

BUILDING A HEALTHIER MICHIGAN



State Alliance of Michigan YMCAs

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#MIYMCA

THE LATEST INFORMATION ON EVIDENCE-BASED PROGRAMS AND PARTNERSHIPS

TID-BITS

Improve Screening & Referral to Prevention Programs

Join Healthy People 2020 and the Diabetes Advocacy Alliance on Tuesday, February 21 at 12:30 p.m. ET for a Spotlight on Health webinar about diabetes screening and prevention. We'll discuss:

- The U.S. Preventive Services Task Force recommendation on blood glucose and type 2 diabetes screening
- Provider referral to evidence-based diabetes prevention programs
- Medicare's focus on diabetes prevention programs

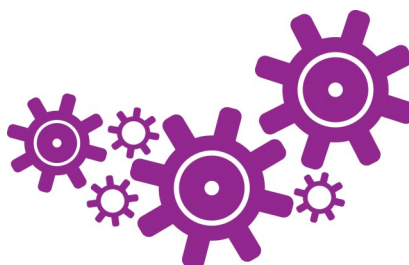
You'll also hear from a federally qualified health center in Texas that has improved rates of screening and referral for adults with prediabetes who are at risk for diabetes.

Pre-register at:
www.healthypeople.gov/2020/webinars-events

Highlight Your Y's Heart Healthy Efforts In February

February is American Heart Month, offering YMCAs the opportunity to highlight local efforts to keep people heart healthy like the

YMCA's Diabetes Prevention Program, Blood Pressure Self-Monitoring Program, and other healthy living programs and initiatives. To find media materials on Exchange, search: 2017 American Heart Month



State-wide Reciprocity

The spirit behind the reciprocity program is founded in the belief that the Y is one movement and that we want to encourage members to utilize the Y as often as they can in order to meet their health and wellness goals. Sometimes, it is more convenient for a member to utilize a Y in a different location when traveling, near a workplace, or in another region. With State-wide Reciprocity allows active, full facility members the flexibility to use other Y facilities and therefore increase the value of Y membership. The program is scheduled to launch March 1st, 2017. Some restrictions apply, contact your Y for more details.

A Bit of Light Reading

Consider reading two articles in the [Stanford Social Innovation Review](#) which reference the Y's work fighting chronic disease. The first article, published in Winter 2013 (page 30), is titled *Using National Networks to Tackle Chronic Disease* and the second was published Winter 2017 (page 34) and is titled *Selling Social Change*.

4x4 Partnership Resource Guide for Worksite Wellness

The Michigan 4x4 initiative will finalize its Worksite Wellness Resource Guide in April 2017. The guide is designed to be an easy-to-use system for Michigan worksites of all sizes, with varying resources and wellness experience to begin or enhance worksite wellness programs. Visit www.mihealthtools.org/work for more information.

EF Annual Meeting

Planning for the 2017 Annual EnhanceFitness meeting will begin on February 9th. If you are interested in participating on the planning committee, would like to lead a portion of the choreography breakout, or have ideas for this year's conference please contact Jen Nicodemus.

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Michigan 211

Representatives of the State Alliance of YMCAs recently met with leaders at Michigan 211 to discuss ways to expand awareness of the National Diabetes Prevention Program and other YMCA programs. Michigan 211 is a free, confidential service that connects individuals with local community-based organizations across the state offering thousands of different programs and services for people seeking answers. If your Y is currently working with 211, please have the employee most familiar with the 211 regional organization contact Jen Nicodemus.

Health Promotion for People with Disabilities Initiative

Program updates from year one of the Disabilities Initiative include:

- *Diabetes Prevention Program (DPP) for People with Disabilities* – The Developmental Disabilities Institute completed the literature review and is currently working on the document provide recommendations on ways to adapt the DPP implementation processes to make the content more accessible for people with disabilities without changing the content itself (to ensure program fidelity).
- *Symposium planning* – the planning committee has met twice and has scheduled an educational symposium for May 31st, 2017 which will focus on the different components that contribute to overall wellness.

New eLearnings on LCDC

The Basics of Program Management, \$20

Collaborate with Confidence, \$20

Preparing Your Y to be a Collaborative Partner, \$20

UPCOMING EVENTS

- **Regional Training Event: Fort Wayne, IN**
EnhanceFitness Instructor Training - March 13 & 14
Lifestyle Coach Training - February 20 & 21
- **Regional Training Event: Southeast MI**
Leading & Coaching Others - May 15 (Ann Arbor YMCA)
Introduction to Listen First - April 20 (Ann Arbor YMCA)
More to come!
- **YMCA's Diabetes Prevention Program On-Boarding**
The readiness assessment submission deadline is Tuesday, February 28, 2016.
- **Michigan Diabetes Prevention Network Meeting**
Wednesday, March 22 1-4pm at the Michigan Public Health Institute 2436 Woodlake Circle Suite 300 Okemos, MI 48864
- **Principles & Practices**
Save the Date! Registration coming soon for the training on May 8-11, 2017 in Grand Rapids, MI

MDHHS TO UNIFY EFFORTS

Last July, the Michigan Department of Health and Human Services invited representatives from ten partner organizations to meet and explore opportunities to enhance delivery of evidence-based health promotion programs.

The organizations present define themselves as participant-centered, and offer a minimum of two evidence-based programs

Findings from this meeting show that while multiple programs are a benefit, the options can be confusing to the participant, health care providers, and even partner agency staff members. Concerns also include CDC-recognition requirements which unintentionally contribute to disparities which lead to a disincentive to serve priority populations. Finally, funding for outreach and marketing is proving to be a significant obstacle to expansion.

An analysis of the meeting results shows the need for a more coordinated and strategic approach to communication and marketing. To make a populations impact, these programs will require a collective strategy, support for coordinated and effective outreach, and expansion.

Michigan's next level of enhancement is creating a more integrated statewide system that ensures cost-effectiveness, sustainability, and impact.

Excerpts of this article come from the [Enhancing Delivery of Evidence-based Programs in Michigan: White Paper\(2017\)](#); special thank you to Shelli Bischoff of Nonprofit Impact for her contributions.

Have ideas for the newsletter? Contact Jennifer Nicodemus at jnicodemus@michiganymca.org or 734-660-0443