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For Immediate Release

The North Suburban YMCA Hosts Prediabetes Prevention Workshop

Northbrook, IL: To commemorate American Diabetes Association (ADA) Alert Day®, the North Suburban YMCA is hosting a free workshop entitled, "*Knowing Your Risks for Prediabetes*" from 10am – 12pm on Wednesday March 27. Participants will learn preventive steps they can take to reduce their chances of developing prediabetes or type 2 diabetes.

As the leading community-based network committed to improving the nation's health, the North Suburban YMCA encourages all adults to take a diabetes risk test at www.ymca.net/diabetes. Several factors that could put a person at risk for type 2 diabetes include family history, age, weight, and activity level, among others.

In the United States, diabetes affects over 30 million people; another 84.1 million Americans have prediabetes, yet only about 10 percent are aware of it. These statistics are alarming, and the impact on the cost of health care makes preventing the number of new cases of type 2 diabetes more important than ever before. In 2012 alone, the ADA estimates that diabetes cost the health care system \$245 billion, and the costs continue to rise.

"Diabetes Alert Day is the perfect time to not only determine our own risk for prediabetes, but also encourage our family and friends to determine their chances of developing the disease," said Megan Vazquez, Senior Director of Sports and Wellness at the NSYMCA. "Studies show that people with prediabetes can prevent or delay the onset of type 2 diabetes by making simple lifestyle changes that include eating healthier and increasing physical activity."

The nation's struggle with obesity and type 2 diabetes is no surprise but the number of people with prediabetes is a growing issue, especially when so few people realize they have the condition. Prediabetes is a condition in which individuals have blood glucose levels that are higher than normal, but not high enough to be classified as diabetes. Often preventable, people with prediabetes can reduce their risk for developing type 2 diabetes by adopting behavior changes that include eating healthier and increasing physical activity. People with prediabetes are at risk for not only developing type 2 diabetes, but also cardiovascular disease, stroke and other conditions.

Some basic lifestyle changes that contribute to weight loss and an increased focus on healthy living can decrease the risk for type 2 diabetes. Among these are:

- Reduce portion sizes of the foods you eat that may be high in fat or calories.
- Keep a food diary to increase awareness of eating patterns and behaviors.
- Be moderately active at least 30 minutes per day five days a week.

- Choose water to drink instead of beverages with added sugar.
- Incorporate more activity in your day, like taking the stairs or parking farther away from your destination.
- Speak to your doctor about diabetes risk factors, especially if you have a family history of the disease or are overweight.

To learn more about the North Suburban YMCA's Diabetes Prevention Program, please visit the [North Suburban YMCA](#) or contact Megan Vazquez at mvazquez@nsymca.org.

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.



Caption: The North Suburban YMCA is hosting a free workshop "Knowing Your Risks for Prediabetes" at 10am on March 27.

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