

BUILDING A HEALTHIER MICHIGAN



State Alliance of Michigan YMCAs

www.michiganymca.org

#MIYMCA

THE LATEST INFORMATION ON EVIDENCE-BASED PROGRAMS AND PARTNERSHIPS



INVESTING IN MICHIGAN'S HEALTH

Diabetes is not a problem in the United States, it's an epidemic. More than 29 million people in the U.S. have diabetes. This is up from 26 million in just 2010. This is alarming, but what's more astounding is the number of adults with prediabetes—86 million. Unless these adults take steps to prevent or delay type 2 diabetes, most of them will develop this incurable disease within 10 years. Considering more than one in three U.S. adults have prediabetes, there's no doubt that a great number of these individuals reside in the community you serve. Together, we can help prevent the spread of diabetes by helping adults with prediabetes prevent or delay type 2 diabetes.

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

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ENJOY THIS ISSUE?

Please share this newsletter with anyone who 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 State Alliance of Michigan YMCA's website at www.michiganymca.org

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.

The program is designed for adults 18 years of age and older with a body mass index of 25 or greater. Individuals must have a diagnosis of prediabetes (via one of three blood tests or a previous diagnosis of gestational diabetes) or be at high risk for developing the disease based on a qualifying risk score. Participants are asked to commit to the program for one year (a total of 25 sessions), and will strategize about how to eat healthier and be more physical activity. Groups of 8 to 15 participants create a supportive environment that fosters accountability. Goals for this program are simple: reduce body weight by 7% and increase physical activity to 150 minutes per week. This program can easily be held in any community setting; tables, chairs, and privacy are all that is needed.

How can my Y get involved?

There are two options for a YMCA to get involved with the YMCA's Diabetes Prevention Program:

- 1) Apply to be a program provider.
 - Readiness assessments are now available on Easygrants and are due on February 29th, 2016. Work with local staff and community stakeholders to gather data to complete the assessment.
- 2) Partner with a current program provider.
 - Partnership with a current provider can benefit a Y in a number of ways including: staff training/mentoring, administrative support and guidance, community outreach, and overall best practices.
 - Partnerships are negotiated between the two YMCA's (with support from Y-USA and State Alliance staff).
 - Eight Michigan YMCAs provide the program already.

For more information about how your Y can get involved with this program please contact Jen Nicodemus at jnicodemus@michiganyymca.org

UPCOMING EVENTS

- **YMCA's Diabetes Prevention Program On-Boarding**
 - Readiness Assessment Technical Assistance Webinar: Tuesday, February 2, 2016 at 2pm EST. Register on yexchange.org
 - The readiness assessment submission deadline is February 29, 2016
- **EnhanceFitness Training**
February 20th at the Carls Family YMCA in Milford, MI
- **LIVESTRONG at the YMCA Training**
February 20 & 21 at the Niles-Buchanan YMCA in Niles, MI
- **Michigan Diabetes Prevention Network Meeting**
Thursday, March 31 1-4pm at the Michigan Public Health Institute
2436 Woodlake Circle Suite 300 Okemos, MI 48864
- **Moving For Better Balance Training**
April 8 & 9 at the Ann Arbor YMCA in Ann Arbor, MI
- **EnhanceFitness Trainer Academy**
April 12 & 13 at the Jackson YMCA in Jackson, MI
- **YMCA's Diabetes Prevention Lifestyle Coach Training**
April 21 & 22 at the Ann Arbor YMCA in Ann Arbor, MI

PROGRAM UPDATES

YMCA of Marquette County:

The YMCA of Marquette County provides several programs for individuals with chronic health conditions including the YMCA's Diabetes Prevention Program, LIVESTRONG at the YMCA, EnhanceFitness, and Moving For Better Balance.

EnhanceFitness is one program with which they have experienced great success. Four years ago they began a class at an assisted living center, but soon discovered a few challenges: limitations in data collection, unable to meet the 3 day/week requirement, etc. These challenges led to a greater commitment to the program goals, and more opportunities for community involvement. Some strategies used to create awareness around this program are: free class passes, finding program champions within the class, leading presentations within the community, and cross promotion of the program to other older adult programs within the Y.

Moving For Better Balance is the newest healthy living program offered in both Marquette and the West End branch. This program pairs well with EnhanceFitness and Pedaling for Parkinson's (a studio cycling class geared toward adults with idiopathic Parkinson's disease) both of which are offered at the Marquette location. While enrollment in this program is still growing, the staff in Marquette will continue to use the strategies learned while promoting EnhanceFitness. One additional recruiting technique they have put into practice will be to postpone the enrollment paperwork until after the participant has experienced a trial class.

