

BUILDING A HEALTHIER MICHIGAN



State Alliance of Michigan YMCAs

www.michiganymca.org

#MIYMCA

THE LATEST INFORMATION ON EVIDENCE-BASED PROGRAMS AND PARTNERSHIPS



CASTING A WIDER NET

As your Y becomes more connected to initiatives and partners in your community, you have likely noticed these efforts often extend beyond your Y's service area. Since external partners do not tend to differentiate between Y associations, its critical communication between Ys in any given region is frequent in order to be seen as a movement.

If you desire to expand the reach of your program and collaborate with a neighboring Y who is not delivering the program, you must have a signed shared service area agreement in place. Such an arrangement allows both Ys to develop a legal document specifying geographic coverage, staffing, marketing, HIPAA considerations, and roles and responsibilities.

Currently 27 associations have shared service area agreements expanding program coverage to 44 communities. Three of these Ys shared their experience:

Continues on page 2

IN THIS ISSUE

Casting a Wider Net

Program Update

Upcoming Events

Budget Friendly Groceries

Did You Know?

Healthy Family Home - Go Outside

Get Involved!

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

Leverage for partnerships: These types of arrangements are hugely beneficial when expanding the reach of the program, creating leverage for engaging new health care and payor partners.

Staffing: It's important to designate a "liaison" role for someone at the non-provider Y who truly understands all aspects of the program (content, HIPAA, etc.). Determine what type of training the liaison may need in order to truly feel comfortable speaking about the program with partners and potential participants, including an understanding of healthy living principles and how this work fits into larger strategic priorities. Additionally, the provider Y Program Coordinator must have a significant role in identifying Lifestyle Coaches.

Communication: To ensure consistency and adherence to national marketing and promotion guidelines, a comprehensive understanding with strict parameters must be discussed and agreed upon.

Program performance and accountability: Because the provider Y is held accountable for program outcomes delivered within the non-provider Y's service area, be sure to address accountability early on and spell it out on the agreement, including classroom observations for quality assurance.

Timing: It's important to assess capacity at both Ys, financial variables, and senior leadership and board support in developing a timeline.

In this program, our work directly impacts Y's in Michigan. By joining forces to spread the YMCAs Diabetes Prevention Program, we are able to develop partnerships the statewide partners. These partnerships will in turn lead to long term sustainability. If your Y is interested in hosting or providing the YMCA's Diabetes Prevention Program in community that is not currently involved with the program please contact Jen Nicodemus to learn about next steps.

UPCOMING EVENTS

- **Diabetes Prevention Network Meeting** in Okemos on July 28 from 1 to 4pm, please register online at: midiabetesprevention.org
- **LIVESTRONG® at the YMCA** Training in Grand Rapids on September 29 & 30, registration opens July 11th
- **YMCA's Diabetes Prevention Program** Training in Grand Rapids on October 3 & 4, registration opens July 11th
- **Enhance®Fitness** Training in West Michigan, information coming soon!
- **Moving for Better Balance** Training in West Michigan, information coming soon!
- **Michigan YMCA Leaders Conference** Save the date for this great conference! Wednesday, November 2 in Lansing

PROGRAM UPDATE:

Sixteen months ago, we had **12** Y's involved with Healthy Living programs, specifically:

- **6** providing Enhance®Fitness
- **7** providing the YMCA's Diabetes Prevention Program
- **2** providing Moving For Better Balance
- **6** providing LIVESTRONG® at the YMCA
- **1** providing Blood Pressure Management

We knew we could do more and the Michigan Health Endowment Fund provided the opportunity to expand. Michigan Y's were able to take on new programs, create strategic plans to develop partnerships with employers and the medical community, and bring programs out of the Y and directly to the community members we serve.

Highlights of our work include: the YMCA of Metro Lansing's opportunity to take ownership of EnhanceFitness classes from a retiring provider; the Bay City Family YMCA taking on four new programs within one year; the YMCA of Greater Kalamazoo's work developing a referral system with Bronson Hospital; and nine Y's new to Healthy Living programs. Every Y has a story of their work with these programs, and through our shared learning we have honed our skills and found opportunities for growth.

Currently we have **21** Y's involved with Healthy Living programs, specifically:

- **15** providing EnhanceFitness
- **11** providing the YMCA's Diabetes Prevention Program
- **8** providing Moving For Better Balance
- **9** providing LIVESTRONG at the YMCA
- **7** providing Blood Pressure Management

It has been an exciting time for Michigan Y's, and we are so appreciative of the work our Y's have accomplished. Keep up the great work!!

