

# #MIYMCA

## HEALTHY LIVING



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

State Alliance of Michigan YMCAs

June 2015

BUILDING A HEALTHIER MICHIGAN THROUGH EVIDENCE-BASED  
PROGRAMS AND PARTNERSHIP



## MICHIGAN DEPARTMENT OF HEALTH AND HUMAN SERVICES: 1422 GRANT

**Tamah Gustafson, MPH, Public Health Consultant at the Michigan Department of Health and Human Services** shares an update on the 1422: At our last Network meeting, we heard from the **YMCA of Greater Grand Rapids** about their 1422 grant (To view this presentations, visit the Network website [www.midiabetesprevention.org](http://www.midiabetesprevention.org)).

The 1422 work plan focuses on improving health outcomes and reducing health disparities related to obesity, diabetes, heart disease, and stroke. They are making progress at both the state and local community level.

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and Human Services: 1422 Grant

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Test, Act—Today

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### ENJOY THIS ISSUE?

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

### QUESTIONS, COMMENTS, IDEAS?

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

Visit the new Michigan State  
Alliance of YMCA website  
[www.michiganymca.org](http://www.michiganymca.org)

*Continues next page — 1422 Grant*

There is a media campaign starting this month that will include print, digital, social media and radio. The focus of this campaign will be on preventing and managing diabetes, and increasing referrals and participation in the Diabetes Prevention Program (DPP) and Diabetes Self-Management Education (DSME).

These messages will target the four 1422 communities (**Lenawee County, Grand Rapids, Macomb County, and Oakland/Wayne Counties**) as well as Lansing, Muskegon and Saginaw.

At the community level, the 1422 funded communities are plugging away at their work plans. They are building capacity to offer the Diabetes Prevention Program by training lifestyle coaches, educating partners about the



Diabetes Prevention Program, identifying patients at risk for developing Type 2 diabetes, and referring to them to the lifestyle change program (DPP).

The Michigan Department of Health and Human Services is excited about all the good work that is happening around diabetes prevention and the DPP and are looking forward to working with the communities, partners and others to learn from one another and seeing wonderful things unfold.

## SUMMER DIABETES PREVENTION NETWORK MEETING

Save the Date!  
The Summer Diabetes  
Prevention Network  
meeting:

- Tuesday, July 14th
- 1:00pm-4:00pm
- At the Michigan Public Health Institute Interactive Learning Center at 2436 Woodlake Circle, Suite 380 Okemos, MI 48864.



We will hear from another one of the 1422 community grantees, the National Kidney Foundation of Michigan, as well as we will be learning more about Priority Health's DPP demonstration project.

*Continues next page—Summer Diabetes  
Prevention Network Meeting*

Stay tuned for more information on how to register as this will be a great opportunity to learn from one another, talk to other DPP providers, and network.

### Diabetes Prevention Program



For more information, or to be added to the Michigan Diabetes Prevention Network listserv, contact Tamah Gustafson at [gustafsont2@michigan.gov](mailto:gustafsont2@michigan.gov).

## PREVENT DIABETES STAT: SCREEN, TEST, ACT—TODAY

Many of you have heard about the recent Prevent Diabetes STAT: Michigan meeting that took place on May 8th in Novi. This was a collaborative partnership among the Michigan Department of Health and Human Services (MDHHS), the American Medical Association (AMA), the National Association of Chronic Disease Directors (NACDD) as well as the Centers for Disease Control and Prevention (CDC). The purpose of this stakeholder action planning meeting was to focus on developing strategies to increase health testing, screening, and referral and health plan and employer coverage of the DPP. There were over 80 meeting attendees representing a variety of organizations including representation from the YMCA of the USA, the Michigan State Alliance of YMCAs as well as the YMCA of Greater Grand Rapids. This also aligns with the AMA and CDC initiative and website, STAT: Screen, Test, Act—Today™.



SCREEN



TEST



ACT TODAY

Visit <http://www.ama-assn.org/sub/prevent-diabetes-stat/index.html> to download a health care provider toolkit that can assist you when reaching out to health care providers to increase screening, testing and referral to DPP. Stay tuned, more to come about next steps for developing this statewide diabetes prevention action plan!



**AMERICAN ADULTS**  
ARE LIVING WITH PREDIABETES<sup>1</sup>

# HEPA HIGHLIGHT: EXPLORE THE STANDARDS

## ENGAGING KIDS:

### What if kids (or adults) say they don't like fruits and vegetables?

People aren't born disliking fruits and vegetables. Expose children (and adults) to a variety of fruits and vegetables many times in a supportive environment. The more exposure they have the more likely it is they will try fruits and vegetables...and enjoy them.

Kids may be scared or hesitant to try new or previously tried foods they had a bad experience with. Use the polite bites passport to encourage kids to explore new or less familiar foods. Review what **polite bites** are with staff, and discuss how to introduce the concept at snacks and meals.

**Polite bites** are:

- One or two bites of a new or previously tried food
- Free of the "ewww" response or the "face" before and after approaching
- Approached as possible "loved it" food
- Practiced by kids and adults
- Explorations to celebrate even if a food is not tried or loved

## 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'S DIABETES  
PREVENTION  
PROGRAM  
COORDINATORS CALL  
JULY 2ND 10:00AM

ENHANCE®FITNESS  
COORDINATORS CALL  
JULY 2ND 1:00PM

WHETHER YOUR  
YMCA IS IN THE  
PLANNING PHASES  
OR WELL INTO  
DELIVERY, WE CAN  
ALL LEARN  
TOGETHER.

CALL IN:

(866)554-8472

PASSWORD

4410595828