PARTICIPANT SPOTLIGHT

"I'm a 74 year old woman from Monroe who has always been active, [but] in the last three years I was diagnosed with Rheumatoid Arthritis; it attacked my body with a vengeance. I was unable to lift small things, walk awhile, [and when] getting up and out of a chair I had to hold on something. I was becoming weaker. I kept trying to exercise at home and trying to walk a length, but with the pain of the arthritis I could not do even one fourth of what I have done in the past.

I started with chair yoga and that helped somewhat, and when [another EnhanceFitness class] started I was able to get in.

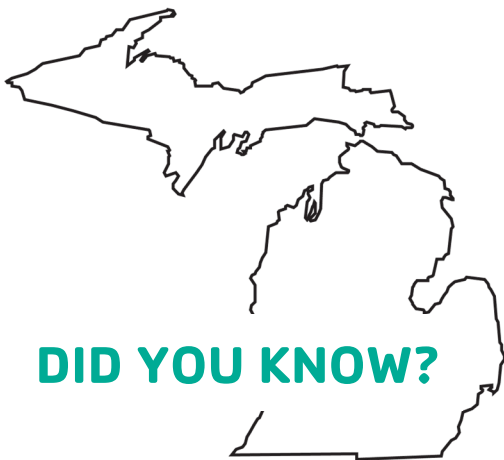
This has been the best thing; it is so wonderful. I have progressed so far I cannot believe it. My doctor is happy and so am I.

I am now able to get up and down in a chair repeatedly; strength in my arms and legs and my whole body feels much better. The exercise also helps with energy and I feel more energetic and positive. I cannot say enough good about this program.

I am so grateful for this program and pray that it continues; if I am unable to come for a week it is quite noticeable. I have to have this class to be able to keep moving and help decrease the pain.

Our instructor Michelle is outstanding: she pushes us, explains what we are doing, and she watches over the class if there are people with issues (knee surgery, diabetes, etc). Her eyes are always checking us out as well as leading us in our exercises."

Wonderful program, thank you!



- In 2010, \$10.2 billion was spent on heart disease related medical costs in Michigan
- In 2013, 34.6% of Michigan adults reported ever being told they have high blood pressure
- High blood pressure usually has no warning signs or symptoms
- Reduce your risk by eating a healthy diet, maintaining a healthy weight, not smoking, and being physically active; medication may be required for managing the condition

www.michigan.gov/mdhhs

HEPA STANDARDS

Whole Grains: Offer only whole grains, as determined by confirming that the first item listed in the ingredients contains the word whole (e.g., whole wheat, whole oats, whole-grain flour, whole brown rice).

WHY FOCUS ON WHOLE GRAINS?

- Whole grains contain the grain kernel, consisting of the bran, germ, and endosperm, in its entirety. Refined grains have undergone a process called milling that removes the bran and germ portion of the kernel, also removing vitamins, minerals, and dietary fiber.
- Whole grains are recommended for nutrient adequacy, disease prevention, and overall good health



U.S. Dept of Health and
Human Services
U.S. Department of
Agriculture

BUILD CONNECTIONS

A great way to build connections within the Y community is to become a trainer. Y-USA has an extensive training system that prepares staff and volunteers at all levels of our organization to be successful. The training system is designed and dependent upon experienced and knowledgeable staff who volunteer their time and are committed to educating, inspiring, and training others.

There are two pathways a Trainer Candidate can take to become a trainer. The *Traditional Pathway* consists of Trainer Candidates teaching sections of the class to participants along with the Faculty Trainer. The *Trainer Academy Pathway* consists of Trainer Candidates teaching sections of the class to other Trainer Candidates facilitated by a Faculty Trainer.

THE TRAINER CANDIDATE PROCESS

1. Select a course. Trainer Candidates should possess a high level of expertise and passion for the subject matter.
2. Satisfy all Trainer Candidate Prerequisites
 - Attend the course as a participant
 - Have three years of experience in the field relevant to the course for which you are applying to train
 - A history of successful teaching, facilitating or training groups are preferred
 - Complete the following trainings on the LCDC: Orientation to the YMCA Training System; Adult Learning Concept Course; Facilitation Skills for Trainers
3. Submit trainer candidate application online at least 30 days prior to the course.
4. The Trainer Candidate will be interviewed by a member of the Trainer Quality Team over the phone or in person.
5. If approved, the Trainer Candidate will be notified electronically and must then register for the course. The Faculty Trainer will communicate teaching assignments at least one week prior to the course, and include the Electronic Training Design and Trainer Candidate Packet.

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:
1-877-528-0783
Code: 931 008 9853#**

One call covers it all! Be ready to discuss all four health management programs, share stories and ask questions.

