is partnering with the University of Alabama at Birmingham's Department of Family and Community Medicine

Program Guidance and Partners

- Other founding community partners:
 - UAB HealthSmart
 - UAB's Diabetes Research and Training Center's Community Engagement Core
 - YMCA of Greater Birmingham

www.mydiabetesconnect.com

Thank You

Debby LaCruz

The YMCA of Greater Birmingham

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YMCAbham.org/diabetesprevention