

BUILDING A HEALTHIER MICHIGAN



State Alliance of Michigan YMCAs

www.michiganymca.org

#MIYMCA

THE LATEST INFORMATION ON EVIDENCE-BASED PROGRAMS AND PARTNERSHIPS



The YMCA of the USA, a leading community-based nonprofit committed to improving America's health, together with the U.S. Department of Health and Human Services (HHS), announced recently that a successful demonstration project of the YMCA's Diabetes Prevention Program for the prevention of type 2 diabetes has shown to produce cost savings for Medicare participants. This result marks a critical step for HHS to eventually expand the Diabetes Prevention Program under Medicare for those with pre-diabetes.

This announcement is a result of the findings from a three-year project, spearheaded by Y-USA, which was awarded funding from The Center for Medicare and Medicaid Innovation (CMMI) to deliver the YMCA's Diabetes Prevention Program (YMCA's DPP) to nearly 8,000 participants.

This is the first time a preventive service pilot funded by the government's CMMI office has been proven to reduce cost and lower incidence of type 2 diabetes. When compared with similar

IN THIS ISSUE

The Tide Is Turning

Program Updates

Upcoming Events

Branding Guidelines

Did You Know: Behavior Change

HEPA: Fruits & Veggies

Build Connections

Learn Together

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**

beneficiaries not in the program, Medicare estimated savings of \$2,650 for each enrollee in the Diabetes Prevention Program over a 15-month period, more than enough to cover the cost of the program.

Y-USA's CMMI-funded project provided a platform for several of the nation's leading public health organizations to join forces to share a message with a common goal — know your risk to prevent new cases of type 2 diabetes. These organizations included the American Diabetes Association, American Heart Association, American Medical Association, and the National Council on Aging to name a few. Y-USA worked with these partners to raise awareness of prediabetes and drive policy change within the health care system, build the infrastructure to deliver community-based diabetes prevention programs, and support legislation to provide Medicare coverage for the program.

The YMCA's Diabetes Prevention Program is a shining example of the benefits that are possible when community-based organizations partner with health care providers to deliver preventive services outside of the clinic and hospital setting.

Furthermore, the American Medical Association has been a partner in ensuring physicians understand the impact of the program, identify and screen their patients for prediabetes, and have the information they need to refer patients to the program.

Since 2005, the Y has worked to become a leading provider of chronic disease prevention programs and has positioned itself as a catalyst in community integrated health. The YMCA's close partnerships with public health, physicians, health care systems, insurers, patient advocates, and policymakers have enabled the Y to effectively address gaps in care and reach more people. Through this work, resources are more accessible, health care providers leverage support from partners in the communities they serve, health outcomes improve, costs go down and the community becomes accountable for population health.

This statement was provided by Kevin Washington, President and CEO of the YMCA of the USA. For more information about the YMCA's Diabetes Prevention Program go to www.ymca.net

UPCOMING EVENTS

- **Moving For Better Balance Training**
April 8 & 9 at the Ann Arbor YMCA in Ann Arbor, MI
(Registration closes on April 1)
- **EnhanceFitness Trainer Academy**
April 12 & 13 at the Jackson YMCA in Jackson, MI
- **State Advocacy Days**
April 26 & 27 in Lansing, MI
- **YMCA's Diabetes Prevention Lifestyle Coach Training**
April 28 & 29 at the Ann Arbor YMCA in Ann Arbor, MI
(Registration closes on April 18)
- **YMCA's Diabetes Prevention Program Transition Webinars**
April 27, May 25, June 29 at 3pm, register on the LCDC for call in information and topics
- **EnhanceFitness Training**
May 1 at the Carls Family YMCA in Milford, MI
(Registration closes on April 26)
- **Statewide EnhanceFitness Conference - Save the date!**
June 8th at Lansing Community College West in Lansing, MI

PROGRAM UPDATES

Jackson YMCA:

The Jackson Family YMCA is no stranger to healthy living work. While they have recently launched their first EnhanceFitness program and have plans to offer Moving for Better Balance, their main focus in recent years has been on cancer and Parkinson's survivors. They partner with the Lansing YMCA to provide the breast cancer survivor program Turning Point, which serves over 60 people annually, through fitness, yoga, and aquatics classes. The success of the Pedaling for Parkinson's program is contributed in part to a referral partner at Michigan State University.

