

# BUILDING A HEALTHIER MICHIGAN

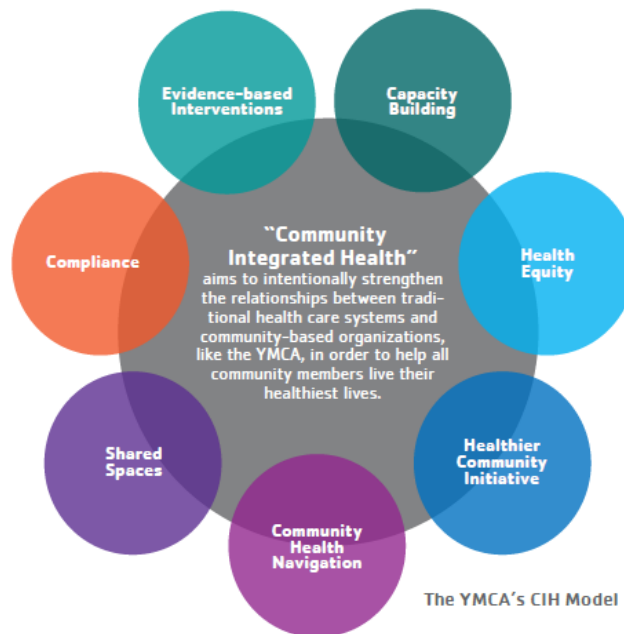


State Alliance of Michigan YMCAs  
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#MIYMCA

THE LATEST INFORMATION ON EVIDENCE-BASED PROGRAMS AND PARTNERSHIPS

## LINKING COMMUNITY TO HEALTH CARE

We live our healthiest lives when we have access to nutritious food, affordable housing and health care, quality education, clean air, and safe communities where we can actively live, work, and play. Yet most efforts to improve health have been focused on a health care system designed to treat injury or disease, rather than on the community-level factors that can prevent illness. At the same time, attempts to address healthy living at the community level have not fully engaged our health care system. If we want healthier communities, we need to build a bridge between these clinical and community approaches.



Clinical care accounts for only 20% of factors that influence our health. Health is mostly determined by what occurs in our homes and communities.

The Y's model of Community Integrated Health (CIH) reflects work already happening in YMCAs across the country

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## RAISE THE BAR

Becoming a Medicare Diabetes Prevention Program provider requires YMCA's to meet a high standard of quality. One early hurdle deals with the requirements of the Diabetes Prevention Recognition Program (DPRP). A condensed list of requirements are as follows:

- 1) Submit a DPRP application
- 2) Agree to use a CDC approved curriculum such as the YMCA's Diabetes Prevention Program
- 3) Offer the program for a minimum of 22 sessions over 12 months (25 sessions required by Y-USA)
- 4) The average sessions attended by participants must be a minimum of 9
- 5) Body weight and physical activity will be recorded for at least 80% and 60%, respectively, of classes
- 6) The average weight loss of all participants at 6 and 12 months will be 5% or more
- 7) Participants will attend an average of 3 maintenance sessions
- 8) 50% of participants must have a documented diagnosis of prediabetes or gestational diabetes

For the complete list of requirements please go to [www.cdc.gov/diabetes](http://www.cdc.gov/diabetes). Rules subject to change with 2018 Medicare rollout.

to improve the health and well-being of all. Y-USA will help YMCAs and other community based organizations build capacity to:

- Offer evidence-based chronic disease prevention services
- Build equity in their communities
- Collaborate with local partners
- Assist all individuals in navigating health choices
- Share physical spaces with other health care resources
- Comply with health regulations

Community integrated health work is **already happening** at Ys across the country as they work to improve the health and well-being of all through our suite of chronic disease prevention programs: YMCA's Diabetes Prevention Program, LIVESTRONG at the YMCA, EnhanceFitness, and more programs that target chronic diseases.

Y-USA will also share learnings with other nationally networked community-based organizations that could join in efforts and learning to advance the emerging CIH model.

#### Funding from Robert Wood Johnson Foundation

Y-USA and the Robert Wood Johnson Foundation (RWJF) have worked together to improve health since 2008. The collaboration began with the Healthier Communities Initiatives, which focused on engaging state and community leaders to promote healthy lifestyles among vulnerable, low-income populations. In 2016, Y-USA and RWJF renewed their commitment with a 10-year partnership dedicated to helping build a Culture of Health across the country. For the first three years of the partnership, Y-USA will study and develop the Y's unique model for community integrated health. Y-USA will also help local YMCAs receive reimbursement from third-party payers (health insurance plans, employers, etc.) for chronic disease prevention programs.

## UPCOMING EVENTS

- **Regional Training Event: Ann Arbor, MI**
  - Introduction to Listen First - April 20
  - Lifestyle Coach Training - April 21 & 22
  - Introduction to Leading Others - May 9 & 10
  - Leading & Coaching Others - May 15
- **State Advocacy Days**
  - May 1 & 2 in Lansing, MI
- **Principles & Practices**
  - Register now for the Grand Rapids event on May 8-11, 2017
- **Health & Disability: A Culture of Wellness for All**
  - Learn how your Y can address the needs of individuals with special needs. Contact Jen for a link to register. Wednesday, May 31, from 8:30am-4pm
- **Statewide EnhanceFitness meeting**
  - Save the Date! Registration coming soon for the Statewide EnhanceFitness meeting on June 22nd, 2017 in Lansing, MI. Future meetings will be held every 18 to 24 months so don't miss out on this great learning opportunity for instructors and program coordinators..

Have ideas for the newsletter? Contact Jennifer Nicodemus at [jnicodemus@michiganymca.org](mailto:jnicodemus@michiganymca.org) or 734-660-0443

## UPDATES

### Detroit Chamber of Commerce

Jonathan So, Senior Director of Health Care Initiatives for the Detroit Regional Chamber of Commerce (serving all of southeast Michigan), spoke at a recent Diabetes Prevention Network meeting. His role at the chamber is to educate employers about the National Diabetes Prevention Program and how it can lower healthcare expenses.

Currently, he is promoting an 'Employer Tool-Kit' which will help DPP providers educate employers, ease program implementation, and will create a call to action. The final version of the kit will be available in June, and can be found on the AMA website.

One interesting point made in So's presentation was to not ask employers to pay for the program. Instead, ask them to screen employees so they have a better understanding of the risk within their organization. Increasing their understanding early in the relationship makes your case for coverage stronger in follow up conversations.

### Grant Application

The State Alliance of Michigan YMCAs recently submitted a grant application to Y-USA for work related to Community Integrated Health Collaborations. Four state alliances will be awarded funds to build on previous Pioneering Healthier Communities, inspire continued commitment by local Y's to employ proven collaboration practices, and facilitate growth/development of state-level infrastructure and networks to spread CIH strategies, programs, and practices within local Y's. Awardees will be notified on April 18th.

A big thank you to all Michigan Y's for sharing their program data and information for this grant application.