

BUILDING A HEALTHIER MICHIGAN



State Alliance of Michigan YMCAs

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THE LATEST INFORMATION ON EVIDENCE-BASED PROGRAMS AND PARTNERSHIPS

LESSONS LEARNED 16 MONTHS AS A PROJECT LEADER

Many Michigan Y's championed the fight against chronic diseases by on-boarding evidence-based programs geared to maintain or improve the health of our community. With so many staff working on the same projects, but at different stages, three local leaders give us their 'lessons learned' to help others:

IF YOU COULD GO BACK IN TIME, WHAT WOULD YOU DO DIFFERENTLY?:

NR: Understand the programs: go through the trainings so I know what the instructor should be doing, have a deeper understanding of what Y-USA has already created (Brand Resource Center, online communities, etc). Set the programs up differently - show how they are different than our usual classes (separate place on the website, brochures for membership, registration), and educate the staff/leadership about how the programs are different. Be more organized with program roll-out: create a time-line, task list, template for each location, list of FAQs for staff.

TT: I will be more selective about having a YMCA's Diabetes Prevention Classes at a job-site

(work prevents them from attending, it's harder for non-employees to fit in, not having access to the room schedule or storage area, etc). Regarding trainings, start really early; don't wait until the training is announced—also get new hires on yexchange and working on the



free trainings asap. I would also be more prepared for when referral sources dry up—the initial excitement of the program won't last for ever; and continuously educate your referral sources because they might not fully understand what the program is.

TC: Always have a back up plan: have one extra person available to take over a class in

case the regular instructor isn't available; when meeting with medical professionals, make friends with a couple of people in the office in case someone changes jobs. I would also do more research into what equipment to purchase - I ordered new chairs for the YMCA's Diabetes Prevention Program, but they were not the best choice.

LOOKING BACK, WHAT WOULD YOU DO THE SAME?:

TT: I started doing monthly Lifestyle Coach meetings when I first started and they helped staff brainstorm ideas, work through problems, vent, and gave me time to share announcements and upcoming classes. I also got in touch with a couple of nurse care managers who were able to help with referrals from doctors, and follow up with patients. I didn't spend too much time tracking potential participants down—if they are ready for the program, they will call you back.

TC: I'm glad I went through the trainings; it helped me understand the program, and the personalities of my staff. I only do face-to-face in-takes with potential [YMCA's

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Diabetes Prevention] Program participants. I think it's helped to weed out the individuals who just aren't ready to make a lifestyle change. When we converted an older adult program into EnhanceFitness, a class participant became a champion the program: she took class in Florida and was able to answer a lot of questions. Our relationship with WISEWOMAN was made stronger because we added the Blood Pressure Self-Monitoring Program to our suite of programs.

WHAT WOULD YOU LIKE TO HAPPEN WITH THESE PROGRAMS IN THE FUTURE (BESIDES FUNDING)?:

NR: I hope that these programs show the same evidence that they did in the original studies. That we can use the data to enhance the testimonials our participants share; that we can demonstrate the impact locally. I hope we continue to share more: the success of our participants, tips/data/choreography with our instructors, share more between Y's. I hope that we continue to have training opportunities for coordinators. I hope that we are able to do more offsite, like in senior centers.

TT: I hope we can expand our current programs to more off-site locations, specifically Moving For Better Balance. I would like to find another steady referral source.

TC: I hope that AthenaNet will be helpful for all of our programs and will lead to more referrals. I hope that future Y buildings will have a medical clinic of some kind within the facility. I hope that we'll be able to offer other programs that don't currently exist like youth obesity.

In the New Year we are sure to face challenges, but are fortunate to have a strong community among our project leaders. Thank you to our three Y leaders for sharing your experiences; looking forward to more lessons learned and best practices in 2017!

UPCOMING EVENTS

• **Now scheduling 2016 training dates**

If you are interested in hosting or sending staff to trainings for Moving For Better Balance, EnhanceFitness, YMCAs Diabetes Prevention Lifestyle Coach, LIVESTRONG at the YMCA, or anything else please contact Jen Nicodemus at jnicodemus@michiganymca.org

• **YMCA's Diabetes Prevention Program On-Boarding**

The readiness assessment submission deadline is Tuesday, February 28, 2016. All Readiness Assessments submitted prior to the review date will be reviewed.

• **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

FUNDING OPPORTUNITY

Starting January 17, 2017 Y associations that **have not** received EnhanceFitness-funding from Y-USA in the past are eligible to receive mini-grants for launching or expanding Enhance®Fitness, an evidence-based exercise program for older adults, particularly those living with arthritis.

Applicants will apply for one mini-grant: \$3,000 and requirement to serve 50 unique participants within 10 months. If your Y is already a provider of EnhanceFitness, you will be required to launch at least one additional EnhanceFitness program site within the project period.

Interested YMCAs should submit their application online through [EasyGrants](#) on or after January 17, 2017. Mini-grants will be awarded in the order in which applications are received until all funds are expended.

Technical Assistance calls are available on the following days:

- Wednesday, January 11, 2 pm
- Tuesday, January 17, 12 pm

Dial-in number for all calls is: **1-866-554-8472 code: 830 199 0281**

A full 'Funding Guidelines' and 'Pledge' document will be available for download in [EasyGrants](#) as of January 17, 2017.

Questions about this opportunity can be sent to enhancefitness@ymca.net.

**Some exclusions apply. Please visit www.yexchange.org/enhancefitness for more details.*

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