



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA of Greater Cleveland

DIABETES EDUCATION PROGRAM



Activate Ohio - Progress Report through 2010

Beginning in 2008, the YMCA of Greater Cleveland joined forces with other YMCAs across Ohio to obtain funding through the Ohio Department of Health for "Activate Ohio", a program designed to provide diabetes education and health risk screenings for individuals previously diagnosed or at high risk for developing the disease.

Program Highlights

- Free 10-week educational program.
- Conducted in partnership with the Diabetes Association of Greater Cleveland.
- Each participant receives a blood glucose monitor at the start of the class and free use of the YMCA branch of their choice throughout the 10-week session.
- Free 6-month membership after successful completion of the program.
- Weekly classes conducted by a Certified Diabetes Educator, Licensed Dietitian and Health & Wellness professionals.
- Sessions include Understanding Diabetes Effects on the Body; Diabetes and Fitness; Pushing through Barriers; Nutrition – A Cornerstone of Better Health; a guided tour of their local grocery store; and how to prepare healthy meals and snacks.

Measurement: The Key to Success

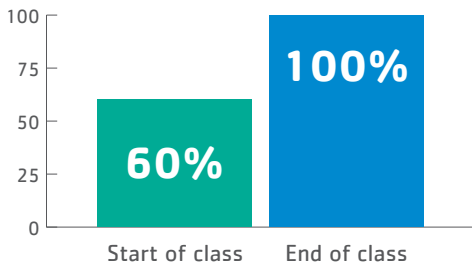
- Individual wellness coaching sessions are conducted at the start of the class and weekly activity logs, fitness class attendance and follow up appointments are used to assist participants in achieving their personal goals.
- Weekly blood glucose monitoring is provided and a written pre-test and post-test are conducted to assess the knowledge level of the participants both at the start and end of the ten-week session.
- Hemoglobin A1C levels are recorded at the beginning and then tested again at the end of the 10-week session. Another test is administered at our 6-month follow up session.
- 1-month, 3-month and 6-month follow up sessions are scheduled for all classes and include goal setting, group discussions and an opportunity to meet with YMCA and Diabetes Association of Greater Cleveland staff to discuss their individual progress.

2008–2010 Program Results

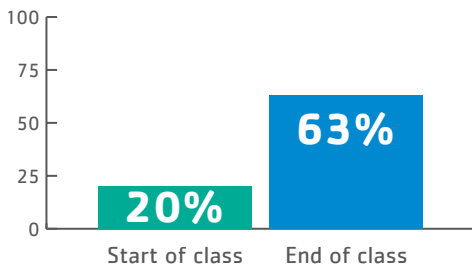
- A total of 292 people participated in thirteen 10-week sessions from June 2008 through December 2010.
- Classes were offered at the Ridgewood Family YMCA in Parma, the West Park Family YMCA, the Southeast Family YMCA in Bedford, the Euclid Family YMCA and the Downtown YMCA.
- Participants came from many communities throughout Greater Cleveland with the highest concentration from Garfield Heights, Maple Heights, Warrensville Heights, Cleveland, Euclid and West Park.

RESULTS TELL THE STORY

Participants know how to use blood glucose meter:

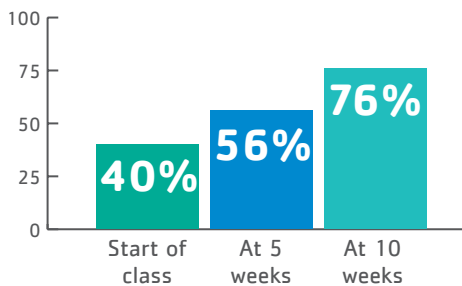


Can properly define how diabetes affects the whole body:

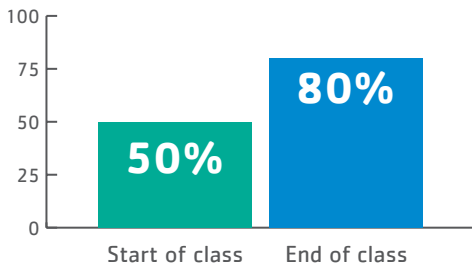


Increased physical activity:

Engaging in 30 minutes of exercise 3 times per week

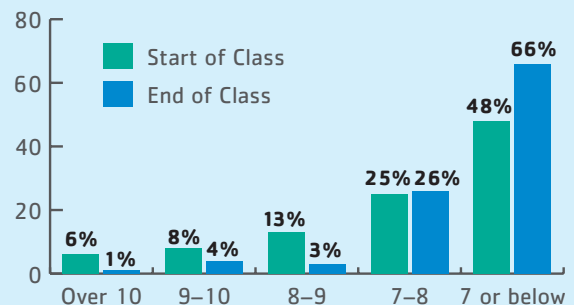


Can identify healthy foods:



Hemoglobin A1C levels

Beginning with the 2010 classes, A1C levels were reported from a medical release form at the start of class and then tested again at the end of the 10-week session. Achieving or maintaining an A1C reading of 7 or below is considered the goal for diabetics. These are the results for 82 participants:



Participation Data

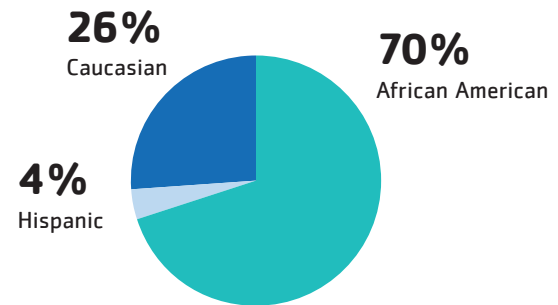
75% had a BMI of over 27.5 at the start of the program

84% completed 8 out of 10 weeks of class

62% utilized their free 6-month membership

30% have maintained their Y membership after the free 6 months

Ethnic breakdown:



Diabetes type:

