

BUILDING A HEALTHIER MICHIGAN



State Alliance of Michigan YMCAs

www.michiganymca.org

#MIYMCA

THE LATEST INFORMATION ON EVIDENCE-BASED PROGRAMS AND PARTNERSHIPS



DIABETES AWARENESS MONTH

November is National Diabetes Awareness Month and as the leading community-based charity committed to improving America's health, the State Alliance of Michigan YMCAs is encouraging people to understand their risks for prediabetes and type 2 diabetes and take steps to prevent the disease.

Diabetes is a chronic condition that causes your body to metabolize blood glucose (sugar) at a higher level than normal. Insulin is a hormone that regulates the amount of glucose in your blood. People with type 2 diabetes, the most common form of the disease, their body either resists insulin or doesn't produce enough insulin to maintain a normal blood glucose level.

More than 29 million Americans are living with diabetes, and nearly 30% are undiagnosed. Diabetes was the 7th leading cause of death

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ENJOY THIS ISSUE?

Please share this newsletter with anyone who 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 State Alliance of Michigan YMCA's website at www.michiganymca.org

in the nation in 2010, and is directly connected to other serious health complications, including heart disease, stroke, hypertension, blindness and kidney failure.

Diabetes is directly connected to critical social issues affecting our communities: high rates of chronic disease and health inequities among people of different backgrounds.

Y-USA received inquiries from Ys who provide the YMCA's Diabetes Prevention Program seeking guidance around what to provide for people living with diabetes. In early 2012, Y-USA's Healthy Living Program Development Team began the process to identify viable models to meet this need.

Several models exist that are designed to serve adults with type 2 diabetes, some of which require a higher degree of clinical experience. During the program discovery process, some self-management models were uncovered that are primarily being led or facilitated by non-clinicians. Y-USA explored these models and further reviewed ones that included data collection and outcomes measurement. To learn more about the various program options please go to www.yexchange.org/HL-program-development. Please note that Y-USA does not provide technical assistance in this area or have any formal partnership or agreement with any of the program models listed.

The number of type 2 diabetes cases continues to grow, fueled in part by a continued rise in the rate of obesity. More than 29 million people in the United States have been diagnosed with diabetes and more than 86 million people have prediabetes. Without weight loss and moderate physical activity, 15 to 30 percent of people with prediabetes will develop type 2 diabetes within five years.

During National Diabetes Awareness Month, we encourage all community members to take control of their health and learn their risk for type 2 diabetes by visiting ymca.net/diabetes and take steps to prevent the disease.

UPCOMING EVENTS

- **EnhanceFitness Regional Meetings**, at which program coordinators & instructors will share class ideas, network, and problem-solve local issues, will take place on the following days:
Greater Lansing Area - November 3rd, 2-4pm, Downtown YMCA
Southeast Michigan Area - November 22nd, 1-3pm, Monroe YMCA
- **LIVESTRONG® at the YMCA Instructor Training** Friday and Saturday, December 2 and 3 at the Niles-Buchanan YMCA. Registration closes on November 25th
- **Principles & Practices Save the Date!** Registration coming soon for the training on May 8-11, 2017 in Grand Rapids, MI
- **Now scheduling 2016 training dates** If you are interested in hosting or sending staff to trainings for Moving For Better Balance, EnhanceFitness, YMCAs Diabetes Prevention Lifestyle Coach, LIVESTRONG at the YMCA, or anything else please contact Jen Nicodemus at jnicodemus@michiganymca.org

PROGRAM UPDATES

Congratulations to:

Melissa Wikman of the Muskegon YMCA. She was selected by Y-USA as one of six individuals to co-chair a new endeavor: EF Program Champions. Melissa has elected to focus on Funding Sustainability. The work will focus on how to meet the program budget needs via a combination of participant fees and outside funding sources to make the program sustainable.

The Ann Arbor YMCA Blood Pressure Self-Monitoring team. The Y took advantage of the Michigan Department of Health and Human Services Health Innovation Grant opportunity that was available in August. The grant will support their efforts to reach 150 people.

The Monroe Family YMCA, Bay Area Family YMCA, and YMCA of the Bluewater Area. These Y's have recently sent program coordinators to be trained as Lifestyle Coaches in the YMCAs Diabetes Prevention Program. Their earliest opportunity to launch classes will be January 2017.

The YMCA of Saginaw for applying for the next round of the YMCAs Diabetes Prevention Program. This program will be the third chronic disease prevention/management program offered by the Y in the Saginaw community.

