

#MIYMCA

HEALTHY LIVING



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

State Alliance of Michigan YMCAs

July 2015

BUILDING A HEALTHIER MICHIGAN THROUGH EVIDENCE-BASED
PROGRAMS AND PARTNERSHIP



HOW TO BECOME A YMCA DIABETES PREVENTION PROGRAM PROVIDER

Become a YMCA'S Diabetes Prevention Program Provider!

Ys who wish to deliver the YMCA's Diabetes Prevention Program should visit Exchange to review program information and guidance on completing the program's Readiness Assessment. The next review period for Readiness Assessment submissions will begin **July 31, 2015**. See below for initial steps to becoming a program provider:

1. VISIT [Exchange](http://yexchange.org) yexchange.org
2. ATTEND a Readiness Assessment Technical Assistance Webinar—next one scheduled for **July 8, 2015** at **12PM ET**
3. OBTAIN access to Easygrants
4. CONTACT Y-USA with questions at ymcadpp@ymca.net

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ENJOY THIS ISSUE?

Feel free to share this newsletter with anyone who you think may find it useful.

QUESTIONS, COMMENTS, IDEAS?

Contact:

Fran Talsma, Executive Director
State Alliance of Michigan YMCAs
ftalsma@michiganymca.org

Use the **#MIYMCA** hashtag to connect your Michigan YMCA on social networks

Visit the new Michigan State Alliance of YMCA website
www.michiganymca.org

ENHANCE®FITNESS STATEWIDE CONFERENCE



The **Michigan Department of Health and Human Services** hosted the 2015 Annual Statewide Enhance®Fitness Conference. Over 40 YMCA leaders from around Michigan participated in this year's sellout conference.

Thank you to the YMCA of Metropolitan Lansing for hosting an instructor training in conjunction with the conference.

A key theme from this year's event was connection with all of the agencies in your region who are providing the Enhance®Fitness program. Look for regional meetings around the state in the coming months to connect all Enhance®Fitness providers in your area.

Remember to register early for the 2016 conference!

THE ROLE OF COMMUNITY ACTION BOARD (CAB)

Implementing an evidence based program requires partnership and community involvement. Designing an effective Community Action Board is a critical step to success.

Goals for YMCA's Diabetes Prevention Program CAB members:

- **Serve as ambassadors for and advocates of diabetes prevention in general, and YMCA's Diabetes Prevention Program in particular.**
- **Identify other diabetes prevention efforts in the community.**
- **Identify and develop local data around community health and the incidence of diabetes.**

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CAB

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- **Identify potential venues and channels through which to reach individuals at risk for type 2 diabetes, recruit them onto the CAB, or refer them as participants in YMCA's Diabetes Prevention Program.**
- **Identify and recruit other potential members to the CAB.**

Getting Started

- **Speak with your Y Board members.**
- **Present at a board meeting and describe the YMCA's Diabetes Prevention Program and the CAB.**
- **Ask them to brainstorm people they know in the community that could be approached about participating on the CAB.**

STATE ALLIANCE OF MICHIGAN YMCAS LEADERSHIP UPDATES:

Health Innovation Consultant Andi Crawford will be leaving the State Alliance of Michigan YMCAs in July 2015 and moving on to other projects.

The State Alliance of Michigan Ys thanks Andi for her work building the capacity of Michigan YMCAs to deliver the portfolio of Healthy Living evidence based programs, and welcomes the Health Innovations staff of the Ann Arbor YMCA to our team.

The Ann Arbor Y staff will provide technical assistance to the Ys in our efforts to implement DPP. In addition to the work with the 1422 grant, any Michigan Y interested in building capacity to deliver YDPP is encouraged to reach out for a consultation.

For more information please contact **Diane Carr, Vice President of Program and Community Development**, at the Ann Arbor YMCA at dcarr@annarborymca.org or **Fran Talsma, Executive Director** at the State Alliance of Michigan at ftalsma@michiganymca.org.



HEPA HIGHLIGHT: EXPLORE THE STANDARDS

PHYSICAL ACTIVITY:

Provide opportunities for moderate-to-vigorous physical activity for at least **30-60 minutes per day in half-and full-day programs**, respectively. Provide daily opportunities for infants to freely explore their indoor and outdoor environments under adult supervision. Engage with infants on the ground each day to optimize adult–infant interactions. Provide daily tummy time, or time in the prone position, for infants less than 6 months of age. Take active play outdoors whenever possible, for all ages.

WHY?

PHYSICAL ACTIVITY HELPS CHILDREN OBTAIN AND IMPROVE FINE AND GROSS MOTOR SKILL DEVELOPMENT, COORDINATION, BALANCE AND CONTROL, HAND-EYE COORDINATION, STRENGTH, DEXTERITY, AND FLEXIBILITY.

PHYSICAL ACTIVITY IS AN ESSENTIAL COMPONENT OF A HEALTHY LIFESTYLE. IN COMBINATION WITH HEALTHY EATING, IT CAN HELP PREVENT A RANGE OF CHRONIC DISEASES, INCLUDING HEART DISEASE, DIABETES, CANCER, AND STROKE.

ADULTS WHO ENGAGE IN OUTDOOR ACTIVITIES MOST LIKELY BEGAN DOING SO BETWEEN THE AGES OF 5 AND 18. OUTDOOR ACTIVITIES CAN BE ENJOYED IN A VARIETY OF LOCATIONS, ARE OFTEN LESS EXPENSIVE THAN INDOOR ACTIVITIES, AND CAN FOSTER LIFELONG ACTIVITY.



YUSA HEALTHY LIVING STRATEGIC PLAN

IMPROVING THE NATION'S HEALTH AND WELL-BEING

- **PREVENTING AND MANAGING CHRONIC CONDITIONS INCLUDING YOUTH AND ADULT OBESITY**
- **ADDRESSING THE NEEDS OF AN AGING POPULATION**
- **ADDRESSING HEALTH INEQUITY AMONG PEOPLE OF DIFFERENT POPULATIONS**

