

# THE Y'S HEALTHY LIVING FRAMEWORK



Impacting  
**INDIVIDUALS**

Impacting  
**FAMILIES**

Impacting  
**ORGANIZATIONS**

Impacting  
**COMMUNITIES**

Impacting  
**SOCIETY**

To  
**PROMOTE  
WELLNESS**  
(Primary)

To  
**REDUCE  
RISK**  
(Secondary)

To  
**RECLAIM  
HEALTH**  
(Tertiary)

	Impacting INDIVIDUALS	Impacting FAMILIES	Impacting ORGANIZATIONS	Impacting COMMUNITIES	Impacting SOCIETY
	Personal Training		Board Diversification	Built Environment	Advocacy and Policy Change for Childhood Obesity Prevention
	Group Exercise	Family Camp	Early Childhood and After-School HEPA Standards	Access to Fresh Fruits & Veggies	
	Adventure Guides	Youth Sports		Safe places for active play	Community Development
	Aquatics				
	Wellness Centers				
	Brain Health		Competencies for CHWs		
		Diabetes Prevention		Worksite Wellness	
	Smoking Cessation	Falls Prevention	Health Navigation	Tobacco-free Environments	Access to Care
					Medicare Coverage of Diabetes Prevention
	Blood Pressure Self-Monitoring	Childhood Obesity Intervention	ACO and PCMH Involvement	Commercial Insurance Reimbursement for Prevention	Payment Reform
	Diabetes Support	Cancer Survivorship	Referral Systems		Cancer Disparities
	Cardiac Rehab	Parkinson's Therapy			
	Arthritis Management				

**MEMBERSHIP**