

# BUILDING A HEALTHIER MICHIGAN



State Alliance of Michigan YMCAs  
[www.michiganymca.org](http://www.michiganymca.org)  
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#MIYMCA

THE LATEST INFORMATION ON EVIDENCE-BASED PROGRAMS AND PARTNERSHIPS



## EXPANDING OUR REACH

Thanks to our previous funding from the Michigan Health Endowment Fund, Michigan Y's have moved to the forefront of health innovation programming. To keep this momentum going, please take a moment to consider the fall prevention program, Moving For Better Balance.

Reports from 2004 show that 27% of Michigan seniors reported falling within the previous 12 months, and one region had nearly double the death rate for older adults injured in a fall\*. Falls prevention programs like Moving For Better Balance, a 12-week evidence-based group exercise program developed by researchers at the Oregon Research Institute, work to improve balance, muscle strength, flexibility, and mobility to enhance overall physical health, which leads to better functioning in daily activities and can reduce the risk of falling by 55%^.

## TRAINING OPPORTUNITIES

Collaborate with Confidence:  
This hour-long eLearning is a self-directed course that can boost the confidence and capabilities of Y leaders to initiate and sustain collaborations of any size and type. A self-assessment allows leaders to evaluate their capabilities in five key areas of collaborations and then follow a custom learning pathway based on the results. Learners complete at least two of the following five lessons:

- Establish the reason to pursue a collaboration
- Build and sustain relationships
- Manage the responsibilities in a collaboration
- Identify and manage resources
- Achieve positive, measurable results

This eLearning qualifies for bulk purchase discounts when purchased by a Training Manager.

### Preparing Your Y to Be A Collaborative Partner

This eLearning will help Y leaders describe how collaborations strengthen YMCAs, learn what's

*Continues on page 2*

*Expanding Our Reach, continued*

Other benefits of this Tai Chi based program may include: better mental health, reduced stress, improved memory and cognition, and increased self-esteem. The safe and supportive group setting also provides an opportunity for participants to enjoy learning with like-minded adults and find relief from the isolation that can sometimes come from living with limited mobility.

Successful implementation of this program can be attributed to engaging instructors, need in the community, and partnerships with YMCA champions (medical professionals, Area Agency on Aging, etc). Challenges to overcome include finding a location (YMCA or a community setting) that can accommodate a class 2-3 times each week, identifying committed instructors, and educating the community. Training fees will be around \$300 per instructor.

Currently, ten Michigan Y's offer this program, and we hope to increase that number over the next 18 months. Find out how you can bring this great program to your community, visit [www.yexchange.org](http://www.yexchange.org) for more information

\*[www.michigan.gov](http://www.michigan.gov)  
^Y-USA

*Training Opportunities, continued*

required of YMCAs for different types of collaborations, and identify next steps for developing their YMCAs as powerful collaborative partners. The course features three lessons:

- Ensure strategic alignment
- Establish cultural conditions and behaviors
- Build operational capacity

After completing the three lessons, the learner completes a questionnaire to evaluate his or her Y's readiness to be a strong collaborative partner.

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## UPCOMING EVENTS

- **Statewide EnhanceFitness meeting**  
Registration is open for the Statewide EnhanceFitness meeting on June 22nd, 2017 in Lansing, MI. Coordinator's meeting starts at 9am.
- **AthenaNet Technical Support Training:**  
Join Y-USA staff and fellow Diabetes Prevention Program coordinators for an in-person training opportunity in July. Stay tuned for more details.
- **Michigan Diabetes Prevention Network Meeting**  
Tuesday, July 25 12-3pm at the Michigan Public Health Institute 2436 Woodlake Circle Suite 300 Okemos, MI 48864

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

## UPDATES

### New Online Platform to Streamline DPP Class Options

As announced in the February newsletter, the Michigan Department of Health and Human Services is making it easier for program participants to access local resources. The most recent development is a feature on the MI Healthy Programs website (below) where organizations can list their DPP offerings directly on the site.

Organizations interested in submitting class information can visit the website to get a better idea of how information is displayed, find instructions on how to submit class information, and read about Frequently Asked Questions. \*\*In order to submit Diabetes Prevention Program classes, an organization must have achieved a 'Full' or 'Pending' recognition status with the Center for Disease Control and Prevention.\*\*

[www.MIhealthyprograms.org](http://www.MIhealthyprograms.org)

### Priority Health & DPP

We have some forward progress with Priority Health and reimbursement for the YMCA's Diabetes Prevention Program! Still no signed contract, but we are officially one step closer. Our next step is to better define our service areas. Provider Y's will be contacted in the coming weeks to better understand the communities served. Stay tuned for more information on this latest development.

### Training Event Wrap Up

Thank you to those who hosted or attended a training this spring! We had 27 classes across Southeast/Central Michigan, and a record 160 participants. Great job everyone, and especially our RTE Coordinator Monica Turner!