

BUILDING A HEALTHIER MICHIGAN



State Alliance of Michigan YMCAs

www.michiganymca.org

#MIYMCA

THE LATEST INFORMATION ON EVIDENCE-BASED PROGRAMS AND PARTNERSHIPS



PARTNERING FOR PROGRESS

AN ACE UP OUR SLEEVE

Healthy living through physical activity is central to the Y's cause. The YMCA's Group Exercise programs are fun and interactive ways to engage members in activity and positively impact their health. Tailored to health seekers, group exercise classes provide a variety of experiences that are designed to engage individuals in a supportive group setting, enhancing social bonds and strengthening community.

The YMCA's Group Exercise instructors are highly trained to provide health seekers safe and effective exercise programs. Additionally, YMCA Group Exercise instructors facilitate connections within the class setting and create opportunities for storytelling 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 new State Alliance of Michigan YMCAs website: www.michiganymca.org

relationship building.

As part of its commitment to revitalizing membership, YMCA of the USA will be launching new health and wellness trainings in early 2016. A partnership between the Y and the American Council on Exercise (ACE) will enable Y staff to pursue revamped Y certifications in Group Exercise and Strength and Conditioning, as well as Coaching Behavior Change, a new Y certification.

ACE will provide Foundations of Group Exercise and Foundations of Strength and Conditioning courses for Y certifications through the ACE online training platform. These courses will be ready in early 2016. Coaching Behavior Change will be available later in 2016.

Three other Y courses—Orientation to Healthy Living at the Y, Foundations of Listen First, and Principles of Healthy Living—will complement the foundational courses from ACE and complete each certification. These courses will be available through the Learning and Career Development Center (LCDC). The free course Orientation to Healthy Living is currently available on LCDC. The total number of hours for all components remains the same at 12.

- Orientation to Healthy Living, \$0
- Foundations of Listen First, \$20
- Principles of Healthy Living and either Group Exercise OR Strength/Conditioning, \$30
- ACE Technical Component, \$75

As a result of these improvements, Y-USA will be retiring its existing training in Group Exercise and Strength and Conditioning by the end of 2015. Current certification holders should **review the frequently asked questions on www.yexchange.org/groupexercise** to determine next steps.

UPCOMING EVENTS

- **Moving for Better Balance** Training in Franklin, OH on October 10 & 11
- **Michigan Health Endowment Funding** The next round of funding opportunities goes live on October 15
- **Michigan Diabetes Prevention Network** The fall meeting will take place on October 28th from 1-4pm at The Michigan Public Health Institute, 2436 Woodlake Circle Suite 300, Okemos, MI 48864; register at www.midiabetesprevention.org
- **Michigan YMCA Leaders Conference** Thursday, November 12 in Lansing. Registration at <http://2015.ymcaleaders.org>
- **EnhanceFitness Trainings** November 2015, dates TBD
- **Moving for Better Balance** Now scheduling 2016 dates. If you are interested in hosting or sending staff to a training please let us know!

PROGRAM UPDATES

YMCA of Lenawee County:

In August, Lenawee tested eight EnhanceFitness classes, and successfully launched their program in early September. Initial registration was roughly 14 people ranging from mid-50s to 90 years of age. One challenge to work through is data collection: navigating the Online Data Entry System (ODES) and additional paperwork for a research study. Currently they charge \$140 (\$35/mo) for the 16-week program, but it is free for members (senior membership rate is \$27.50/mo). Marketing used: fliers, email blasts, Facebook, senior centers, website. Chairs were purchased from Amazon (search stackable chairs).

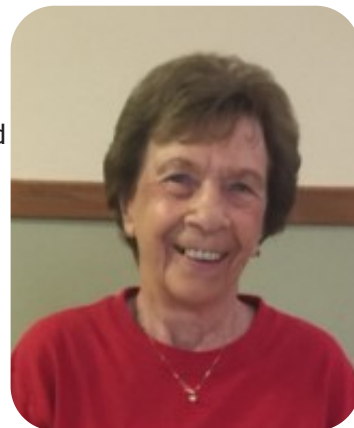
The YMCAs Diabetes Prevention Program kicked off in September with two full classes. Partnerships with local 1422 Grantee organizations (Family Medical Center and Promedica) created the base of their referral network, and many participants heard about the program through word of mouth, YMCA staff, and from their health department.

YMCA of the Blue Water Area:

Blue Water is on the verge of launching its first chronic disease management program, EnhanceFitness. Their current older adult class and instructor certification program, Body Recall, has recently been dissolved and they've been waiting for this opportunity to transition into an evidence based program. One challenge they may encounter is instructor and participant buy-in; they plan to overcome this by highlighting the program's similarities. Demo classes are planned for December with an official program launch in January. This program will be offered in partnership with Lake Huron Medical.

SPOTLIGHT ON: ILENE R.