BRAND RECOGNITION

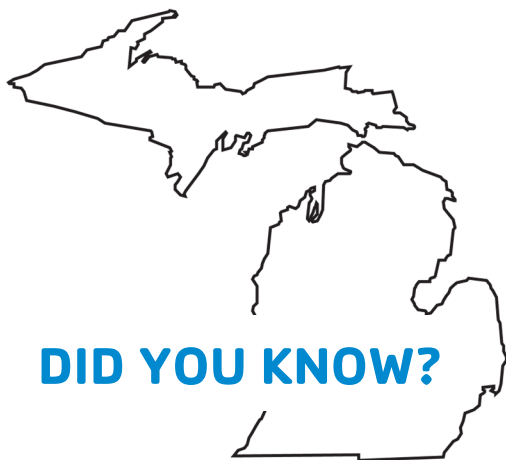
LIVESTRONG® at the YMCA

The Y and the LIVESTRONG® Foundation jointly created LIVESTRONG at the YMCA to address the health and well-being needs of those affected by cancer. In order to recognize the joint creation and ownership of both organizations and build awareness of the program nationally, it is critical that we communicate about the program consistently and by its proper name—LIVESTRONG at the YMCA.

Use LIVESTRONG at the YMCA when speaking about the program and when referencing it in text/body copy. Do not abbreviate or modify the program name for any reason. The following are a few examples of incorrect references to the program that should not be used: LIVESTRONG at the Y; LIVESTRONG is offered at the Y; the Y's LIVESTRONG program; YMCA LIVESTRONG cancer support program.

When including LIVESTRONG at the YMCA in text/body copy:

- LIVESTRONG is one word and is in all caps.
- "STRONG" must be bolded. In cases where LIVESTRONG at the YMCA is in all bold, "LIVE" would not be in bold (see title above).
- The words "at the" are lower case.
- Include the registered mark in LIVESTRONG® at the YMCA for the first reference in your document; omit it for subsequent references.
- Use YMCA (not the Y) in all caps with no periods after the letters.
- Use the Y's Cachet font (or the alternate Verdana).



- Long-lasting behavior change is most likely when it's self-motivated and rooted in positive thinking
- Goals are easier to reach if they're specific and not too numerous
- It's not enough to have a goal. You also need practical ways to reach it.
- Any effort you make in the right direction is worthwhile, even if you encounter setbacks or find yourself backsliding from time to time.

HEPA STANDARDS

Fruits and Veggies: Provide fruits or vegetables (fresh, frozen, dried, or canned in their own juice) at every meal and snack.

WHY FOCUS ON FRUITS AND VEGGIES?

- Eating fruits and vegetables may reduce the risk of cancer and other chronic diseases.
- Fruits and vegetables provide essential substances for good health, including vitamins, minerals, and fiber.
- Most fruits and vegetables are naturally low in fat and calories.
- Studies show that increased consumption of fruits and vegetables, especially leafy green vegetables, is associated with a reduced risk of chronic disease.

Harvard School of Public Health
Centers for Disease Control and Prevention



BUILD CONNECTIONS

Understanding terminology that you may encounter as a provider of disease prevention and management programming is an important first step toward sustainability. Here are a few phrases you may hear and see as you develop partnerships:

Patient-Centered Medical Home: a model of care through which a patient receives coordinated ongoing, preventive care throughout a team of providers and caregivers such as physicians, registered nurses, pharmacists, and other community entities.

Federally Qualified Health Center (FQHC): a primary care center that is community-based and patient-directed. FQHCs qualify for enhanced reimbursement from Medicare and Medicaid, as well as other benefits. FQHCs must serve an underserved area or population, offer a sliding fee scale, provide comprehensive services, have an ongoing quality assurance program, and have a governing board of directors.

Accountable Care Organization (ACO): a group of doctors and other medical professionals who work together to improve patient care while reducing health care costs. The group must meet a checklist of more than 30 quality measures that track things such as patient safety, use of preventive medicine, and care given to at-risk populations.

Community Health Needs Assessment (CHNA): an examination of the health status indicators for a community that is used to identify problems and assets in that community. The goal of a CHNA is to develop strategies to address the community's health needs and identify issues.

Administrative Service Organization: an arrangement in which an employer hires a third party to deliver administrative services to the employer, such as claim processing and billing. The employer bears the risk for claims. This is common in self-insured health plans.

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.

