



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Press Release

Contact: Cameron Corder

January 24th, 2012

YMCA Announces Diabetes Prevention Grant from the Kate B Reynolds Foundation

SHELBY: A grant from the Kate B Reynolds Charitable Trust was announced at the Cleveland County YMCA's annual meeting. The YMCA was awarded a two year grant for \$132,550 to support a diabetes prevention program.

The YMCA's Diabetes Prevention Program (YDPP) is an innovative model to help reduce the burden of chronic disease. The Cleveland County YMCA finds itself at a perfect juncture with access to a proven program and a pressing community need. The Y will be assisted by the Centers for Disease Control (CDC) and YMCA of the USA. Locally the Y looks to partner with the Cleveland County Healthcare System, the Health Department, DSS, the Housing Department and many physician practices.

"This program has had tremendous success across the country. We are so excited to bring such a proven program model to our community. This fits our strategic vision of transforming the health of our region," noted YMCA CEO Cameron Corder. "Past programs developed by the CDC and YMCA of the USA found that such programs can cut the risk of diabetes by 70%."

According to the CDC, Diabetes affects almost 26 million people (or 8.3% of the US population) and is a gateway to other costly health problems. Diabetes is the leading cause of kidney failure, non-traumatic lower-limb amputations and new cases of blindness among adults in the United States. It is a major cause of heart disease and stroke, and the seventh leading cause of death in the United States. Overall, the risk for death among people with diabetes is about twice that of people of similar age without diabetes.

True to the Y's mission, 75% of the participants in the YDPP will be people who cannot financially afford the program. Individuals who are nearing the clinical definition of type 2 diabetes but still can be helped will be referred to the program by their physicians, Y Staff and grant partners. Participants meet for weekly group sessions over a 16 week period to learn about portion control, diet and the amount of physical activity needed to halt the progression of diabetes. Lifestyle coaches provide monthly follow up support for a year.



The goal of the YDPP is to reduce and maintain individual weight loss of at least 7%. The Y will spend the next few months hiring staff, planning and training. They look to start the program in the late spring. Anyone interested in the program should call the YMCA at 704-669-3600. As information develops it will be communicated on the Y's Facebook page and on its web site at www.Clevecoymca.org.

The Kate B Reynolds Charitable Trust was established in 1947 and is now one of the largest private trusts in North Carolina. Its mission is to improve the quality of life and quality of health for the financially needy of North Carolina. The Health Care Division promotes wellness state-wide by investing in prevention and treatment. The Poor and Needy Division of the Trust responds to basic life needs and invests in solutions that improve the quality of life and health for financially needy residents of Forsyth County. Wachovia, a Wells Fargo Company, serves as sole trustee.