

BUILDING A HEALTHIER MICHIGAN



State Alliance of Michigan YMCAs
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THE LATEST INFORMATION ON EVIDENCE-BASED PROGRAMS AND PARTNERSHIPS

MICHIGAN TO RECEIVE COMMUNITY INTEGRATED HEALTH AWARD

The State Alliance of Michigan YMCAs is proud to announce that it has been selected by the YMCA of the USA (Y-USA) to facilitate a statewide collaboration of community-based organizations and health care systems working to advance a Culture of Health. The Michigan Alliance, along with three other YMCA State Alliances, (Tennessee, Washington State, and Massachusetts) will deepen national understanding of the field of community integrated health, and how clinical and community-based organizations can work more closely to improve health outcomes across communities.

"The Y has a presence in more than 10,000 communities across the United States, and is one of the few community-based organizations with the ability to scale programs that take health care out of the clinic and directly to the people who need it most" said Matt Longjohn MD MPH, National Health Officer at the YMCA of the USA. "To improve lifestyle health and health outcomes, the Y is helping to lead the transformation of health and health care from a system largely focused on treatment of illnesses to a collaborative community approach that elevates well-being, prevention and health maintenance."

In partnership with the Robert Wood Johnson Foundation (RWJF), Y-USA is supporting an effort to help local YMCAs, State Alliances, and other non-profit community based organizations, to become more integrated into our nation's changing health care system. Community Integrated Health (CIH) aims to intentionally strengthen the relationships between traditional health care systems and community-based organizations, like the YMCA, in order to help all community members live their healthiest lives. By studying and developing the field of Community Integrated Health, state Alliances will help YMCAs and other community-based organizations build capacity for evidence-based chronic disease prevention services, foster equity in their communities, better collaborate with local partners, assist individuals in navigating health choices, share physical spaces with other health care resources, and comply with health regulations.

With support from RWJF, Y-USA is funding the four state YMCA Alliances in advancing the following national goals:

- Build on previous Healthier Communities work to inform and advance Community Integrated Health practices at the national, state and local levels.
- Align health-promoting advocacy and activities at the local and state level with national strategies for capacity building, health equity, collaboration, clinical integration, and evidence-based health interventions.



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Award, continued

- Develop collaboration best practices to advance the field of Community Integrated Health.
- Facilitate growth and development of state-level infrastructure and networks that will test, inform and begin to spread CIH strategies, programs and practices within the Y movement.
- Inform and provide content that will be featured in a national Community Integrated Health conference.

Fran Talsma, Executive Director of the State Alliance says "This grant will support statewide collaboration among our Ys and other valued partners to strengthen connections between community based organizations and traditional health care systems to prevent chronic disease and create a healthier Michigan."

About the State Alliance of Michigan YMCAs There is no other Michigan nonprofit quite like the Y. The Y is a community-based association of people committed to nurturing the potential of youth, promoting healthy lifestyles and fostering social responsibility to ensure that every individual has access to the essential resources needed to learn, grow, and thrive. Anchored in over 70 communities across our state, the Y has the long-standing relationships and physical presence not just to promise, but also to deliver lasting personal social change. We know that when we work as one, we can move people and communities forward. That's why we are committed to providing support to our neighbors and opportunities for kids, adults and families to learn, grow and thrive.

About the Y The Y is one of the nation's leading nonprofits strengthening communities through youth development, healthy living and social responsibility. Across the U.S., 2,700 Ys engage 22 million men, women and children – regardless of age, income or background – to nurture the potential of children and teens, improve the nation's health and well-being and provide opportunities to give back and support neighbors. Anchored in more than 10,000 communities, the Y has the long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change. www.ymca.net

About the Robert Wood Johnson Foundation For more than 40 years the Robert Wood Johnson Foundation has worked to improve health and health care. We are working with others to build a national Culture of Health enabling everyone in America to live longer, healthier lives. For more information, visit www.rwjf.org. Follow the Foundation on Twitter at www.rwjf.org/twitter or on Facebook at www.rwjf.org/facebook.

UPCOMING EVENTS

- **State Advocacy Days**
May 1 & 2 in Lansing, MI
- **Regional Training Event: Ann Arbor, MI**
Introduction to Leading Others - May 9 & 10
Leading & Coaching Others - May 15
- **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**
Registration is open for the Statewide EnhanceFitness meeting on June 22nd, 2017 in Lansing, MI. Coordinator's meeting starts at 9am.
- **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 or 734-660-0443

UPDATES

Senator Peters and the Y

Recently staff from locals Y's sat down with policy officials from Senator Gary Peters office to discuss the YMCA's Diabetes Prevention Program and it's importance to the health of our state and country. The main goal was to communicate need for this work in Michigan, the support we receive, technical or otherwise, from Y-USA, and the challenges we face both as individual Y providers and as a state alliance. Future round table meetings with Senator Peters, his staff, and other NDPP vendors have been planned.

New Features on LCDC

A May 4th upgrade to LCDC introduced some exciting improvements to the system for students, trainers and training managers. Key highlights include a new feature that allows students to delegate course payments to a training manager, as well as the ability to easily register for all components of some certifications. Also, local trainers now are able to register staff at their Y for a class they are training, and additional bulk purchase functionality offers discounted fees to YMCAs for some online learning. For full details about the upgrade, visit the LCDC Exchange page.

Virtual Learning Now Available on the LCDC

A new type of training will give Y staff more options for high-quality and convenient learning. Virtual instructor-led training (vILT) combines the interactivity of a live classroom with the convenience of a webinar to create a real-time learning experience that staff can join from their workspaces. See how it works and learn more on Exchange. vILT classes are a great way to continue to develop Y staff.