

BUILDING A HEALTHIER MICHIGAN



State Alliance of Michigan YMCAs

www.michiganymca.org

#MIYMCA

THE LATEST INFORMATION ON EVIDENCE-BASED PROGRAMS AND PARTNERSHIPS



ADVANCING WORK IN HEALTH EQUITY

The need for equity is very real, as inequities affect the health and wellness of millions of people, including people in your community. Your work - no matter where your community - can make a difference in someone's life and in your community's overall health.

The single greatest predictor of health is family income. Health is often impacted by the relative wealth of the individual's household, or access to health-promoting resources in their surrounding community. On average, people with relatively greater power, wealth, and resources live longer and healthier lives. Those living without these benefits are exposed to more and greater health threats, over which they have little or no control. Health threats

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ENJOY THIS ISSUE?

Please share this newsletter with anyone who may find it useful.

QUESTIONS, COMMENTS, IDEAS?

Contact Jennifer Nicodemus,
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734-660-0443

- Use **#MIYMCA** to connect your Michigan YMCA on Social networks
- Visit the State Alliance of Michigan YMCA's website at **www.michiganymca.org**

may include inadequate child care, low-quality housing and lack of employment opportunities, access to education, safe places to play, and violence in the community.

The Y can be a vital organization to help promote health equity in our communities, and has positioned itself as one of the leading community-based networks committed to improving the nation's health. In 2004, Y's began focusing on environmental and policy changes to advance health equity through our Healthier Communities Initiatives. Over the past 10 years, local leaders in 247 local Y sites have influenced more than 39,000 changes to support healthy living—this work resulted in bringing healthier food into communities, providing safe places for families to be active, and improving access to chronic disease prevention programs. These changes have made an impact on as many as 73 million lives.

When we use the term "health equity" in our work, we are referring to efforts to ensure access to quality health care, preventive services, quality food, health-promoting environments and resources, and quality living conditions. Access to these social determinants of health is important to individuals, families, and whole communities. When they are lacking, one's health and even longevity are often negatively affected.

"...someone's zip code can be a better predictor of life expectancy than their genetic code."

The guide "Advancing Work in Health Equity" was designed as a first step in a Y's efforts to bridge health equity gaps in the community. By conducting the activities in the guide, Y's will establish the necessary foundation for continued work addressing local health equity issues. It cannot be overstated that this work requires a high level of commitment, cultural competence, and hard work; however, the rewards of active community participation and improved well-being are well worth the investment.

For more information about Health Equity, and to download the guide, search 'health equity' on yexchange.org.

UPCOMING EVENTS

- **YMCA's Diabetes Prevention Program Transition Webinars**
April 27, May 25, June 29 at 3pm, register on the LCDC for call in information and topics
- **Statewide EnhanceFitness Conference - Register Now!**
June 8th at Lansing Community College West in Lansing, MI
Register online at: <https://www.surveymonkey.com/r/XVV3Y8B>
or contact Amber Matthews at matthewsa5@michigan.gov
- **Michigan Diabetes Prevention Network Meeting**
Thursday, July 28 1-4pm at the Michigan Public Health Institute
2436 Woodlake Circle Suite 300 Okemos, MI 48864
- **Bringing Diabetes Prevention to Worksite Wellness**
Save the date - August 22nd at Kellogg Hotel and Conference Center (East Lansing) Registration information to come!

PROGRAM UPDATES

YMCA of Metropolitan Lansing:

The YMCA of Metro Lansing was providing the arthritis exercise program, EnhanceFitness, long before it became the signature Y-USA program that it is today. In 2007, they launched their first class and they have continued to grow the program to an inspiring 18 locations to date. Success of this program can be attributed to the hard work, determination and support of senior Y leaders, and the great business sense of Program Director, Casey Thompson and her community advisory board. Casey would advise new program providers to "advocate for your program whenever there's an opportunity; be your own champion". When facing barriers, she choose to embrace them knowing that there will always be something to overcome. One recent development for the Lansing association is a new EnhanceFitness instructor who is a retired Physical Therapist. This individual has started outreach within PT and Occupational Therapy clinics and hopes to increase program enrollment for segments of the population at highest risk.

The biggest challenge of launching the YMCA's Diabetes Prevention Program has been the development of various relationships with community stakeholders. During the on-boarding process (and for several months after), the Y worked to develop quality partnerships that would lead to program champions, referrals, and third party payors. The creation of the community advisory board opened doors to potential partners, which in turn has lead to the launch of the first class of 14 participants in late April 2016. Lansing has also invested in A1c machines to aid in the screening of participants during health fairs and enrollments events.

