



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

REDEFINING YOUR HEALTH VIRTUALLY

YMCA DIABETES PREVENTION PROGRAM

The Diabetes Prevention Program helps adults at high risk of developing Type 2 Diabetes adopt and maintain healthy lifestyles.

Participants will work with a certified Lifestyle Coach VIRTUALLY to learn about healthier eating and increasing their physical activity to reduce their risk of developing diabetes.

- 1 year (16 weekly, 3 bi-weekly, 6 monthly) for 1 hour per session
- **Virtual** discussions facilitated by a YMCA Certified Lifestyle Coach
- Topics cover Nutrition, Physical Activity and the Mental Aspect of Change
- Adults must be diagnosed prediabetic or qualify through the “What is your risk score?” assessment.

While the COVID-19 pandemic brought an abrupt suspension to the in-person sessions, it also presented a new opportunity for the Y and the San Antonio Metropolitan Health District to reevaluate how the program could be delivered.

The YMCA has resumed this vital programming through safe, and socially distant methods like teleconferencing and virtual meeting platforms. Certified, Y Lifestyle Coaches are working with each participant to find a learning pathway most comfortable for them.

“With COVID-19 posing a greater risk to those in our community with diabetes and other chronic conditions, it is of the utmost importance to protect these individuals while continuing to offer much-needed services,” said Gabriel Aguilar, Senior Management Coordinator of Diabetes Prevention & Control for the City’s Metropolitan Health District.

The complimentary YMCA Diabetes Prevention Program offers an informative and nurturing experience that includes up to a 4-month household membership to the YMCA.

For more information about the YMCA Diabetes Prevention Program and for registration information, email YIntegratedWellness@ymcasatx.org.