

# BUILDING A HEALTHIER MICHIGAN



State Alliance of Michigan YMCAs

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#MIYMCA

THE LATEST INFORMATION ON EVIDENCE-BASED PROGRAMS AND PARTNERSHIPS



## BPSM TRAINING GETS AN UPGRADE

A new Healthy Heart Ambassador course for the Blood Pressure Self Monitoring Program is now live on the LCDC. The course helps prepare students to serve in the role of Healthy Heart Ambassador. During the course, students will practice

the behaviors required to educate, encourage, and support program participants and discuss key best practices for program implementation. To support students with practice, each student is required to bring a blood pressure monitor to the training class. Battery-operated, digital monitors are recommended. To successfully complete the course, students must pass a skill-based examination which involves demonstration of several key behaviors needed to serve in the HHA role. We encourage Ys to work with their local Training Partner Ys to begin scheduling the in-person course. We have a team of 32 trainers and faculty from around the country who are excited to train local Ys.

You will also notice a new pre-requisite eLearning that new HHAs will need to complete prior to registration: Introduction to the YMCA's Blood Pressure Self-Monitoring Program.

## 10 STEPS TO A HEALTHIER MEETING

Establishing a worksite environment that supports access to healthier foods, beverages, and physical activity encourages healthier lifestyles among employees. Make your next meeting a healthy meeting by following these steps:

1. Offer a variety of fresh fruits and vegetables
2. Offer whole grain products
3. Present foods in right-sized portions
4. Offer foods with healthy fats
5. Offer foods that are reduced or low in sodium
6. Provide healthy condiments on the side
7. Offer nutrient-dense snacks and foods
8. Limit sweets in meetings and common areas
9. Offer water and low calorie drinks
10. Encourage employees to stand or move during meetings

Visit [www.michigan.gov/healthymeetings](http://www.michigan.gov/healthymeetings) for more information.

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For those hoping to achieve the Program Manager certification, you are required to have a current and upgraded HHA Instructor Certification and complete the Healthy Heart Ambassador Behavior Observation eLearning (\$10). All BPSM Program Managers are encouraged to achieve this certification so they can administer the Healthy Heart Ambassador Instructor Knowledge & Skills Verification and renew their HHA team's certification each year.

The FAQs, found in the online community, describe the new Healthy Heart Ambassador certification process and requirements for both new HHAs and existing HHAs. Local Y staff who completed a HHA webinar conducted by Y-USA will be required to transition to one of the new certification tracks in 2018. **Current HHAs must complete the transition by 12/31/2018**, while **Program Managers must complete the HHA and Program Manager transition by 9/30/2018**. The transition components can be found in the FAQs.

For more information about this program and the recent updates go to <https://communities.ymca.net/BPSM/Pages/default.aspx>

## SHARED SERVICE AGREEMENT UPDATE: KZOO & SHERMAN LAKE



The YMCA of Greater Kalamazoo recently signed a Shared Service Area Agreement to deliver the LIVESTRONG at the YMCA program at the Sherman Lake YMCA. This contract incorporates all aspects of program delivery and management including: staff training and support, participant recruitment and screening, and outreach to medical partners in the community. The first class will run from September to December. Congratulations to both Y's on this partnership!

## UPCOMING EVENTS

- **Monthly Statewide EBHI Conference Call**

Join Michigan YMCAs in a monthly discussion of topics related to EBHIs. Dial in the second Tuesday of each month at 11am.  
1-877-361-4628, 931 008 9853#

**\*\*No call will be held in August. Calls will resume in September\*\***

- **Upcoming Training Opportunities**

LIVESTRONG at the YMCA in Grand Rapids July 27 & 28  
EnhanceFitness in Port Huron August 16 & 17

- **Y Leaders Meeting**

Join in the fun at this great conference: Friday, November 2 at the Lansing Center. Breakout speakers and topics will be finalized by July 31. Register at [miymcaleaders.org/2018](http://miymcaleaders.org/2018).

## UPDATES

### **Save the Date: EBHI Forums in September**

For the second year, Y-USA is hosting EBHI Forums around the country. Take a dive deep into topics that support program growth, improvement and impact - all while connecting with Y colleagues in your region. The forums are intended for program managers and senior leaders involved with partnership development and program operations. Stay tuned for registration details for the following locations:

- Chicago, Sept 5th
- Charlotte, NC, Sept 12th
- Boston, Sept 18
- Seattle, Sept 25

### **MI Arthritis Funding Ends**

The Michigan Arthritis Program was not funded by CDC for the upcoming grant cycle; program funding ends as of June 30, 2018. During the previous ten years of grant funded work, MDHHS promoted quality programming, data collection, and communication in support of people with arthritis – and to work with partners like the YMCA. Staff will remain for a yet undetermined period of time to wrap up reporting.

### **New Photo Release Form From Y-USA**

A new photo/audio release form is now available on the Public Relations Exchange Page. This form should be used for any member, volunteer or staff featured in photos, video, or audio that you may create.