In Other News:

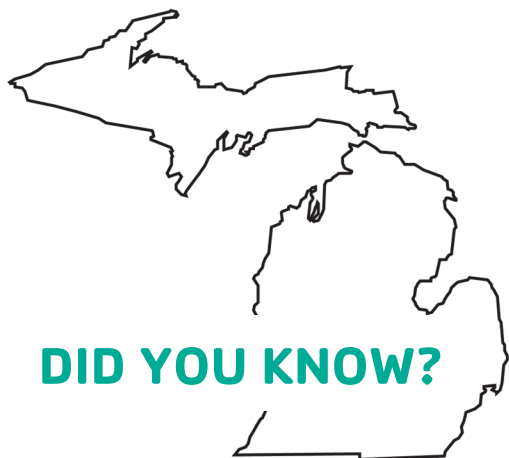
The State Alliance of Michigan YMCAs did not receive the Michigan Health Endowment Fund for work with older adults at high risk for developing diabetes. Awardees of this grant plan to focus on homelessness, social isolation, LGBT community support, dental care, and caregiver coordination to name a few.

THE PERFORMANCE IMPROVEMENT PROCESS

The performance improvement process includes five steps:

1. **Collect data:** you and your Lifestyle Coaches are already doing this when you enter participant data into the technology system. Other opportunities for more robust data collection include administering Participant Evaluations at weeks 8 and 16, as well as the end of the yearlong program, and using the Observation Assessment Tool
2. **Study data:** use the data reports you receive to assess where there may be opportunities to make changes to program delivery in order to improve program outcomes. By looking at key data points such as retention, average weight loss, food tracker completion, and average physical activity minutes, etc., you can identify areas where participants are not meeting program benchmarks
3. **Make a plan:** work with other program staff to create a plan to address these opportunities for improvement. Ensure each staff member understands their role in the process and is held accountable
4. **Take action:** carry out the plan you created in step three
5. **Assess whether or not it worked:** regroup with all of the players involved in carrying out the performance improvement plan and discuss how it went. Look at specific data points in order to assess improvement and make changes based on what worked and what was not as successful.

Remember, the performance improvement process is a cycle, so it never ends. Once you've completed the process, you should continue implementing new cycles in order to constantly assess outcomes and make modifications to processes so participants are positioned for success at meeting their goals. While this was created for the YMCA's Diabetes Prevention Program the concept can be applied for other programs.



- Almost half of adults with arthritis report being physically inactive.
- EnhanceFitness is proven to significantly increase participants' upper and lower body strength, as well as their balance and mobility.
- Research has shown that older adults who participate in Enhance®Fitness at least one time per week have total health care costs that are over \$1,700 lower than adults who do not participate in Enhance®Fitness.
- Of the 24 organizations in Michigan that provide Enhance®Fitness, 15 are YMCAs.

HEALTHY FAMILY HOME

Eat Healthy With so much information and so little time to plan and prepare, it can seem that eating healthy is a nearly impossible task in today's world. Try these simple habits and steps to improve your family's daily approach to healthy eating:

- Aim for 5 a day: The delicious crunch of fruits and veggies can be part of every meal and snack. Stay healthy by reaching for five servings every day.
- Choose your drinks with care: Try cutting out drinks with added sugar and focus on adding more water, 100 percent fruit juice and low-fat milk to your family's diet.
- Check the label: By learning to make sense of the information that all food packages are required to provide, you can begin to make choosing healthier foods a little easier.
- Control your portions: Be careful to serve food portions that are aligned with your family's energy needs.

SNACKING STANDARDS

Still on the fence about upgrading your vending machine snacks to healthier options? The US government put together a 'Rationale for Healthier Foods and Beverages in Public Vending Machines' to help show the research behind this national movement.

- Nutrition standards for foods and beverages found in vending machines can positively impact eating habits, help shape social norms, and influence the practices and formulations of food companies.
- Through healthy vending policies, the YMCA can provide healthy food and beverage options to members, employees and visitors.
- YMCAs can be a model for healthy eating, reinforce obesity-prevention efforts in partner organizations, and show that healthy food tastes good and can generate revenue.
- Sugary drinks are the number one source of calories in Americans' diets and contribute to obesity.
- According to a 2010 study by the Snack Food Association, about 74% of consumers are trying to eat healthier, with about 65% eating specific foods to lose weight. Sales of healthier snacks are outpacing traditional snack foods by 4 to 1.
- Increasing healthier snack and beverage offerings is good for business. A study by the Hudson Institute found that companies that increased their healthier snack and beverage portfolios between 2006 and 2011 enjoyed superior sales growth, operating profits, and operating profit growth.
- Offering foods and beverages that meet nutrition standards in vending machines located in your YMCA is a promising, low-cost approach for supporting healthy eating and as part of a strategy to address obesity. It also could decrease the economic burden of obesity, which costs \$150 billion a year – half of which is paid by taxpayers through Medicaid and Medicare.

For more information about this movement go to:

<https://cspinet.org/new/pdf/final-model-vending-standards.pdf>

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

LEARN TOGETHER

Connect with colleagues across Michigan: join our monthly network call and learn about EnhanceFitness, Moving For Better Balance, **LIVESTRONG** at the YMCA and the YMCA's Diabetes Prevention Program. Whether your YMCA is in the planning phase for these programs or well into delivery, we can all learn together.

2nd Thursday of each month at 11am

**Call-in information:
1-877-361-4628
Code: 931 008 9853#**

One call covers it all! Be ready to discuss all four health management programs, share stories and ask questions.

