

BUILDING A HEALTHIER MICHIGAN



State Alliance of Michigan YMCAs

www.michiganymca.org

#MIYMCA

THE LATEST INFORMATION ON EVIDENCE-BASED PROGRAMS AND PARTNERSHIPS



TIME TO “CATCH” UP

CATCH (Coordinated Approach to Child Health) is the most proven program to prevent childhood obesity and launch kids and communities toward healthier lifestyles.

By impacting a child’s nutrition, level of physical activity, classroom environment and community, CATCH has changed lives in over 10,000 schools and communities nationwide. CATCH creates an environment that makes healthy decisions fun, and our “Coordination Kits” make it easy for schools and childcare programs to use the program effectively across disciplines. CATCH has the largest evidence base of any obesity prevention program, and is championed by health professionals and school administrators nationwide.

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ENJOY THIS ISSUE?

Feel free to share this newsletter with anyone who you think 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 new State Alliance of Michigan YMCAs website: www.michiganymca.org

CATCH, continued

The original CATCH study was the largest school-based health promotion study ever conducted in the United States, and continues to be tested and improved by researchers with The University of Texas School of Public Health. More than 25 years of research and real world implementation has gone into this well-renowned, successful program. CATCH has been expanded beyond elementary school and now has programs for early childhood through middle school, including the after-school and childcare settings.

“CATCH works. This is the only program that has had a profound effect on the childhood obesity epidemic. Using CATCH insures that schools are doing the most that they can for the health of their kids.”

Karen Coleman, PhD & CATCH Researcher

CATCH transforms the school environment and provides kids with the knowledge and skills to lead healthy lives.

For more information, ideas, and activities, visit www.catchinfo.org or youtube.com.

The CATCH Global Foundation is a 501(c)3 public charity founded in 2014. Our mission is to improve children’s health worldwide by developing, disseminating and sustaining the CATCH platform in collaboration with researchers at UHealth. The Foundation links underserved schools and communities to the resources necessary to create and sustain healthy change for future generations.

Congratulations to our newest CATCH instructors and trainers from across Michigan. For more information on how your YMCA can get involved with this program please contact Jen Nicodemus at jnicodemus@michiganymca.org.

STATE ALLIANCE NEWS

The State Alliance is delighted to welcome Jen Nicodemus to our team. As the Director of Health Innovations, Jen will support the work of our Michigan Health Endowment Fund grant and our collaborations with the Michigan Department of Health & Human Services. Jen will lead our state level healthy living network, and provide technical assistance, training support, and consultation to Ys who are both delivering (and building capacity for) evidence-based programs. Jen has a lot of expertise to offer: for eight years she has been at the Ann Arbor YMCA serving as a Health and Wellness Coordinator and has more recently coordinated Ann Arbor’s evidence-based programs.

This fall the Alliance will be announcing the next round of Michigan Health Endowment Funding for healthy living work. The request for proposals will be posted to the Alliance website on October 15th with proposals due November 2nd. I strongly encourage all Ys engaged in this work to submit proposals to support your programs.

Thanks to those who attended our MHEF grantee meeting on August 25th at the Sherman Lake Y. The day long event gave us an important opportunity to check in on our MHEF deliverables as well as network with others to build our collective work. Terry Gardner, the CFO from the MHEF, was in attendance, and was impressed with our passion for this work and determination to see it through!

Keep up the great work!

Fran Talsma, State Alliance of Michigan YMCAs CEO

UPCOMING EVENTS

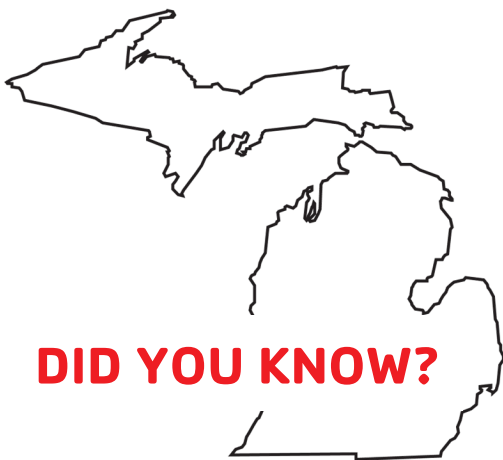
- **YMCA’s Diabetes Prevention Program** Training in Grand Rapids on September 15 & 16
- **LIVESTRONG® at the YMCA** Blended Training in Grand Rapids beginning September 23
- **Enhance® Fitness** Trainings in Grand Rapids on October 1 & 2, Traverse City on October 6th
- **Moving for Better Balance** Trainings in Grand Rapids on October 2 & 3; Franklin, OH on October 10 & 11
- **Michigan Health Endowment Funding** The next round of funding opportunities goes live on October 15
- **Michigan YMCA Leaders Conference** Save the date for this great conference! Thursday, November 12 in Lansing

