

THE Y'S PIPELINE OF EVIDENCE-BASED (RCT PROVEN) PROGRAMS

DISCOVERY

Efficacy

Validation

DEVELOPMENT

Translation

Scaling

DISSEMINATION

Dissemination

YMCA's Diabetes Prevention Program

Enhance Fitness (Arthritis Self-Management)

LIVESTRONG at the YMCA (Cancer Survivorship)

Moving For Better Balance (Falls Prevention)

Blood Pressure Self-Monitoring

**Childhood Obesity
Intervention**

Brain Health

Parkinson's

**Tobacco
Cessation**

HEALTH PROGRAM AND PRACTICE DIVISION'S DISCOVERY, DEVELOPMENT & DISSEMINATION MODEL

