



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



YMCA OF METROPOLITAN WASHINGTON

VIRTUAL HEALTH PROMOTION PROGRAMS



The YMCA of Metropolitan Washington offers virtual health promotion and chronic disease prevention programs across the Metropolitan Washington area for YMCA members and community members.

Bags of home-delivered produce are included in each program!

Get in touch!

Please email health@ymcadc.org for more information.

Referral forms can be secure faxed to: 833-264-1179.

PROGRAM DESCRIPTIONS

Diabetes Prevention Program (DPP):

DPP is a one-year program of 25 small group supportive classroom sessions. Participants learn about healthy eating and increasing physical activity to reduce risk of diabetes. We accept insurance payment for this program.

The goal is that each participant reduces body weight by 5-7% and increases physical activity to 150 minutes/week.

Blood Pressure Self-Monitoring Program (BPSM):

BPSM is a 4-month program where participants will receive: coaching to track blood pressure at home, two 10-minute one-on-one check-ins per month, and monthly nutrition seminars. Participants will receive their own blood pressure monitor.

The goal is that participants track, monitor and reduce their blood pressure.

Dietetic Counseling:

Meet one-on-one with our registered dietitian for medical nutrition therapy, to include an assessment and personalized nutrition care plan, with follow-up sessions in support of behavioral and lifestyle changes leading to improved health outcomes. We offer sliding scale packages of three, six, and nine sessions.

Simple Cooking With Heart:

Simple Cooking With Heart is a 16-week nutrition and culinary education program. The program contains a 6-week long Level 1 course, a 4-week long Level 2 course, and a 6-week long CSA Meal Prep course.

The goal is that participants increase nutritional knowledge and cooking skills.



All programs are currently offered virtually on a sliding scale payment model.