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YMCA OF GREATER FORT WAYNE AWARDED \$25,000 HEALTH FIRST ALLEN COUNTY GRANT FROM THE ALLEN COUNTY DEPARTMENT OF HEALTH

Fort Wayne, IN (Jan. 5, 2024) – The YMCA of Greater Fort Wayne is receiving a \$25,000 grant from the Allen County Department of Health to expand and grow the YMCA’s Diabetes Prevention Program, allowing the Y to help improve the health of more Allen County residents. Funding comes from the Allen County Department of Health through their Health First Allen County Public Health Grant Program. The YMCA of Greater Fort Wayne is one of several community partners to receive funding for core public health services through this grant program for 2024.

The funding will be used by the YMCA of Greater Fort Wayne to expand the Diabetes Prevention Program in Allen County by adding more trained lifestyle coaches, increasing the total number of residents able to be served by this promising solution to the alarming increase of type 2 diabetes in Allen County. The YMCA of Greater Fort Wayne’s Diabetes Prevention Program is recognized at the “Full Plus” level by the Centers for Disease Control (CDC), meeting the highest quality standards of the National Diabetes Prevention Program. Funds will be spent on recruiting new lifestyle coaches, staff training and support, along with class materials and program marketing.

Lauren Martin, Wellness and Healthy Living Coordinator for the Parkview Family YMCA says “I am excited to help the YMCA’s Diabetes Prevention Program get into the hands of more Allen County residents with the awarded funds from this grant. Our program meets qualified individuals where they are to make small, realistic, and attainable steps toward changing their health habits for their life. These changes will help them lose 5-7% of their weight by increasing physical activity and making more nutritious eating choices. By getting these funds truly back into the community through this program, we can provide people with the education and support they need to prevent type 2 diabetes, along with the burden that the diagnosis of type 2 diabetes can cause individuals. We will get to work right away starting new classes and training more staff to make these goals a reality.”

The funding is made possible by Allen County officials opting in to receive part of \$75 million in public health funding for 2024 approved by Indiana lawmakers and signed by Gov. Eric Holcomb. The legislation is designed to better promote and protect the health of all Hoosiers.

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ABOUT THE YMCA OF GREATER FORT WAYNE: *The mission of the YMCA is to put Christian principles into practice through programs that build healthy spirit, mind, and body for all. For over 160 years, the YMCA of Greater Fort Wayne has been committed to strengthening community through youth development, healthy living and social responsibility serving more than 144,000 people annually across Allen, Wells, and Whitley counties through eight membership facilities, as well as three youth serving branches, YMCA Youth Service Bureau, YMCA Child Care Services and YMCA Camp Potawatomi. To learn more about the Y please visit www.fwymca.org or email HereForYou@fwymca.org.*

Our Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

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