BRAND RECOGNITION

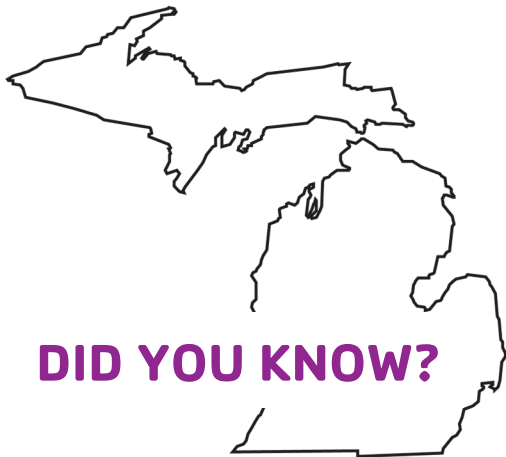
ENHANCE®FITNESS

- The registration symbol (®) should be inserted between Enhance and Fitness at least once, preferably on first reference.
- It is not necessary to use the EnhanceFitness logo from Sounds Generations (formerly Senior Services) in any of your materials, but if you do please do not alter the logo in any way.
- EnhanceFitness is one word and should not be separated. Incorrect examples of branding include: Enhancefitness, EnhancedFitness, Enhanced Fitness, enhancefitness, enhance fitness.
- The EnhanceFitness program should be listed by name on your Y's website and ideally on the websites of any partner organizations, too.

MOVING FOR BETTER BALANCE

- The first letter in each word of the program must be capitalized: Moving For Better Balance
- All Thinkstock images provided in the Brand Resource Center (BRC) are interchangeable, but can only be used on Y-USA approved Moving For Better Balance materials per an extended license agreement with their stock photography provider.
- All Thinkstock images must include the photo credit.

For more information about branding or marketing these programs go to the BRC on yexchange.org.



- Lead paint is the #1 cause of lead poisoning in Michigan and is often found in homes built before 1978.
- Lead poisoning occurs most often when children come in contact with lead in the air, in dust, and in lead paint.
- Lead can also be found in soil, drinking water (if supplied by lead pipes), certain home remedies, and is used in some hobbies and occupations.
- Children with lead poisoning usually do not look or act sick. The only way to know if your child has lead poisoning is by getting a blood test.

www.michigan.gov & www.epa.org

HEPA STANDARDS

Infant Feeding: Adults who work with infants and their families should promote and support exclusive breastfeeding for six months and the continuation of breastfeeding in conjunction with complementary foods for one year or more.

WHY FOCUS ON INFANT FEEDING?

- Babies who are breastfed for at least six months are less likely to be overweight or obese as they get older.
- A study in the journal JAMA Pediatrics found that breastfeeding in infancy leads to better cognitive development later in life, depending on how long the infant is breastfed.
- Longer breastfeeding duration was linked with higher test scores in the Peabody Picture Vocabulary test at age 3, and higher intelligence on the Kaufman Brief Intelligence Test at age 7.
- Women are more likely to breastfeed longer when they have the support from childcare providers.



White House Task Force on Childhood Obesity
American Academy of Pediatrics
Medical News Today
USA Today

BUILD CONNECTIONS

Understanding terminology that you may encounter as a provider of disease prevention and management programming is an important first step toward sustainability and statewide coverage. Here are a few phrases you may hear and see as you develop partnerships:

Management Service Organization (MSO): A Management Service Organization is a business that provides nonclinical services to providers. MSOs are most commonly known for providing administrative services to physician practices, but services provided by particular MSOs can vary widely. Some MSOs provide a menu of services where providers select which administrative functions the MSO will provide. Others specialize exclusively in a certain type of service, such as Electronic Health Records (EHR).

National Provider Identifier (NPI): The National Provider Identifier is a 10-digit numeric identifier that must be used on claim forms submitted to payors by individual and organization health care providers who meet the definition of a "covered entity" under the Health Insurance Portability and Accountability Act (HIPAA). In order to be reimbursed by a third party payor, the NPI must be used on claims forms.

Compliance Officer: A Compliance Officer establishes and implements an effective Compliance Program to prevent illegal, unethical or improper conduct within the Y. This person demonstrates knowledge, experience or awareness of privacy and security laws, including HIPAA, Medicare and healthcare compliance, generally, and assists in the development and implementation of the organization's HIPAA and Fraud and Abuse compliance policies and procedures.

Unclaimed Service Areas: Unclaimed service areas refer to the areas of the state that are not tied to a YMCA. In Michigan these areas are primarily located in the east and west ends of the Upper Peninsula, much of northern lower Michigan (except for the communities of Traverse City, Cadillac and Petoskey), and north of I-69 in the thumb with smaller pockets of area along Lake Michigan and the Indiana/Ohio border.

Y-USA HEALTHY LIVING STRATEGIC PLAN

IMPROVING THE NATION'S HEALTH & WELL-BEING

- Preventing and managing chronic conditions including youth and adult obesity
- Addressing the needs of an aging population
- Addressing the health inequity among people of different populations

LEARN TOGETHER

Connect with colleagues across Michigan: join our monthly network call and learn about EnhanceFitness, Moving For Better Balance, **LIVESTRONG** at the YMCA and the YMCA's Diabetes Prevention Program. Whether your YMCA is in the planning phase for these programs or well into delivery, we can all learn together.

2nd Thursday of each month at 11am

**Call-in information:
1-877-528-0783
Code: 931 008 9853#**

One call covers it all! Be ready to discuss all four health management programs, share stories and ask questions.

