



# The Alliance of Texas YMCAs

October 23, 2024

The Honorable Monica De La Cruz  
U.S. House of Representatives  
1415 Longworth House Office Building  
Washington DC 20515

Dear Congresswoman De La Cruz:

The Texas State Alliance of YMCAs wishes to let you know of our endorsement of “The National Diabetes Prevention Program Reauthorization Act of 2024” that will reauthorize the National Diabetes Prevention Program and authorize an additional tens of millions in increased funding for the program over the next five years.

The epidemic of prediabetes and diabetes require the nation to invest more in the most proven lifestyle intervention to address the 98 million Americans living with prediabetes, including the 7,142,000 people in Texas, 34% of the adult population, who have prediabetes. This legislation will help accomplish that.

The Y is extremely proud of our role in facilitating community-based delivery of the nation’s biggest lifestyle health intervention to date, the NIH’s Diabetes Prevention Program. After the NIH’s original study which showed that this prevention program could reduce the chances of developing diabetes by 58% in adults and by 71% among adults over 60 years of age, the Y led efforts with Congress to pass the National Diabetes Prevention Program (DPP) and partnered with CDC to scale the program with Ys to communities in 40 states, including Texas.

Through the National DPP legislation, the Y worked to ensure that not just the Y, but any CDC-recognized provider could deliver the program to maximize the number of providers needed to serve the tens of millions of Americans living with prediabetes. As a result of having multiple providers in Texas, to date 33,228

individuals have participated in the program. But we can and must do more and this legislation will help us reach many more individuals by further scaling the network of providers, helping educate providers to screen and refer to the program and ultimately expanding access to this lifechanging opportunity to save lives and health care dollars.

We look forward to having you visit our Texas Ys that are delivering this program and meet some of the participants, and we look forward to continuing to work with you on other initiatives to improve health outcomes in our state.

Texas YMCAs serve 1.2 million Texans a year across more than 700 campuses and provide over \$30 million in financial assistance and subsidies to help us serve more Texas families. We are the largest provider of childcare in the state and work in our communities to provide water safety programs, sports leagues, food distribution, mental health counseling, youth civic engagement and disaster mitigation services, and more. If you have any questions or wish to learn more about the YMCA movement in Texas, please don't hesitate to reach out.

Thank you for all you do for Texas.

Sincerely,

A handwritten signature in cursive script that reads "Greg Hartman".

Greg Hartman  
CEO, Texas YMCA