



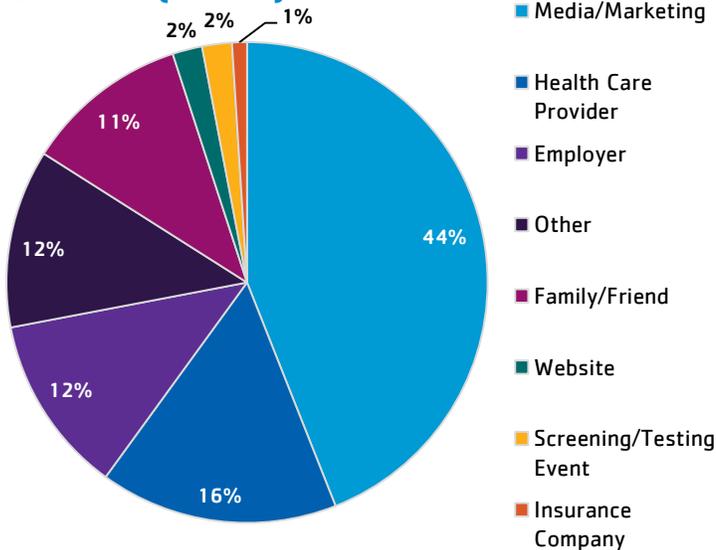
FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## DIABETES PREVENTION PROGRAM YMCA OF GREATER PITTSBURGH Program-to-Date Profile through March 2016

### PROGRAM DELIVERY DATA

Program start date:	SEP 2013
Total # of classes:	24
Average class size:	7.3
Y sites:	8
Non-Y sites:	10
Blood test:	45%
Risk test:	70%

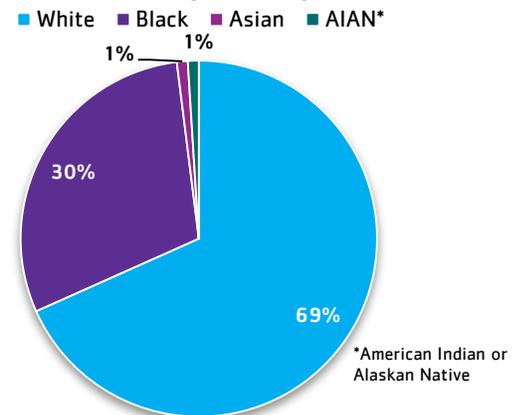
### Self-Pay Participant Referral Sources (n=133)



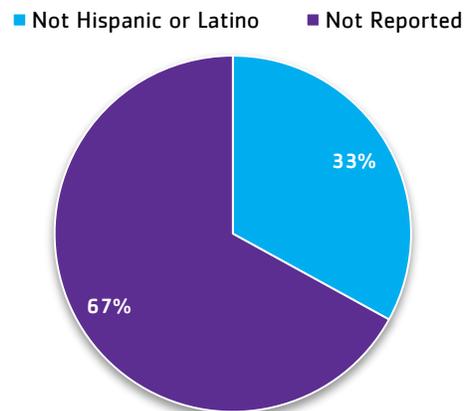
### DEMOGRAPHICS DATA

Average age:	57 years
% in each age category:	
18-24 years:	0%
25-54 years:	36%
55-69 years:	53%
70+ years:	11%
Low income:	15%

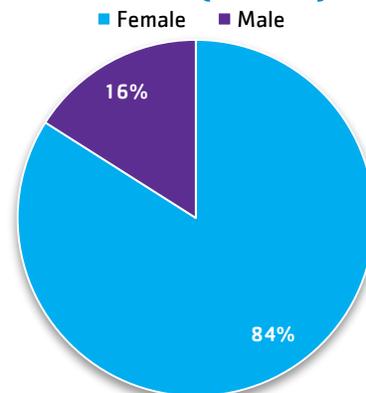
### Race (n=128)