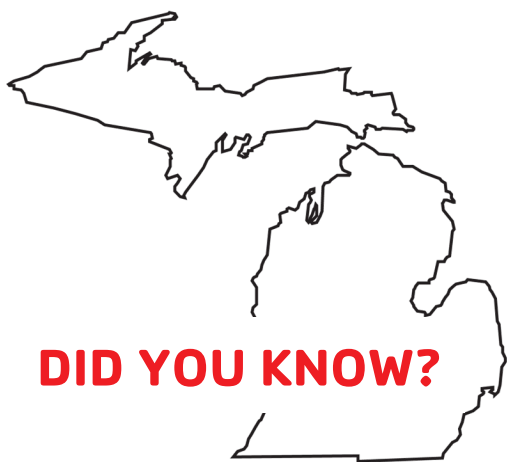
Fran Talsma and Jen Nicodemus

BUDGET FRIENDLY GROCERIES

When many families think of healthy grocery shopping they often imagine spending a fortune at a high-end food market or stocking up on the latest health food fad of the day. While some folks may be impressed by the label on a shopping bag or by designer diets, real families should not have to spend a lot of money just to shop and eat healthy. Investing a modest amount of time in meal and shopping planning can make a difference in a family's bank account and healthy eating habits. Check out these helpful tips to encourage families bring healthier habits home:

- Set a weekly food budget and keep track of spending. Keep grocery receipts and review how money is spent: track what you really spend or what percentage of expenses go toward non-essential items.
- Avoid "panic shopping" or shopping while hungry. It's easy to give in to packaged foods, 'treats' for cranky kids and overspending.
- Engage the family in making a food plan and developing a weekly menu. Seek healthy alternative recipes to family favorites – reduce salt intake, switch to whole grain pasta, add pureed veggies. Remember to budget for fun like dinner out or a trip for ice cream. Knowing that a family 'treat' is scheduled for Friday can limit impulses during the week.
- Prepare a shopping list by categories and in order of sections of your usual store. Start in the produce aisle and move through the perimeter of the store. Venture only to the inner aisles for specific items like canned fruit and vegetables or multigrain pasta. In short, wandering equals impulse buys.
- Allow time to compare prices of various labels and package sizes. A few minutes spent checking the math in the aisles can add up to meaningful savings in the checkout lane.
- As a rule, the more families 'make,' the more they 'save' and are able to eat more healthfully. That means preparing meals for the day, later in the week, or to freeze for later in the month instead of cooking more expensive convenience foods that tend to be higher in fat and sodium.

For more information go to yexchange.org and search 'healthy family home'.



- The North Country National Scenic Trail, longest national scenic trail in the US, covers over 1150 miles in Michigan
- The trail enters Michigan in Hillsdale County and exits through Gogebic County
- If you complete 100 miles of hiking on the trail in 2016 you can earn a special patch
- When hiking: wear good shoes or boots, and bring extra food, water, and clothing.
- Always practice Leave No Trace principles when participating in outdoor activities

www.northcountrytrail.org

HEALTHY FAMILY HOME

GO OUTSIDE:

So many good things happen when kids go outside and play. Recent studies point to the mental and physical benefits of being active outdoors and regular contact with nature.

Introduce children to nature:

A growing body of research is pointing to the fact that time spent in contact with nature is good for everyone, but that it is particularly important to the healthy development of children.

Mix in some outside:

As you work to eat healthy, play every day and get together, try to set goals to do all three of them outside whenever possible. Doing so will give you the added benefits of the outdoors. You'll feel the difference!

Protect the right to play:

Children benefit greatly from unstructured play. Find ways to make your kids' lives a little less busy so they have opportunities to play freely.



GET INVOLVED!

Designing Healthy Environments at Work

A healthier workforce can lower health insurance costs and worker's compensation claims and increase productivity. The Designing Healthy Environments at Work (DHEW) is a no-cost online resource for worksites looking for ways to support employee health. This online platform is available to all Michigan worksites no matter the size of the workforce.

The online tools span 5 points in the continuous improvement cycle:

1. Access and Evaluate - "Take the temperature" of your worksite by using the DHEW assessment tool and the Employee Interest Survey. Use and reuse the DHEW and survey to gauge progress and changing workforce needs.
2. Get Actionable Feedback - Assessing is useful only if it provides feedback that can be used to make improvements. Review the DHEW Feedback Report to find out how well your worksite is doing at achieving best practices in these four areas: worksite health infrastructure, physical activity, healthy eating and tobacco free lifestyles.
3. Plan and Prioritize Actions - Use the feedback from the assessments and surveys to plan actions that make a difference and that can be realistically executed.
4. Take Action and Document - Put your plan into action, documenting your efforts for future reference and making adjustments as needed to accomplish your goals.
5. Measure and Share Results - Having concrete measurements of the results of your efforts help in further fine tuning. Seeing measurable improvements and sharing successes sustain momentum and generally increase energy and investment in health related initiatives.

Use the Designing Healthy Environments at Work tool as a starting point for greater collaboration between Y's and local employers. To learn more about this worksite assessment platform go to www.mihealthtools.org/work.

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.

