

BUILDING A HEALTHIER MICHIGAN



State Alliance of Michigan YMCAs

www.michiganymca.org

#MIYMCA

THE LATEST INFORMATION ON EVIDENCE-BASED PROGRAMS AND PARTNERSHIPS



STAY HYDRATED

Exercisers will fatigue earlier and lose coordination skills when they lose as little as 2 percent of body weight due to perspiration, making hydration an important matter. When the exercise is prolonged (>1 hour), when the intensity of exercise is high, when it is hot (and especially humid), or when there is a great deal of perspiration, then the concern regarding dehydration should be greater. To prevent dehydration, exercising individuals should consume adequate amounts of fluid (especially water) before, during, and after an exercise session.

Relying on one's thirst is not always a reliable indicator of when fluids need replacing.

When exercising, the body requires fluid replacement even though one may not feel thirsty. While sports drinks are a popular option, consumers should be aware that they contain calories and that for the large majority of exercisers in YMCAs, water provides adequate hydration without any calories. Sports drinks can be useful when events or workouts last more than an hour or take place in hot or humid conditions. The American College of Sports Medicine (ACSM) has issued recommendations for fluid replacement by exercisers and athletes (2007). Following are five of ACSM's guidelines that are most applicable to YMCAs:

IN THIS ISSUE

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ENJOY THIS ISSUE?

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

QUESTIONS, COMMENTS, IDEAS?

Contact Jennifer Nicodemus, Director of Health Innovations, at jnicodemus@michiganymca.org or 734-660-0443

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

- Individuals should consume a nutritionally balanced diet and drink adequate fluids during the 24-hour period before an exercise event, especially during the period that includes the meal prior to exercise.
- Adults should drink about 17 ounces of fluid at least four hours before exercise to promote adequate hydration and allow time for excretion of excess ingested water.
- During exercise, individuals should start drinking early and at regular intervals in an attempt to consume fluids at a rate to replace the water lost through sweating.
- Ingested fluids should be 59°F–72°F. Fluids should be readily available and served in containers that allow adequate volumes to be ingested with ease and with little interruption of exercise.
- During exercise lasting less than one hour, there is little evidence of improved performance between consuming a sports drink and plain water. For exercise events greater than one hour a sports-type drink is recommended since it does not significantly impair water delivery to the body and may enhance performance.

These guidelines apply to both youth and adults, but children should be more closely monitored by staff: children are smaller, their body temperature will rise faster and go higher when the environment is warm and/or humid. Therefore, children and youth should be encouraged to drink more often. During prolonged physical activity and especially in the heat, children in sports or camp programs should always have water or sports drinks available and be encouraged to drink water every 20 minutes or so—half a cup for kids under 12, and up to a whole cup for older kids. Frequent rests in shaded areas should be scheduled by staff. Staff should be aware of the signs and symptoms of heat exhaustion.

To view the statement from the YMCA of the USA Medical Advisory Committee in its entirety please go to yexchange.org.

UPCOMING EVENTS

- **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
- **EnhanceFitness Training**
June 9 & 10 in the YMCA of the Blue Water Area in Port Huron, MI
(Registration closes on May 31)
- **YMCA's Diabetes Prevention Program Lifestyle Coach Training**
June 10 & 11 in Michiana YMCA in South Bend, IN
(Registration closes on June 3)
- **YMCA's Diabetes Prevention Program Transition Webinar**
June 29 at 3pm, register on the LCDC for call in information and topics
- **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

Benton Harbor-St. Joseph YMCA:

The BH-SJ YMCA is the first Y in Michigan to get involved in the YMCA's Diabetes Prevention Program by partnering with another YMCA. In 2014, the YMCA of Greater Grand Rapids hired and trained staff from the BH-SJ YMCA to provide one class. This partnership showed that there is more to just delivering the program; that you have to have ownership of the program, have open communication, and work as a team in order to make the most of it. Advice for Y's partnering to offer this program, is to assign the work in writing so that both parties have clear expectations. Recent successes include several meetings with local employers, medical offices, and their local Area Agency on Aging to establish their referral network.

BH-SJ also offers EnhanceFitness and will begin LIVESTRONG at the YMCA soon.

