

BUILDING A HEALTHIER MICHIGAN



State Alliance of Michigan YMCAs

www.michiganymca.org

#MIYMCA

THE LATEST INFORMATION ON EVIDENCE-BASED PROGRAMS AND PARTNERSHIPS



WORKING WITH CHWs TO FIGHT DIABETES

Community Health Workers (CHWs) are public health workers with strong connections to the communities they serve. Their close bonds with community members allow them to serve as liaisons between health/social services and the community, facilitating access to services and improving service delivery to better meet community needs. CHWs help patients navigate the healthcare system, communicate with providers, set goals, and adhere to lifestyle changes through meetings and home visits. Their deep community understanding uniquely positions CHWs to provide relevant education to their communities regarding diabetes prevention and control. CHWs also help prevent or delay the onset of diabetes through the promotion of healthy lifestyle changes by serving as lifestyle coaches for those at high risk.

Continues on page 2

DPP CLASSES: GETTING THE WORD OUT

Earlier this year the Michigan Diabetes Prevention Network (DPN) launched a new website for Diabetes Prevention Program providers to post information for upcoming classes. The website will list classes for all providers that have applied for the Diabetes Prevention Recognition Program, which includes the following YMCAs:

- Ann Arbor YMCA
- Bay Area Family YMCA
- Monroe Family YMCA
- YMCA of Greater Grand Rapids
- YMCA of Greater Kalamazoo
- YMCA of Lenawee County
- YMCA of Metropolitan Lansing
- YMCA of the Blue Water Area

To upload your Diabetes Prevention Program classes, or to see when and where other classes are being offered, go to: mihealthyprograms.org/diabetes-prevention-program.aspx

For more information about the DPN go to: www.midiabetesprevention.org

Innovative strategies are necessary to reach the 86 million people with prediabetes in the US. Promising research has shown that incorporating CHWs into translations of the national Diabetes Prevention Program (DPP) lifestyle interventions can result in significant reductions in blood glucose and insulin levels, insulin resistance, weight and waist circumference for community members with prediabetes. Improvements in BMI, waist circumference and body fat, and dietary outcomes were seen in Latinos with prediabetes or obesity. By promoting community education on nutrition, physical activity, weight management, and by providing social support, CHWs can augment existing programs that serve to help patients with prediabetes manage their health.

CHWs have demonstrated the potential to be effective members of care teams, promoting other aspects of patient health, such as increased diabetes knowledge, medication adherence, and self-care behavior. In its 2009 Position Statement on Community Health Workers in Diabetes Management and Prevention, the American Association of Diabetes Educators (AADE) supported the role of CHWs in serving to bridge the gap between the health care system and people with and at risk for diabetes, particularly in underserved communities. In 2015, the AADE further recommended that diabetes educators acknowledge and support the role of the CHW in primary and secondary diabetes prevention. The Community Preventive Services Task Force recommends engaging CHWs in diabetes prevention, including with DPP classes.

The Michigan Department of Health and Human Services (MDHHS) has recently been engaging CHWs to work with local health care providers to establish systems to identify patients with prediabetes and refer to DPCP and other community resources. Many agencies employ CHWs to lead DPP classes, too. And MiCHWA continues to work to integrate CHWs into Michigan's health and human service systems so they can better support individuals with prediabetes and their communities services worker, and community health worker.

To learn more about Community Health Workers go to www.michwa.org.

UPCOMING EVENTS

- **Grand Rapids Regional Training Event**
Lifestyle Coach Training - October 6 & 7
Facilitating Change in Small Groups - October 9 & 10
- **Michigan Diabetes Prevention Network Meeting**
Thursday, October 12 12-3pm at the Michigan Public Health Institute 2436 Woodlake Circle Suite 300 Okemos, MI 48864
- **Y Leaders Conference**
Join in the fun at this great conference (please note new day and month) - Monday, October 30 at the Lansing Center. Register at miymcaleaders.org/2017
- **Future Trainings**
Lifestyle Coach Training - TBD, Jan/Feb in west Michigan LIVESTRONG at the YMCA - December 8 & 9, Southwest Michigan YMCA

UPDATES

Diabetes Awareness Month
The 2017 National Diabetes Awareness Month materials (key messages, press release, and social media blurbs) are now available for your use and can be found on the YMCA's DPP Web Community. Please feel free to share these resources with your marketing and communications teams. We look forward to hearing from you about the events and activities taking place in your community during National Diabetes Awareness Month, so please share with your Technical Advisor or post your ideas to the YMCA's DPP web community discussion board!

Michigan Leader's Conference

Join your fellow Y colleagues for our annual Michigan Leader's Conference on Monday, October 30th at the Lansing Center. Topics for staff providing Healthy Living programs include: Health Equity 101, Creative Community Programming, Revitalizing Membership Through Group Exercise Programs, and Health & Wellness Peer Network Meeting. Our Regional Training Manager and Training Partner Y staff, Laura Meverden, Cathy Kloster, and Monica Turner will be providing one-on-one leadership development counseling; sign up at the check in table to take advantage of this opportunity.