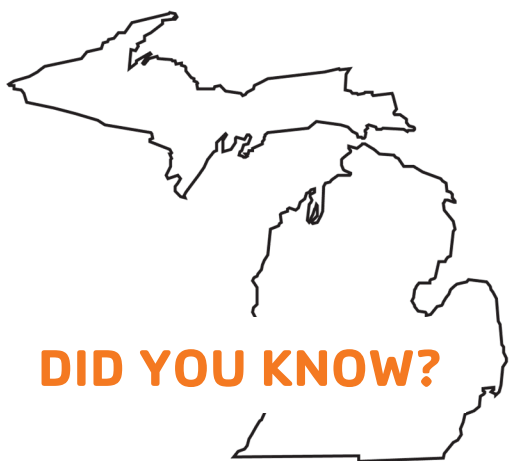
Ilene R., of Mason, is a dynamic individual who has participated in EnhanceFitness for the past four years. In her mid-80s, she has been nicknamed the "Energizer Bunny" by members of the class since most participants can't keep up with her. In the housing community where the class is taught, she is an inspiration to her neighbors to maintain their properties since they see Ilene mowing, weeding, and shoveling to keep her property in top shape. In addition to EnhanceFitness and keeping her property maintained, Ilene includes regular walking with friends to help her stay active. She values the special network of friends she has found in class that keeps her from 'withering.'



About seven years ago, Ilene took a quilting class that inspired her and her late sister, Irene, to create quilts for our troops serving in Iraq and Afghanistan. Known as 'the quilt ladies,' they created over 700 quilts that brought recognition from the American Legion as well as thanks from many service men and women, several of whom came to Mason to thank the sisters, personally. Each quilt includes a square signifying the branch of the military where the recipient is serving.

Three years ago, on a trip to Florida, Ilene came across a vendor at a flea market selling red t-shirts that honor our troops. This grassroots effort of wearing red on Fridays has caught on in the Enhance Fitness class due to Ilene's efforts.

Ilene retired from the Mason School system where she was a paraprofessional working with special needs children. She has three sons, one daughter, nine grandchildren and six great-grandchildren.



- Prediabetes is the condition where blood glucose or A1C levels are higher than normal
- People with prediabetes have an increased risk of developing type 2 diabetes, and are at higher risk of heart disease and stroke
- In Michigan, it is estimated over 2.6 million adults have prediabetes
- Only 7.3% of Michigan adults over 18 are aware they have prediabetes

www.michigan.gov/diabetes

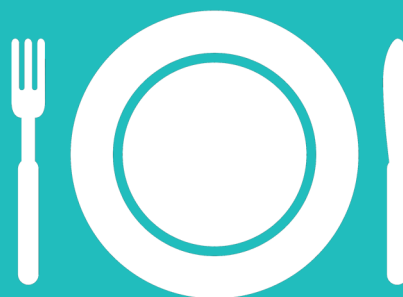
HEPA STANDARDS

Family Style: Children serve themselves (family style) all food and beverages from common bowls and pitchers with limited help. Staff sit with children during snacks and mealtimes.

WHY FOCUS ON FAMILY STYLE?

Family-style meal service creates a healthy eating environment because it allows children to respond to their individual hunger and fullness cues.

Dining in this way teaches children about appropriate serving sizes and gives them a chance to explore new foods. Active participation through family-style meal service helps children learn and practice important skills like passing and serving food and drinks, table manners, preparing for meals, and cleaning up.



BUILD CONNECTIONS

Partnering with local community organizations is a great way to market your programs.

Area Agency on Aging

The Area Agencies on Aging (AAAs) were created by a federal law in 1974 to help older Americans and their caregivers live quality lives with independence and dignity. There are 16 AAAs in Michigan serving 83 counties. Area Agencies on Aging are a nationwide network of nonprofit agencies created by Congress to be one-stop shops with information about programs, services and housing options. AAAs play a key role in providing access services, planning for the future, creating new programs, advocating for the elderly, and developing and implementing a comprehensive system of home and community-based care. AAAs do not provide home care services directly, but work hand-in-hand with a network of over 1,200 service providers in Michigan including county commissions on aging, senior centers and home health agencies. They also work hand-in-hand with the state agency that oversees aging programs - the Office of Services to the Aging (OSA). OSA, AAAs and local service providers are called Michigan's "aging network."

To find an Area Agency on Aging near you go to:
www.mi-seniors.net/regionmap

Local Health Departments

Your county health department strives to help residents live long and healthy lives through the assurance of environmental quality, access to personal health services and dissemination of information to make wise health decisions. They are responsible for continually assessing the health of the community and ensuring that certain services are available and accessible for its citizens. To this end, the health department investigates the causes of disease, epidemics, morbidity and mortality, and environmental health hazards using vital and health statistics for epidemiological studies. Some health departments also plan and implement public education and enforce public health laws.

Partner with your local health department to improve the health of your community. Contact them today!

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, and the YMCAs Diabetes Prevention Program. Whether your YMCA is in the planning phase for these programs or well into delivery, we can all learn together.

PLEASE NOTE NEW TIME, DATE, and CALL-IN NUMBER

2ND THURSDAY of each month at 11AM

Call in information:

1-866-554-8472

Code: 421 958 2998#

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

