

BUILDING A HEALTHIER MICHIGAN



State Alliance of Michigan YMCAs

www.michiganymca.org

#MIYMCA

THE LATEST INFORMATION ON EVIDENCE-BASED PROGRAMS AND PARTNERSHIPS



The following material was originally developed by Washtenaw County Public Health for the Prescription for Health program with funding in part by The Kresge Foundation.

Prescription for Health, a program designed to increase consumption of fresh fruits and vegetables, connects the medical system and the food sector by creating a relationship between clinic staff, their patients, and the local farmers market. The idea is that health care providers write "prescriptions" for their patients to eat more fruits and vegetables. Participants then bring their prescription cards to the farmers market where they receive tokens to spend like cash on fresh fruits and vegetables, and will also receive nutrition education and support from Community Health Workers (CHWs). Participants receive ten tokens, each worth \$1, per farmers market visit, and can receive these benefits up to ten times during the farmers market season for a total program benefit of \$100 per participant.

The target audience for Prescription for Health is low-income, food-insecure individuals who are at risk for health problems or have a documented chronic disease such as diabetes, high blood pressure, overweight or obesity, heart disease, or cancer. Program goals include:

1. Increase consumption of fresh fruits and vegetables among

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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

- participants.
- 2. Foster healthy behavior change in program participants by providing nutrition education, referrals to community resources, and support from Community Health Workers.
- 3. Create strong partnerships between the local public health department, clinics, and farmers markets to increase awareness of the local food system, promote utilization of community resources, and support participant health improvement.
- 4. Support development of the local food system and economy.

Prescription for Health programs operate throughout Michigan, and currently, two YMCA's are involved in this program:

- In 2015, the YMCA of Lenawee County YMCA was introduced to this program through their 1422 grant work. Three partners are able to refer to the program (the Y, the Bixby Hospital, and Family Medical Center). Ted Crockett, Associate Executive Director, has referred several participants of the YMCA's Diabetes Prevention Program and has seen results that include improvements in food tracking and attendance.
- The Tri-Cities YMCA was recruited into this work by a community partner who received a Health Innovation Grant from the Michigan Department of Health and Human Services. Erica Phelps, Fitness & Wellness Director, used this opportunity to invite program participants to tour the Y and generate interest in their healthy living programs.

For more information about the Prescription for Health program search www.ewashtenaw.org.

For more information about your local farmers market go to www.mifma.org

UPCOMING EVENTS

- **Facilitation Skills** (pre-req for all trainers) Tuesday, September 13 in Portage. Register by August 30th.
- **Facilitation Skills** (pre-req for all trainers) Wednesday, September 21 in Grand Rapids. Register by Sept. 7th
- **Facilitating Change in Small Groups** (pre-req for lifestyle coach trainer) Tuesday and Wednesday, September 27 & 28 in Grand Rapids. Registration deadline is Sept. 13th.
- **LIVESTRONG at the YMCA** Thursday and Friday, September 29 & 30 in Grand Rapids. Registration deadline is Sept. 15th
- **Moving for Better Balance** Friday and Saturday, September 30 & Oct 1 in Portage. Registration deadline is Sept. 16th.
- **YMCA's Diabetes Prevention Program** Monday and Tuesday, October 3 & 4 in Grand Rapids. Registration deadline is Sept. 19th.
- **EnhanceFitness Training** Thursday and Friday, October 6 & 7 in Portage. Registration deadline is Sept. 22nd.
- **Michigan YMCA Leaders Conference** Wednesday, November 2 in Lansing. Registration at <http://2016.ymcaleaders.org>

PROGRAM UPDATES

Submitted Grant Proposals:

Michigan Health Endowment Fund: On August 15th, the State Alliance of YMCAs submitted a proposal to the MHEF for nearly \$500,000. This proposal was for work geared toward our aging population. Grant awards will be announced by November 2nd and, provided the YMCA receives funding, our project could begin as early as December 1st, 2016. This work will incorporate both the YMCAs Diabetes Prevention Program and Prescription for Health. Specific details of the grant will be shared at a later date.

Health Innovation Grant: September 1st marked the deadline for grant from the Michigan Department of Health and Human Services. This grant opportunity is geared toward special projects that demonstrate an innovative approach to improving the efficiency and effectiveness of the delivery of health services and have the potential for replication. A much smaller award compared to the MHEF, this grant allows for a large variety of ideas to come to life. Again, specific details of the Alliance's grant proposal will be shared at a later time. The work can stand alone as a separate project, but can support the work of the MHEF proposal.

With both grants (and upcoming Medicare developments), Y's can expect to see improved program participation and outcomes, as well as more collaboration with outside organizations and with other Michigan Ys.

Several Y Associations have also applied for the Health Innovation Grant and we wish you luck with your projects!

