

# #MIYMCA

## HEALTHY LIVING



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

State Alliance of Michigan YMCAs

March 2015

BUILDING A HEALTHIER MICHIGAN THROUGH EVIDENCE-BASED  
PROGRAMS AND PARTNERSHIP



## ENHANCE®FITNESS AT THE YMCA

Enhance®Fitness participants **revitalize their well-being** within a fun community of support. The supportive network of friends formed in the Enhance®Fitness program fosters a strong sense of belonging and encourages a collective commitment to sustained healthy habits. Individuals in the Enhance®Fitness program experience improved physical strength, increased flexibility, better balance, enhanced cardiovascular fitness, and reduced arthritic pain which leads to **empowered independent living**.

### IN THIS ISSUE

Michigan Enhance®Fitness

Prescriptions for Health

YMCA featured at MI Diabetes  
Prevention Fall Network Meeting

Congratulations New Trainers

### ENJOY THIS ISSUE?

Feel free to share this newsletter  
with anyone who you think may  
find it useful.

### QUESTIONS, COMMENTS, IDEAS?

Contact Andi Crawford  
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Use the **#MIYMCA** hashtag to  
connect your Michigan YMCA  
on social networks

Visit the new Michigan State  
Alliance of YMCA website  
[www.michiganymca.org](http://www.michiganymca.org)

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## MICHIGAN YMCAS OFFERING ENHANCE®FITNESS:

YMCA OF GRAND RAPIDS

YMCA OF DETROIT

YMCA OF METROPOLITAN LANSING

YMCA OF MARQUETTE COUNTY

ANN ARBOR YMCA

GRAND TRAVERSE BAY YMCA

## YMCAS PREPARING TO LAUNCH IN SPRING 2015:

NILES-BUCHANAN YMCA

BENTON HARBOR/ST. JOSEPH YMCA

YMCA OF SAGINAW

LENAWEE COUNTY YMCA

MONROE YMCA

## STATEWIDE DIABETES PREVENTION NETWORK

# SPRING MEETING

March 18, 2015

1:00pm - 4:00pm

Michigan Public Health Institute Interactive Learning Center, Main Room 2436 Woodlake Circle, Suite 380 Okemos, MI 48864

To Register, visit:

**[HTTP://WWW.MIDIABETESPREVENTION.ORG/MEETING-REGISTRATION.PHP](http://www.midiabetesprevention.org/meeting-registration.php)**

Following this meeting YMCA staff will meet with YUSA and State Alliance staff at the Stillwater Grill 4:30pm-6:30pm

For those attending, we will be promoting the cross-referral of DPP participants into Enhance®Fitness programs. Consider bringing your Enhance®Fitness program material to share with partners.

# OUR HEPA COMMITMENT

## HEPA STANDARDS SUMMARY

Be a #HEPACHampion

### Beverages

- Water is accessible and available to children at all times, including at the table during snacks and meals.
- Provide **only water** and unflavored low-fat (1%) or non-fat milk (for children 2 or older), family style.

### Family Engagement

- Engage parents and caregivers using informational materials and activities focused on healthy eating and physical activity a minimum of once every three months (a minimum of three to four times per year).

### Food

- Children serve themselves (family style) all food and beverages from common bowls and pitchers with limited help.
- Staff sit with children during snacks and meals.
- Provide fruits or vegetables (fresh, frozen, dried, or canned in their own juice) at **every** meal and snack.
- **Do not provide any fried foods.** Fried foods include items like potato and corn chips, in addition to foods that are pre-fried and reheated (e.g. pre-fried French fries that are then baked, chicken patties, chicken nuggets, chicken tenders, fish sticks, Tater Tots®, etc.



## HEPA (CONT.)

- Do not provide any foods that contain trans fat (listed as partially hydrogenated oils in the ingredients).
- Offer **only whole grains**, as determined by confirming that the first item listed in the ingredients contains the word whole (e.g., whole wheat, whole oats, whole-grain flour, whole brown rice).
- Provide foods that don't list sugar (e.g., sugar; invert sugar; brown sugar; words ending in -ose; and syrups like high fructose corn syrup, honey, etc.) as one of the first three ingredients or that contain no more than 8 grams of added sugar per serving.
- Y **staff will model** healthy eating behaviors at all times. This includes consuming the same foods and beverages as children during meals and snacks (if possible) and avoiding consumption of foods or beverages that are inconsistent with the HEPA standards during program time.

