

#MIYMCA

HEALTHY LIVING



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

State Alliance of Michigan YMCAs

April 2015

BUILDING A HEALTHIER MICHIGAN THROUGH EVIDENCE-BASED PROGRAMS AND PARTNERSHIP



MAY IS ARTHRITIS AWARENESS MONTH

Michigan YMCAs have been partnering with the Michigan Department of Community Health since 2007 to implement and expand the Enhance®Fitness program throughout Michigan. Karen McCloskey, Arthritis

IN THIS ISSUE

Arthritis Awareness Month: A message from our partners at the Michigan Department of Community Health Arthritis Program.

YMCA's Diabetes Prevention Programs Summary

Grand Rapids YMCA featured at MI Diabetes Prevention Spring Network Meeting

Michigan Enhance®Fitness Week

YMCA's Diabetes Prevention Program & Enhance®Fitness Monthly Support Calls

ENJOY THIS ISSUE?

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

QUESTIONS, COMMENTS, IDEAS?

Contact Andi Crawford
Health Innovation Consultant
Michigan State Alliance of YMCAs
acrawford@michiganymca.org

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

Continues next page — Arthritis Awareness Month

Program Coordinator for the Michigan Department of Community Health (and member of the YMCA of Metropolitan Lansing) shares this information with us as we prepare for Arthritis Awareness month:

May is Arthritis Awareness Month. Arthritis is common (31% of adults in Michigan have it) but there are ways to manage it that allow you to decrease pain, improve function, stay productive, and lower health care costs. Here are a few things that you can do:

Learn self-management strategies – Sign up for a Personal Action Toward Health (PATH) workshop. You will develop skills and confidence to manage your arthritis and your health in general. PATH is for people with any type of chronic health condition. To find a workshop near you, please visit www.mihealthyprograms.org.

Be Active—Research has shown that physical activity decreases pain, improves function, and delays disability. Make sure you get at least 30 minutes of moderate physical activity at least 5 days a week. You can get activity in 10-minute intervals. Enhance@Fitness is a group exercise program that can help you to be active. To find a class near you, please visit www.mihealthyprograms.org.

Watch Your Weight—The prevalence of arthritis increases with increasing weight. Research suggests that maintaining a healthy weight reduces the risk of developing arthritis and may decrease disease progression.

See Your Doctor—Although there is no cure for most types of arthritis, early diagnosis and appropriate management is important, especially for inflammatory types of arthritis.

Protect Your Joints—Joint injury can lead to osteoarthritis. People who experience sports or occupational injuries, have jobs with repetitive motions like repeated knee bending, have more osteoarthritis. Avoid joint injury to reduce your risk of developing osteoarthritis.

To learn more about the benefits of physical activity for people with arthritis, please visit http://www.cdc.gov/arthritis/pa_overview.htm.



YMCA'S DIABETES PREVENTION PROGRAM

PROGRAM OVERVIEW

The YMCA's Diabetes Prevention Program helps adults at high risk of developing type 2 diabetes reduce their risk for developing the disease by taking steps that will improve their overall health and well-being.

Research by the National Institutes of Health has shown that programs like the YMCA's Diabetes Prevention Program can **reduce the number of new cases of type 2 diabetes by 58%, and 71% in adults over the age of 60.**

DESCRIPTION

☐ One-year program – 16 weekly sessions, then monthly sessions

☐ Small group, supportive environment

☐ Classroom based – Can be offered in any community setting

☐ Learn about healthier eating & increasing physical activity to reduce risk.

GOALS

☐ Reduce body weight by 7%

☐ Increase physical activity to 150 minutes per week



Continued from page 2 – YMCA's Diabetes Prevention Program

WHO QUALIFIES

- ☐ Adults 18+
- ☐ Overweight (BMI >25)
- ☐ At risk for or have been diagnosed with PREDIABETES via a blood test with one of the following results:
 - Fasting Plasma Glucose between 100–125 mg/dL
 - 2-hour Plasma Glucose between 140–199 mg/dL
 - A1c between 5.7% and 6.4% – Or a previous diagnosis of gestational diabetes – If a blood test is not available, a qualifying risk score based on a combination of risk factors— family history, age, etc.

MICHIGAN DIABETES PREVENTION NETWORK HIGHLIGHTS YMCA OF GREATER GRAND RAPIDS

Thank you to leaders from the **YMCA of Greater Grand Rapids** who presented their YMCA Diabetes Prevention Program at the Spring Statewide Diabetes Prevention Network meeting. This work to implement and expand this program through partnerships throughout West Michigan is demonstrating how powerful the Y Movement can be in addressing chronic disease.

The YMCA of Greater Grand Rapids has received the Michigan Department of Community Health 1422 grant to support implementation of population-wide and priority population approaches to prevent obesity, diabetes, heart disease and stroke among adults and to reduce health disparities in these areas. Congratulations and we look forward to celebrating your success!

Michigan Enhance®Fitness Week

The Michigan Department of Community Health will host the annual Michigan Enhance®Fitness Conference on **Tuesday, June 16th** in Lansing at the LCC West campus. This event is appropriate for all Enhance®Fitness current & future Instructors and Coordinators.

In conjunction with the conference, the Greater Lansing YMCA will host the required trainings for Enhance®Fitness instructor certification:

Healthy Lifestyle Principles	Tuesday 6/16	5:00pm-9:00pm
Foundations of Group Exercise	Wednesday 6/17	9:00am-5:00pm
Enhance®Fitness Instructor	Thursday 6/18	9:00am-5:00pm

Registration details soon!



Building Healthy Eating and Physical Activity Champions (HEPA): Prep for a Healthy Summer

Supporting Professional Development

Y-USA has developed a HEPA Practice & Policy workshop series to support you and your team's professional development. This workshop will help develop a strong foundation to effectively engage kids, staff and families in the HEPA standards. This free workshop should be delivered by a staff member who is well-versed in the HEPA standards and has completed a thorough review of all workshop components.

Delivering High Quality Workshops

These workshops are designed to allow maximum flexibility to meet your Y's unique needs. Deliver the full workshop in 4–6 hours or divide it up into smaller modules, approximately 45 minutes to an hour, depending on time allocated for discussions.

Please visit Y Exchange to learn more or contact:

Lauren Marciszyn
lauren.marciszyn@ymca.net

Follow her on Twitter @LMarciszyn

Share your HEPA victories at #HEPACHampions

Discover great ideas on Pinterest at HEPASTandards

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**

Get connected with monthly network calls!

YMCA Diabetes Prevention Program

coordinators call 1st Thursday of each month at 10:00am

Enhance@Fitness

coordinators call 1st Thursday of each month at 1:00pm

Whether your YMCA is in the planning phase for these programs or well into delivery, we can all learn together. Connect with colleagues across Michigan, State Alliance Leadership, & YUSA support.

Call in information:

(866)554 8472

Password 4410595828