### Ethnicity (n=190)



### Gender (n=190)

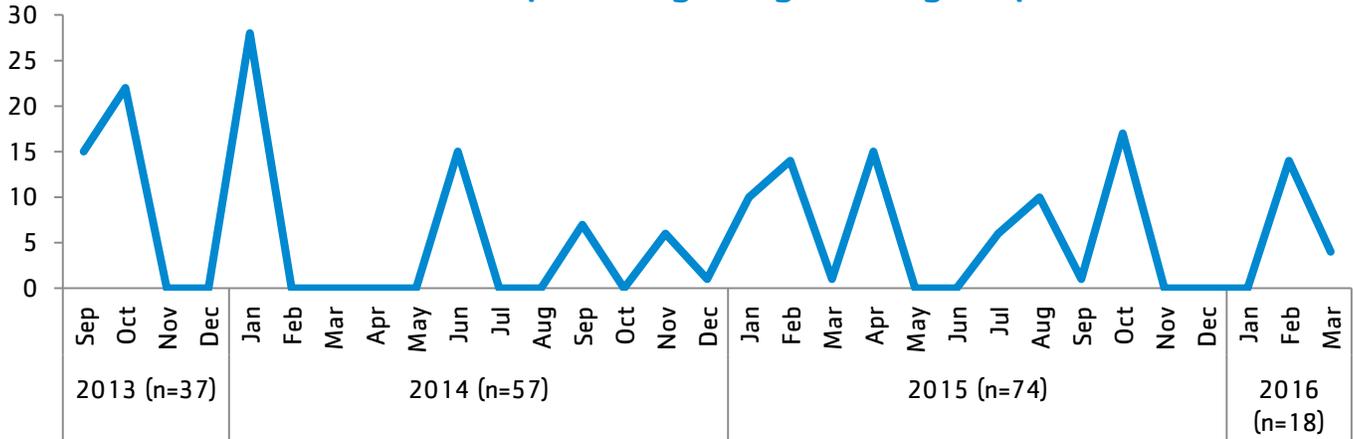




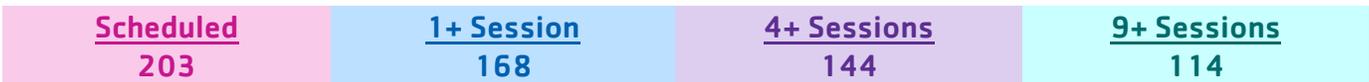
# DIABETES PREVENTION PROGRAM – MARCH 2016 PROFILE

## ATTENDANCE DATA

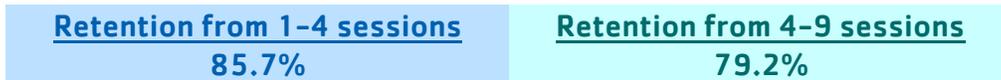
### Number of Participants Beginning the Program per Month



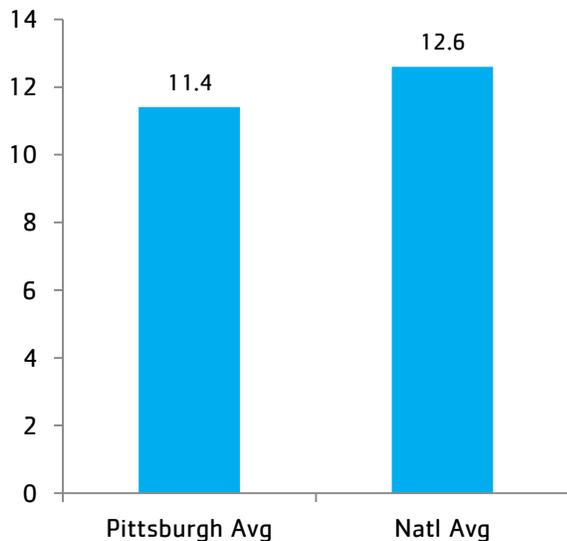
### Number of participants scheduled and attending at least 1, 4, and 9 sessions (For all participants who have completed the weekly portion of the program)