### Infant Feeding

- Promote and support **exclusive breastfeeding** for six months and the continuation of breastfeeding in conjunction with complementary foods for one year or more.


Continues — HEPA

## YMCA OF MARQUETTE COUNTY FEATURED BY MICHIGAN DIABETES PREVENTION NETWORK

Lisa Coombs-Gerou, CEO of the YMCA of Marquette County, was a featured presenter at the **Michigan Diabetes Prevention Fall Network Meeting**. She highlighted the suite of evidence based programs provided by her YMCA and the bridges her Y is building to close the clinic to community gap through partnerships with healthcare providers, public health, and funders.

A key feature of these partnerships is the healthcare provider prescription pad (see below) which allows doctors to directly refer patients to the **evidence based program offerings** at the Y.

## PRESCRIPTION FOR HEALTH


**YMCA'S HEALTH INNOVATIONS PROGRAMS**

I have diagnosed: \_\_\_\_\_ (please print)

**WITH PREDIABETES BASED ON ONE OF THE FOLLOWING CRITERIA:**

- ☐ A1c: 5.7-6.4%
- ☐ Fasting Plasma Glucose: 100-125 mg/dL
- ☐ 2-hr (75 gm glucola) Plasma Glucose: 140-199 mg/dL
- ☐ BMI = \_\_\_\_\_ (≥ 25) \*Asian individuals BMI ≥ 22

**OTHER RECOMMENDATIONS**

- ☐ YMCA Diabetes Prevention Program
- ☐ LIVESTRONG at the YMCA
- ☐ LIVELISE
- ☐ Freedom From Smoking
- ☐ Nutrition Specialist
- ☐ Exercise Specialist
- ☐ Other

Print Name of Medical Professional	Signature
Participant Signature	Phone Number

*Referral prescription pads given to health systems and plans by one evidence-based lifestyle change program provider*

# HEPA (CONT.)

## Physical Activity

- Provide children with opportunities for moderate and vigorous physical activity for **at least 60 minutes per day** during a full-day program or **30 minutes per day** for a half-day morning or afternoon program. The time can be broken down into smaller increments. Include a mixture of moderate and vigorous activity (activity that increases the heart rate and breathing rate), as well as bone- and muscle-strengthening activities. **Take active play outdoors whenever possible.**
- Y **staff will model** active living by participating in physical activities with children.
- Provide daily opportunities for infants to freely explore their indoor and outdoor environments under adult supervision. Engage with infants on the ground each day to optimize adult–infant interactions.
- Provide **daily tummy time**, or time in the prone position, for infants less than 6 months of age.

## Screen Time

- **Eliminate** screen time (television, movies, cell phone, video games, computer, and other digital devices) for children under 2 years old. For children over 2, limit screen time to **less than 30 minutes per day** for children in half-day programs and to **less than 1 hour per day** for those in full-day programs. During screen time, seek to minimize children’s exposure to commercials and ads marketing unhealthy foods.

## YUSA HEALTHY LIVING STRATEGIC PLAN

### IMPROVING THE NATION’S HEALTH AND WELL-BEING

- **PREVENTING AND MANAGING CHRONIC CONDITIONS INCLUDING YOUTH AND ADULT OBESITY**
- **ADDRESSING THE NEEDS OF AN AGING POPULATION**
- **ADDRESSING HEALTH INEQUITY AMONG PEOPLE OF DIFFERENT POPULATIONS**

## NEW YUSA TRAINERS

Congratulations to our new YUSA LCDC Trainers in Health and Well-Being courses. Your commitment to leadership development in healthy living will help all Michigan YMCAs and health partners continue to serve our community. Thank you for your commitment and service.

- Rachel Doyle, YMCA of Lenawee County
- Suzy Hurley, YMCA of Monroe
- Ashley Schlager, YMCA of Greater Flint
- Denise Peters, Niles-Buchanan YMCA

