

BUILDING A HEALTHIER MICHIGAN



State Alliance of Michigan YMCAs

www.michiganymca.org

www.facebook.com/michiganymca

#MIYMCA

THE LATEST INFORMATION ON EVIDENCE-BASED PROGRAMS AND PARTNERSHIPS

MEETING Y'S WHERE THEY ARE

On January 25th, Y-USA hosted a call with YMCA's Diabetes Prevention Program providers to share its approach to DPP for 2018, and how the decision has evolved based on what was learned in the past year. Key takeaways are as follows:

As announced on the call, YMCA's DPP providers have three options:

Option 1 - Run the program as a part of health care. This means Ys must, at minimum:

- have preliminary or full recognition from the CDC
- be HIPAA compliant
- use the national price point

If Ys want to bill Medicare, they must become a Medicare DPP supplier, which has additional requirements. You do not need to take on Medicare if you choose this option.

Option 2 - Run the program as a national evidence-based chronic disease prevention program. This means using the YMCA's DPP curriculum, applying the national price point and working toward CDC recognition.

Option 3 - Run the program as a typical local Y program offering. This means transitioning to another DPP curriculum. But it also means having no burden of compliance and no requirement to collect data.

Ys should email [Heather Hodge](mailto:Heather.Hodge@ymca.org) by March 15 to indicate what option they will select for 2018.

Other Important Announcements

In addition to presenting options for DPP in 2018, some important developments were announced on the call.

LIVESTRONG® AT THE YMCA UPDATE

Y-USA is now requesting applications for the **LIVESTRONG** at the YMCA program.

LIVESTRONG at the YMCA, a small-group program developed and established in partnership with the **LIVESTRONG** Foundation, assists those who are living with, through, or beyond cancer to strengthen their spirit, mind and body. Recent research from the Yale Cancer Center and Dana-Farber/Harvard Cancer Institute confirmed that **LIVESTRONG** at the YMCA participants experience improved fitness and quality of life as well as significant decreases in cancer-related fatigue.

This grant opportunity is open to Y's that have not previously received a grant to deliver the program.

To learn more about this opportunity read the requirements on <https://grants.ymca.net>



MSO Fees

Y-USA took to heart the concerns of Ys and is adjusting MSO fees in 2018 for Ys that want to operate as a part of health care, as well as fees on direct payor contracts. Fees for self-pay individual will remain the same as previous years.

National Health Officer and Senior Leadership

To support the Movement's continued efforts to transform health care, Y-USA is partnering with two senior leaders of the YMCA of Greater Kansas City: John Mikos, Chief Operating Officer, and Dr. Daphne Bascom, Senior Vice President and Medical Director.

Daphne will serve as our National Health Officer and will represent Y-USA with policymakers, funders, and key stakeholders in areas related to chronic disease prevention. She will also help develop strategies to advance our work related to the integration of Y services into health care.

John will help local Ys operationalize programs like the YMCA's Diabetes Prevention Program while also helping pioneer new strategies and business models for Ys to integrate services with health care to achieve a vision of community integrated health. John's experience in the "C-Suite" will also help local Y executives understand the health care strategies and business models.

Reminder of Next Steps

These are the critical next steps for DPP provider Ys:

- Email Heather Hodge (heather.hodge@ymca.net) by March 15 to let her know which option (1, 2 or 3) you are choosing for 2018.
- Use the **Meet-Me-Where-My-Y-Is Conversation Starter** tool with your leadership team to help gauge where you think your Y is on a "Healthy Living continuum."

For more information please review the recorded webinar on yexchange.org.

AMERICAN HEART MONTH TIPS: SODIUM REDUCTION

February is American Heart Month, check out the following tips from the United States Department of Agriculture (USDA) to help families in your community reduce the amount of sodium in their diet.

Think fresh: Most of the sodium Americans eat is found in processed foods. Eat highly processed foods less often and in smaller portions—especially cheesy foods, such as pizza; cured meats, such as bacon, sausage, hot dogs, and deli/luncheon meats; as well as ready-to-eat foods, like canned chili, ravioli and soups. Fresh foods are generally lower in sodium.

Enjoy home-prepared foods: Cook more often at home—where you are in control of what's in your food. Preparing your own foods allows you to limit the amount of salt in them.

Fill up on veggies and fruits—they are naturally low in sodium: Eat plenty of vegetables and fruits—fresh or frozen. Eat a vegetable or fruit at every meal.

Adjust your taste buds: Cut back on salt little by little—and pay attention to the natural tastes of various foods. Your taste for salt may lessen over time. Additionally, keep salt off the kitchen counter and the dinner table and substitute spices, herbs, garlic, vinegar or lemon juice to season foods.

Boost your potassium intake: Choose foods with potassium, which may help to lower your blood pressure. Potassium is found in vegetables and fruits, such as potatoes, beet greens, tomato juice and sauce, sweet potatoes, beans (white, lima, kidney), and bananas. Other sources of potassium include yogurt, clams, halibut, orange juice and milk.

UPCOMING EVENTS

- **Regional Training Event: Fort Wayne, IN**
EnhanceFitness - March 5 & 6
Facilitating Change in Small Groups - March 14 & 15
- **Regional Training Event: Southeast MI**
Introduction to Leading Others - April 12 & 13 (Monroe YMCA)
EnhanceFitness - TBD (Ann Arbor YMCA)
Moving For Better Balance - TBD
More to come!
- **Michigan Diabetes Prevention Network Meeting**
Wednesday, March 21 at the Michigan Public Health Institute
2436 Woodlake Circle Suite 300 Okemos, MI 48864
- **Michigan Cancer Consortium Meeting**
Wednesday, March 28 12-3pm at the Michigan Public Health Institute, 2436 Woodlake Circle Suite 300, Okemos, MI 48864
- **Statewide EnhanceFitness Conference - Save the date**
Thursday, June 14th at the Lansing Community College

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