ATTENDANCE TAKING TIPS

Attendance sheets are a valuable tool when assessing your EnhanceFitness classes. Whether you're helping a participant with goalsetting, evaluating an off-site class location or using the data to obtain new funding, use these tips to ensure accurate data:

- Write names clearly and in UPPER CASE
- Be consistent in how you fill in the circles. It is very confusing to read if some are in pencil, some are partially filled, etc.
- If you filled in a circle in error, mark it with an X
- If you marked a circle with an X, but it was a mistake and should be counted, write OK above the X
- Participants to be removed from the class must be marked clearly with both 1) a line through the name, and 2) the word 'REMOVE'
- Please ensure that you complete your tallies on the right hand column, and the bottom row. (The total of the right hand column should match the total of the bottom row column.)
- Partial names must not be entered
- If there is no class on a particular day, please draw a straight line from top to bottom. Please do not exclude the day from the sheet. (i.e.) If the 5th is a holiday, please still include session dates 1, 3, 5, 8, 10 (and not 1, 3, 8, 10).
- Make sure you are using the most up to date attendance sheets

For more information, tips, and class ideas visit the EnhanceFitness online community on yexchange.org, or www.projectenhance.org, or search "enhancefitness" on Facebook.



- 31% of Michigan adults have been diagnosed with arthritis
- In 2003, the estimated cost of arthritis in Michigan were \$5.6 billion
- Women are 26% more likely to have arthritis than men
- Arthritis can be managed by getting regular physical activity and maintaining a healthy weight

www.michigan.gov/arthritis

HEPA STANDARDS

Beverages: Water is accessible and available to children at all times, including during snacks and meals. Provide only water and unflavored low-fat (1%) or nonfat milk (for children 2 or older), family style.

WHY FOCUS ON BEVERAGES?

Water is essential for life. Potable drinking water is a calorie-free, thirst-quenching option. In addition, fluoridated drinking water helps to prevent tooth decay, the most prevalent chronic disease among children in the United States.

Research has demonstrated a clear link between the consumption of sugar-sweetened beverages and increased risk of poor diet quality, higher rates of obesity, and diet-related health problems.



GET INVOLVED!

The Michigan Diabetes Prevention Network:

This network was created to support and engage partners in diabetes prevention and serve as a vehicle to share information and resources.

The next meeting will take place on October 28th from 1-4pm at:

The Michigan Public Health Institute
2436 Woodlake Circle
Suite 300
Okemos, MI 48864

If you want to share a success, have suggestions for resources, or for information on how to join this network contact Jennifer Edsall at edsallj@michigan.gov.

www.midiabetesprevention.org

The Michigan EnhanceFitness Network:

This network is a partnership for licensed agencies and their coordinators and instructors offering EF classes. The Michigan Arthritis Program hosts an annual network meeting, a semi-annual newsletter for members and provides technical assistance regarding program quality and fidelity.

Looking for an easy and free way to promote your program? Send in your class information and have it included on their website!

For more information about this network, get on their mailing list, or promote your program please contact Karen McCloskey at 517-335-1236 or mcclloskeyk@michigan.gov

www.michigan.gov/arthritis

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

STAY CONNECTED!

Join our monthly network calls:

YMCAs Diabetes Prevention Program

Coordinators call: 1st Thursday of the month at 10:00am

Enhance®Fitness

Coordinators call: 1st Thursday of the month at 1:00pm

Whether your YMCA is in the planning phase for these program or well into delivery, we can all learn together. Connect with colleagues across Michigan, State Alliance Leadership, and Y-USA support staff.

Email Jen Nicodemus at jnicodemus@michiganymca.org to get call-in information.

