

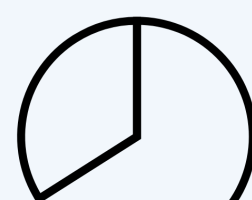
Reducing the Risk of Diabetes

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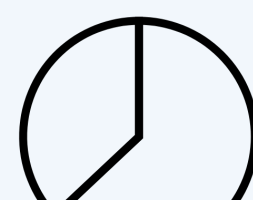
PREVENTION OF DIABETES THRU LIFESTYLE CHANGES IS CRUCIAL.

HELPS ADULTS WITH PREDIABETES ADOPT HEALTHY LIFESTYLE CHANGES THROUGH A YEAR-LONG PROGRAM OF 25 SESSIONS



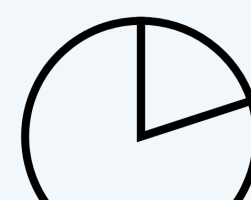
7%

Average weight loss.



76%

Participants who lost weight



220

Average minutes of exercise/week



The completers who reported a follow-up A1c during months 9-12 of the program (n = 32) showed an average decrease of 0.42% from their baseline A1C, .

Our study found that the YMCA Diabetes Prevention Program was effective in reducing weight and improving glycemic control among adults with prediabetes or elevated risk of developing type 2 diabetes

There was not a strong correlation between exercise and weight loss or A1c. However, participation in the program was effective in reducing A1C levels.



STOP
Diabetes

References:

Centers for Disease Control and Prevention.

National Diabetes Prevention Program.

U.S. Department of Health and Human Services; 2025.