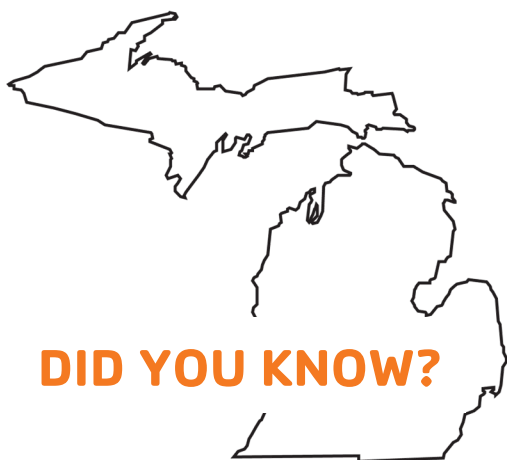
Let's keep our finger's crossed for good things to come for all!

HIPPA COMPLIANCE QUIZ

A solid understanding of the Health Insurance Portability and Accountability Act (HIPAA) is crucial to the success of a YMCA's Healthy Living work. Compliance refers to being in accordance with health data privacy and storage guidelines outlined in HIPAA, and demands that all HIPAA covered businesses prevent unauthorized access to "Protected Health Information" or PHI. A free online guide to HIPAA from the Department of Health and Human Services is available online at www.healthit.gov, but you can test your HIPAA smarts with this short quiz (see page 4 for answers).

1. **TRUE or FALSE:** You keep your practice's protected health records (PHIs) in secured files. However, the janitorial company you hire to clean your office nightly also has access to the room in which these records are stored. That makes your janitorial company a Business Associate (BA) that must enter into a BA contract with your practice.
2. **TRUE or FALSE:** Should a breach occur, your notification responsibilities may vary, depending on how many individuals were affected.
3. **TRUE or FALSE:** HIPAA applies to all records in your office that contain personal identifying information, including personnel records containing employee information.
4. **TRUE or FALSE:** Even though HIPAA is a federal law, state laws can require you to meet additional or stricter requirements.
5. **TRUE or FALSE:** Patients can choose where and how they want any communication from your practice delivered to them—for example, requesting that appointment reminder voicemails only be left on a work phone.

Search yexchange.org for a sample of Internal Policies and Procedures created by Y-USA.



- The number of farmers markets in MI has grown from 90 in 2001 to more than 300 today.
- Farmers Markets may include a variety of vendors including fruit/vegetable, honey, flowers, baked goods, home canned goods, and more.
- With today's technology, farmers markets can accept credit cards, Bridge Cards, and other forms of payment.
- To find a market near you visit the Michigan Farmers Market Association website.

www.mifma.org

HEALTHY FAMILY HOME

SLEEP WELL:

Sleep is a critical component of good health, and can have important short- and long-term health benefits for children and adults. Sleep helps maintain a healthy immune function, active metabolism, memory, learning and other vital functions. Eating healthy, playing every day and going outside can all help improve your quality of sleep.

The More the Better:

Research shows that getting enough restful sleep at night is critical to a healthy childhood. Doctors recommend between 10 and 12 hours per day for kids between the ages of 5 and 12, and even more if they are younger. When children do not get enough sleep it can cause moodiness, behavioral and cognitive problems, and maybe even lead to obesity.

Make Rest Your Priority Too:

Sleep isn't just important for kids. Researchers are also beginning to point toward the benefits of sleep in preventing heart disease and other chronic conditions in adults. The good news is that strategies (like being mindful of when and what you eat and drink) can be used to get the sleep we need to be both healthy and happy.

ENHANCEFITNESS REGIONAL MEETINGS

Last June, EnhanceFitness instructors and coordinators from around the state gathered at the Lansing Community College to learn about the current status of the program, network with other professionals, improve technique and cueing, and learn new choreography all for the benefit of their class participants. During the breakout session, there was an overwhelming interest in learning new ways to keep the program fresh, and challenge participants to keep them progressing. Beginning in October, the Michigan Department of Health and Human Services will be launching its first round of regional meetings. These meetings will provide an opportunity for more instructors to come together in a community location that is closer to their home and work. While a shorter experience than the statewide meeting, these 2-hour events will provide an open forum for discussion and incorporate choreography sharing for the improvement of the class experience for all.

HIPAA QUIZ ANSWERS:

1. **FALSE.** As long as your PHIs are secured and inaccessible, janitorial companies do not need to sign BA contracts. Other services you might hire out—for example, a web designer who improves your website's ability for patients who want to view or download their personal health information—would be considered a BA.
2. **TRUE.** Breaches that affect 500 or more individuals are subject to different notification rules—both to the individuals affected and to HHS.
3. **FALSE.** Employment records or records covered by the Family Educational Rights and Privacy Act (FERPA) are not covered by HIPAA rules.
4. **TRUE.** HIPAA does not override any state laws that do not conflict with HIPAA or that offer greater privacy protections.
5. **TRUE.** Patients have many rights under HIPAA, including the right to request that communication be through certain channels only. Patients can also request that your practice restrict certain disclosures to family members or others about the individual's general condition, location, or death.

www.apta.org

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:
1-877-361-4628
Code: 931 008 9853#**

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

