For Immediate Release

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Eugene Family YMCA Partners with Trillium to Offer Diabetes Prevention Program to Medicaid Patients

YMCA Program Proven to Reduce Risk of Diabetes by 58%

Eugene, Oregon — November 14, 2017 — The Eugene Family YMCA has partnered with Trillium Community Health Plan to provide the YMCA’s Diabetes Prevention Program (YMCA’s DPP) to Medicaid patients in Lane County. The Y’s ongoing work with the Centers for Disease Control and local health care providers has enabled it to develop evidence-based programming that helps reduce the risk of type 2 diabetes by 58%.

“Diabetes is the second highest cause of preventable death in Lane County. This is a tremendous step in demonstrating our capacity as an integrated community health partner providing significant help to decrease our community’s rate of type 2 diabetes,” said Eugene Family YMCA Executive Director, Dave Perez. “The YMCA’s Diabetes Prevention Program works and our participants make no hesitation to proclaim that it has literally saved their lives.”

The Y has long been involved in fighting chronic disease, but in more recent years has succeeded as an integrated community health partner in Lane County. The Eugene Family YMCA offers diverse programming in diabetes prevention, support for cancer survivors though LIVESTRONG® at the YMCA and Enhance®Fitness classes for people with arthritis and other chronic conditions. By offering the YMCA’s DPP to Medicaid patients, Trillium and the YMCA are furthering the reach for everyone in our community to take advantage of this significant program.

“This partnership and the work the Eugene Family YMCA is providing is critical for Lane County residents and proven to make a difference,” said YMCA Board President, Danielle Uhlhorn. “Diabetes health care costs are 2.3 times higher than costs for individuals without diabetes, so reducing risk is good for everyone.”

The YMCA’s Diabetes Prevention Program is a community-based lifestyle improvement program for adults with prediabetes. It is a year-long program that meets for 25 sessions with the overall goal to reduce the participant’s total body weight by 7% and increase physical activity to 150 minutes per week.
“I was shocked when my doctor told me I had prediabetes as I’m not your typical candidate. Without the Eugene Family YMCA, I couldn’t have turned this around; the Y saved my life no doubt,” said YMCA’s DPP participant Jessie Pileggi.

The YMCA has strategies, partners and donors that assist in providing program access to everyone at risk for type 2 diabetes regardless of a participant’s socio-economic status, race or ethnic background. All YMCAs work to ensure that no one is denied due to an inability to pay.

To learn more about the YMCA’s Diabetes Prevention Program, please visit www.eugeneymca.org/diabetes or call 541-686-9622.

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**About the Eugene Family YMCA**

The Eugene Family YMCA is one of the region’s leading nonprofits strengthening communities through youth development, healthy living and social responsibility. Across Lane County, the Eugene Y engages nearly 16,000 men, women and children – regardless of age, income or background – to nurture the potential of children and teens, improve the nation’s health and well-being, and provide opportunities to give back and support neighbors. Anchored in more than just our building on Patterson Street, the YMCA has the long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change.

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1 Payne, Cathy. "Diabetes costs nation $245 billion annually, study says." *USA Today*. March 6, 2013.