Niles-Buchanan YMCA:

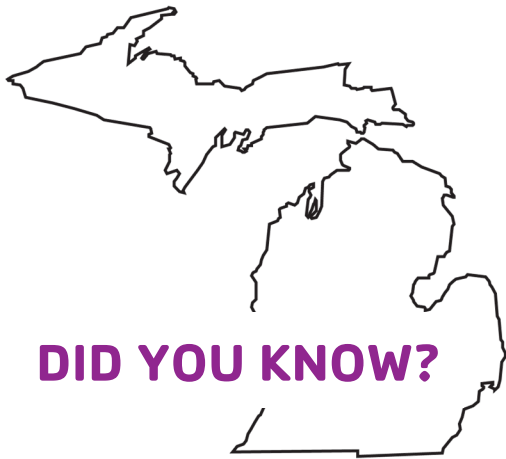
The star program in the Niles-Buchanan YMCA is LIVESTRONG at the YMCA. This program has had steady participation since it first began three years ago averaging 3-4 classes per year. Classes are offered mornings and evenings to ensure that people in all stages of treatment are able to attend. One effort they take special care with is sanitizing equipment prior to the start of each class. Challenges faced include recruiting the right people and finding training opportunities. Funding for the program comes in part from an annual luncheon called Hope Grows. Attendees can opt for the \$25 or \$50 registration fee and receive a special thank you gift for their contribution. A local culinary arts program provides the food at cost, with little cost for prep. Advice for new providers is 'don't put it off', these programs make such a difference to the community—get involved.

BRAND RECOGNITION

YMCA'S DIABETES PREVENTION PROGRAM

- On Y branded materials, refer to the program as the Diabetes Prevention Program in headlines (when in close proximity to the Y logo, per Y brand guidelines).
- In body copy, always use the YMCA's Diabetes Prevention Program.
- Always refer to the program as YMCA's Diabetes Prevention Program on non-Y branded materials.
- Do not abbreviate the program name except in internal communications and ONLY USE YMCA'S DPP.
- Retire the use of "Y-DPP", "YDPP", and "DPP" in all material—internal and external.
- Never use "prediabetic" or "diabetic". Always use [person, adult, individual, etc.] with prediabetes or diabetes.
- Never use "pre-diabetes". Always use "prediabetes", no hyphen.
- In body copy, always capitalize each first letter in staff titles, i.e. Lifestyle Coach.
- When referring to adults over 65, retire the use of "seniors" or "older adults".
- Always use "type 2 diabetes". Do not use Type II Diabetes.
- Never attach an association or branch name to "Diabetes Prevention Program."
- When working with partners, use the terms "Supported by..." or "Thanks to the generosity and support of..."

For more information about branding or marketing this program go to the BRC on yexchange.org.



- The Summer Food Service Program (SFSP) was established to ensure that low income children continue to receive nutritious meals when school is not in session.
- The SFSP served 3.7 million meals to Michigan children (18 years and younger) in 2014.
- There are nearly 300 SFSP sponsors with 1578 feeding sites across Michigan
- SFSP are also for persons who are determined by MDE to be mentally or physically disabled and who participate in a public or non-profit private school program established for those with disabilities.

www.michigan.gov

HEPA STANDARDS

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).

WHY FOCUS ON FAMILY ENGAGEMENT?

- Parents, caregivers, and child care providers share the responsibility for children during important developmental years. Parents and caregivers may not be aware of the latest recommendations for children's health and should be counseled on ways to support health goals for their children.
- Efforts to promote health in youth are typically more successful when parents are involved.

White House Task Force on Childhood Obesity
Centers for Disease Control and Prevention



BUILD CONNECTIONS

Y-USA will launch the first in a series of learning solutions and resources to support Multi-Team/Branch Leaders and Organizational Leaders with their work in collaborations. Designed to strengthen collaborations of all types, these new offerings will enhance your ability to join forces with others to strengthen communities.

Collaborate with Confidence is an eLearning to boost the capabilities and confidence of senior Y leaders to initiate and sustain different types of collaborations, in five key areas of collaborative leadership. The course features a self-assessment, custom learning pathways based on assessment results, and valuable tips and developmental ideas.

Preparing Your Y to Be a Collaborative Partner is an eLearning to evaluate your Y's readiness to collaborate with other Y's or agencies, and establish the internal conditions to become a powerful collaborative partner. The eLearning includes three lessons and an assessment about your Y, along with tips and suggested developmental actions.

In July, yexchange.org will also feature a new collaboration section that will be the first wave of online resources and tools to boost your Y's capabilities to collaborate. The site will grow and evolve over time.

Coming this fall for those who complete the assessment in Preparing Your Y to be a Collaborative Partner and wish to make internal changes in your Y to optimize its collaborative capabilities, Y-USA will debut Leading Change for Collaborations, a custom version of our popular Leading Change course that will focus specifically on collaborations.

For more information about these learning opportunities please contact Tom Lowery, Senior Director, Leadership Development in Y-USA at tom.lowery@ymca.net or 312-419-8386.

Information will also be available during a lunch and learn session at General Assembly (July 15th at noon).

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:
1-877-361-4628
Code: 931 008 9853#**

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