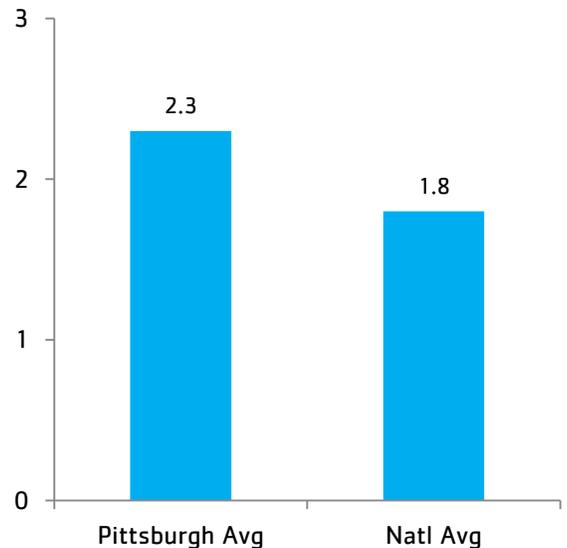
### Program Retention Rates



### Average weekly session attendance



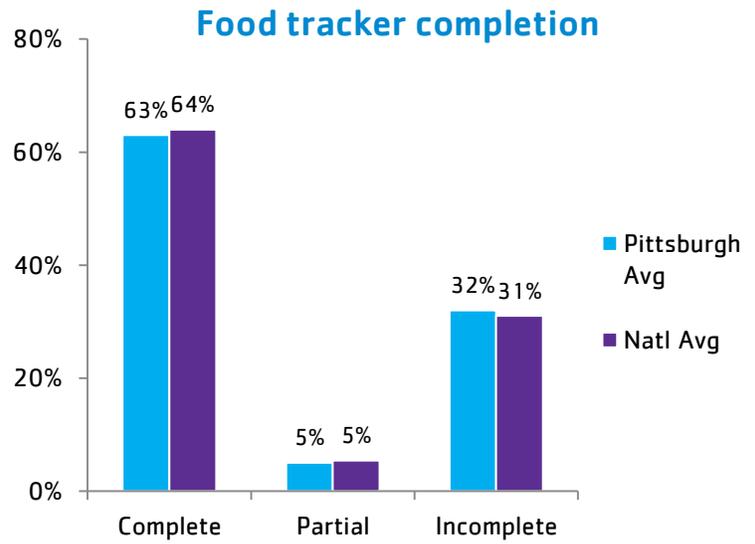
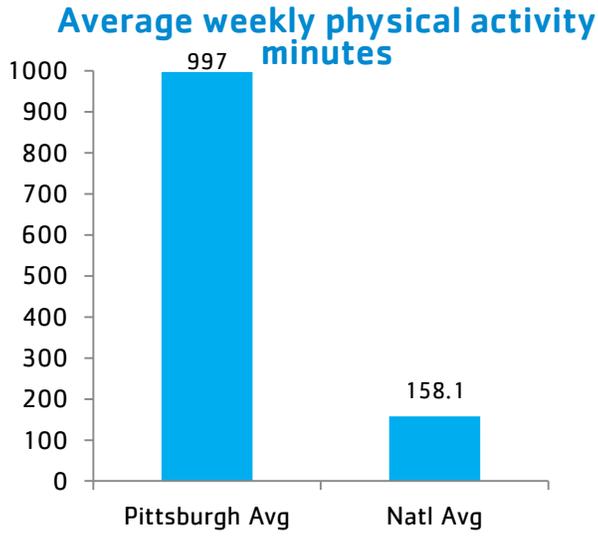
### Average monthly session attendance



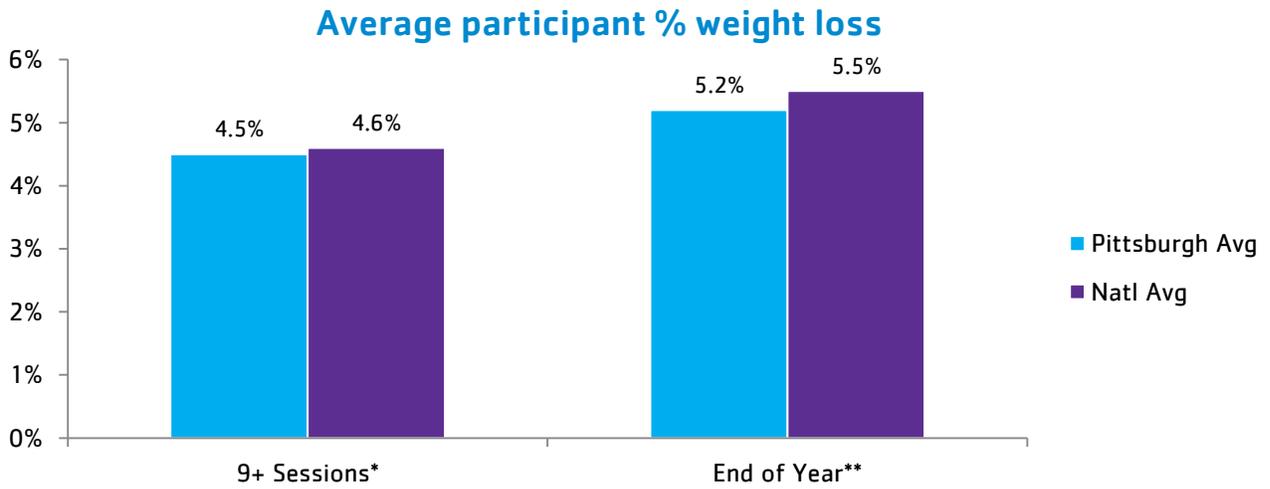


# DIABETES PREVENTION PROGRAM – MARCH 2016 PROFILE

## PHYSICAL ACTIVITY AND FOOD TRACKER DATA



## WEIGHT LOSS DATA

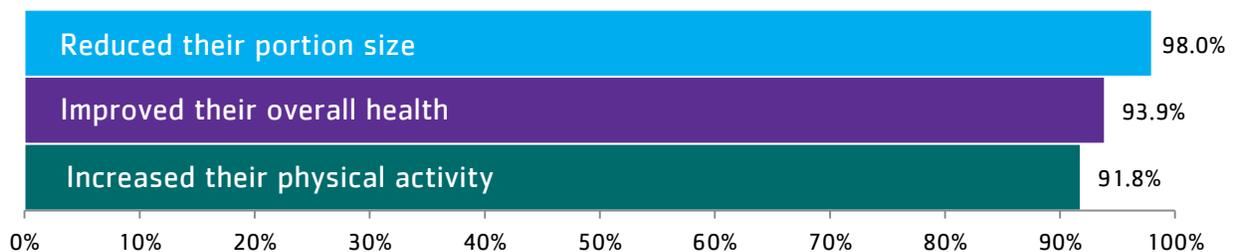


\*Weekly sessions only for participants attending 9+ sessions

\*\*Weight loss at end of program based on CDC recognition standards

## PARTICIPANT EVALUATION DATA

### % of respondents that agree or strongly agree that they...\*



\*Total number of 16-week participant evaluations: n=49