

# BUILDING A HEALTHIER MICHIGAN



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

THE LATEST INFORMATION ON EVIDENCE-BASED PROGRAMS AND PARTNERSHIPS

## KEY MESSAGES FOR GREAT COLLABORATIONS

When Y's work together everyone wins. Collaborations are the spirit and intent of coming together to combine resources (personnel, image, brand, financial resources) to enhance and/or expand programmatic and administrative resources to build capacity and elevate impact in your communities. Keep these 10 key messages in mind on your next (or current!) collaborations:

1. Leadership...both volunteers and Y leadership staff, must embrace collaboration as a business strategy for it to be successful.
2. Embrace change in order to think differently, to act differently and to generate different results.
3. As a cause driven leader, build a new relationship – by introducing yourself to the board and staff at a neighboring YMCA, offering your assistance, helping each other be successful.
4. Leverage your assets to do more, to create more impact and capitalize on the human assets of our work.
5. Choose your collaboration versus having it dictated by an outside force (bank, other vendor, etc.).
6. Trust is the foundation of collaboration and without it the collaboration is sure to fail.
7. Overcome fears and barriers by accepting ambiguity and differences.
8. Win/win can be achieved, but the wins are rarely equal. Success is measured by impact, not equality.
9. Respect the pace of others. Push your own pace.
10. We each have a bright spot that can be the catalyst of collaboration for another organization that is seeking your bright spot.

## MICHIGAN HEALTH TOOLS

The Michigan Healthy Communities Collaborative, comprised of partner organizations throughout Michigan, has developed online assessments and websites to help promote and support better health for Michigan citizens – in communities, at work, at school and in places of worship. Use these tools to understand how you can make a greater impact on local partners:

- Community Coalition Assessment
- Designing Healthy Environments at Work
- Healthy Community Checklist
- Healthy Schools Action Tool
- Michigan Healthy Childcare
- Nutrition Environment Assessment
- Promoting Active Communities
- School Success Stories
- School Wellness Award
- Smoke Free Community Assessment
- Walk by Faith - Promoting Healthy Congregations

Assessment tools can be found at <http://www.mihealthtools.org>

# THE Y TAKES ON TOBACCO

What is tobacco cessation? Tobacco cessation is the process of discontinuing the use of tobacco. Tobacco contains nicotine, which is addictive, making the process of quitting often very prolonged and difficult.

Why does it matter to the Y? Smoking is the leading cause of death worldwide. When a person stops smoking it significantly reduces the risk of death caused by tobacco related diseases such as heart disease and lung cancer. 1 in 5 or 20% of American adults and teenagers are smokers. More people in the U.S. are addicted to nicotine than to any other drug, and more than half of the country's tobacco smokers have reported a desire to quit.



Tobacco smoke contains more than 7,000 chemicals, many of which are harmful and can cause cancer. More than 20 million Americans have died as a result of smoking in the last 50 years, and 8.6 million people are currently living with a serious health condition directly related to smoking. On average, a smoker's life expectancy is reduced by 10 to 14 years. Frequent exposure to secondhand smoke increases the risk of lung cancer by up to 30% in nonsmokers. Secondhand smoke is responsible for nearly 42,000 deaths in the United States each year. Smoking cessation can greatly reduce risks of disease and early death.

To learn how the Y is addressing this concern, search 'tobacco cessation' on [yexchange.org](http://yexchange.org)

## UPCOMING EVENTS

- **Monthly Statewide EBHI Conference Call**  
Join Michigan YMCAs in a monthly discussion of topics related to EBHIs. Dial in the second Tuesday of each month at 11am. 1-877-361-4628, 931 008 9853#
- **Statewide EnhanceFitness Meeting**  
Registration is open for the Statewide EnhanceFitness meeting on June 14th, 2018 at Lansing Community College West.
- **DPP Leaders Meeting:**  
Active YMCA's Diabetes Prevention Program leader will convene on Tuesday, June 26 from 9-11am at the Downtown Lansing YMCA
- **Michigan Diabetes Prevention Network Meeting**  
Tuesday, June 26 12-3pm at the Michigan Public Health Institute 2436 Woodlake Circle Suite 300 Okemos, MI 48864

## UPDATES

### **Y-USA Offers Webinars on Hiring Staff**

Find the best people for your teams with updated hiring tools from Y-USA. Founded in the Leadership Competency Model, the tools can help you identify those with the competencies needed to succeed in the Y. Find the resources on Exchange and register for these upcoming hiring webinars: *How to Hire Cause Driven Leaders* and *Lessons Learned in Hiring* (July 24th, 11am Central).

### **MDHHS and State Alliance apply for 1815 Grant**

The Michigan Department of Health and Human Services is collaborating with the State Alliance of Michigan YMCAs to apply for a federal grant. The 1815 Grant will expand, in select communities, the Blood Pressure Self-Monitoring Program and continue support for the YMCA's Diabetes Prevention Program. More to come on this great opportunity.

### **Y-USA Allows Michigan Y's to Pilot Group-Based BPSM**

Eight Michigan YMCAs are now eligible to provide the Blood Pressure Self-Monitoring Program, which is offered as a one-on-one experience. A group approached, currently in development, will maintain many of the existing program requirements, but will bring participants together weekly for discussion and physical activity. The end goal is to increase enrollment, participation and program adherence while decreasing expenses.