



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YMCA CHRONIC DISEASE PROGRAMS

CAROLINE RANKIN  
EXECUTIVE DIRECTOR – HEALTH INNOVATIONS  
YMCA OF CENTRAL OHIO

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THE Y IS PART OF THE  
SOLUTION TO  
IMPROVE HEALTH CARE  
OUTCOMES IN THIS  
COUNTRY. WE CAN DO BETTER THAN  
47<sup>TH</sup> IN HEALTH OUTCOMES.

# COMMUNITY INTEGRATED HEALTH

## Evidence-based Interventions

Ys are discovering, developing, and disseminating research-tested, high-fidelity health interventions to improve health.

## Capacity Building

Y-USA is engaging Ys from the earliest stages to ensure they have the staff, competencies, and relationships necessary to implement evidence-based programs.

## Compliance

Y-USA is helping YMCAs and other community-based organizations comply with privacy laws and health care regulations.

## Shared Physical Spaces

Ys are exploring the value of shared spaces with health practices, rehab and cancer centers, primary care within Y facilities, retail programming space with health care systems, clinical facilities at camps, and other health services.

Evidence-based Interventions

Capacity Building

Compliance

Rectangular Snip

THE YMCA'S  
MODEL OF  
COMMUNITY  
INTEGRATED  
HEALTH

Health Equity

## Health Equity

Y-USA infuses principles of equity into services to ensure everyone has the opportunity to live their healthiest lives, and that underserved populations have access to health-promoting resources.

Shared Spaces

Healthier Community Initiative

## Healthier Communities Initiative

Across 247 communities, Ys have used a collective impact model to implement policy, system, and environmental changes so that healthy choices are the easy choices for all. Building on this knowledge, Y-USA's Talent and Knowledge Management department is testing new and advanced models of collaboration over the next three years.

Community Health Navigation

## Community Health Navigation

Ys help individuals develop the relationships necessary to manage health by conducting home visits, spreading awareness of recommended preventive services, and helping connect people to health care exchanges and marketplaces.



# THE Y'S PIPELINE OF EVIDENCE-BASED (RCT PROVEN) PROGRAMS

**DISCOVERY**

Efficacy

Validation

**DEVELOPMENT**

Translation

Scaling

**DISSEMINATION**

Dissemination

**YMCA's Diabetes Prevention Program**

**Enhance Fitness (Arthritis Self-Management)**

**LIVESTRONG at the YMCA (Cancer Survivorship)**

**Moving For Better Balance (Falls Prevention)**

**Blood Pressure Self-Monitoring**

**Childhood Obesity  
Intervention**

**Brain Health**

**Parkinson's**

**Tobacco  
Cessation**

**Building the  
pool of the  
21<sup>st</sup> century**

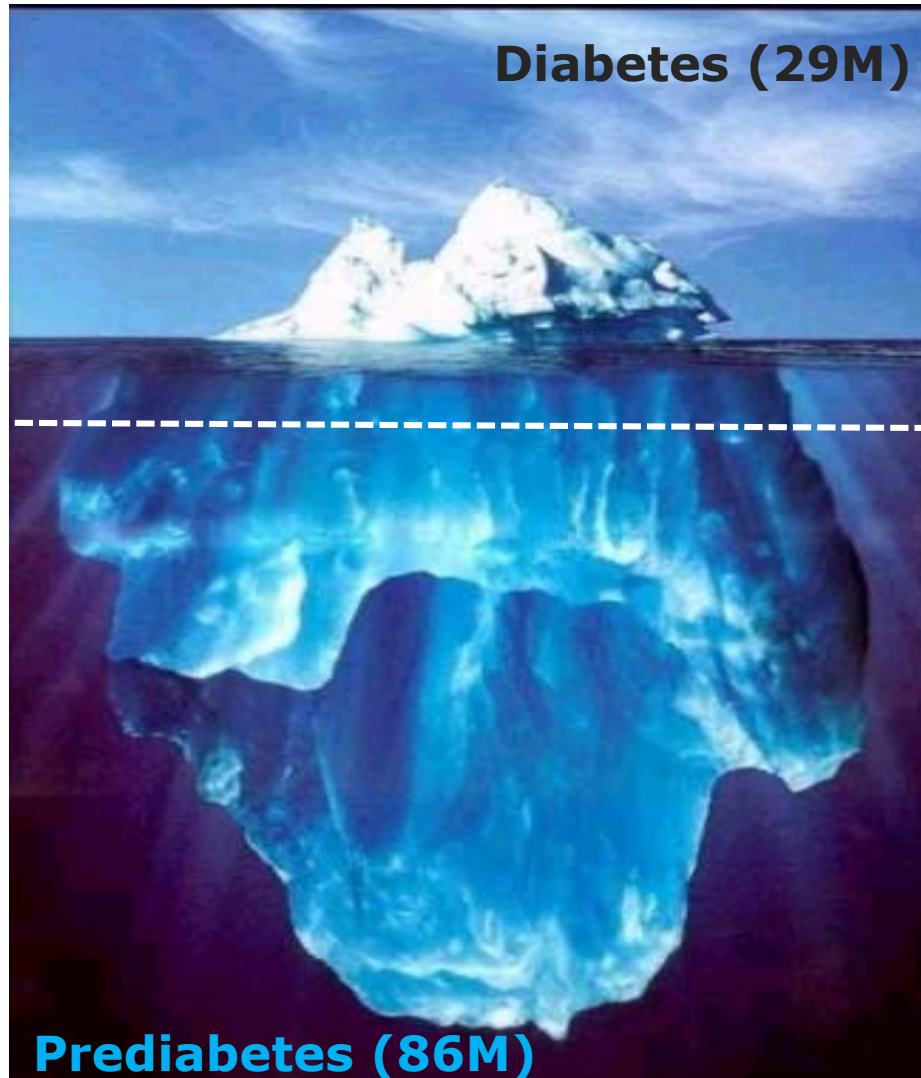
# KEY LEARNING:

1. NEED  $\neq$  DEMAND: IF YOU BUILD IT...

2. WE ARE SAVING LIVES!

## By The Numbers

(by 5/31/16)



Participants attending at least one session	45,004
Completer's average year-end weight loss	5.5%
Average physical activity minutes per week	158.9
Y associations delivering program	222
States where the program is available	45
Total program sites	1,565
Trained Lifestyle Coaches	3,916

# YMCA DIABETES PREVENTION PROGRAM

In the YMCA'S Diabetes Prevention Program a trained lifestyle coach facilitates a small group of adults to discuss behavior change that can improve the health of participants and reduce their risk of diabetes.

## **Program Goals**

Lose 7% of your bodyweight

Gradually Increase physical activity to 150 minutes per week

Participants achieve this by:

Healthy Eating

Increasing physical Activity

Losing weight

# GROUP SUPPORT KEEPS YOU MOTIVATED

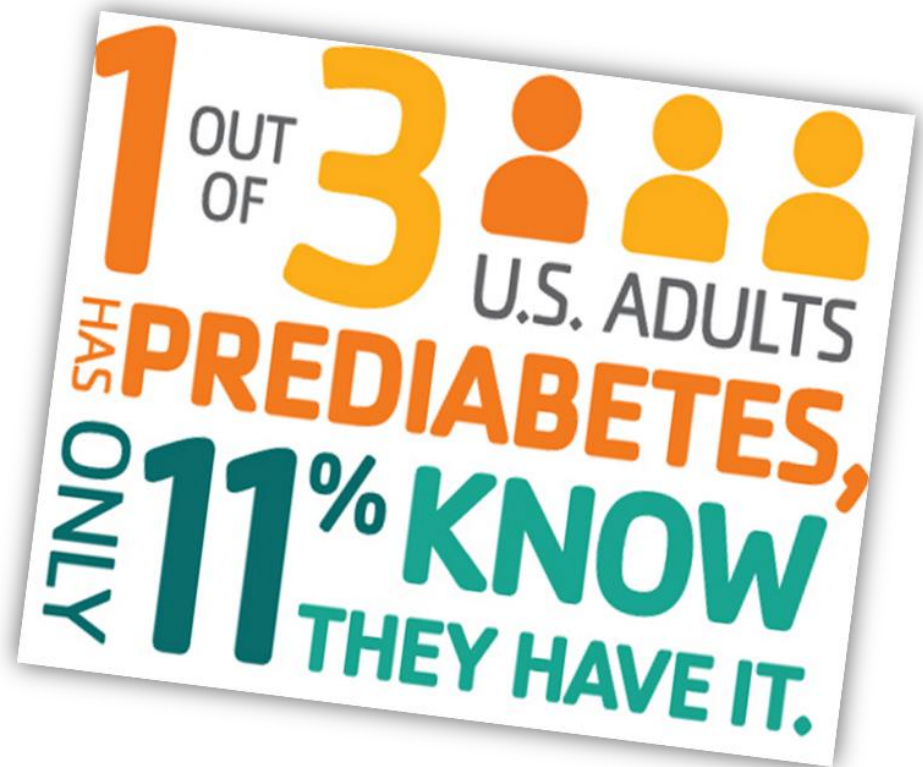
- A safe and private place to share and learn.
- Work as a group/team
- You will not need to do this alone.
- New energy and confidence is gained by improving your health.
- Reduce risk of diabetes
- Lose weight
- Making new friends
- Support each other as you trade old habits for new.





# DO YOU QUALIFY

- **At least 18 years of age**
- **Overweight (BMI 25+)\***
- **At risk for developing Type II diabetes**  
Fasting glucose of 100-125mg/dl  
OR  
A1C level of 5.7-6.4
- **Have been diagnosed with pre-diabetes by a medical professional**



# CURRENT EVENTS

POLITICS

## *Medicare Proposal Takes Aim at Diabetes*

By ROBERT PEAR MARCH 23, 2016



The results of the Diabetes Prevention Program model are striking:

- **Medicare beneficiaries enrolled in the program lost about five percent of their body weight**, which is enough to substantially reduce the risk of future diabetes. Average weight loss was 4.73 percent of body weight for participants attending at least four weekly sessions. Participants who attended at least nine weekly sessions lost an average of 5.17 percent of their body weight.
- **Over 80 percent of participants recruited attended at least four weekly sessions.**
- When compared with similar 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.**

## **Enhance Fitness**

An evidenced based program for those with arthritis and limited mobility. Offered at Nine YMCA branches and two community locations.



# HEALTHY AGING INITIATIVE

Through the generous support of the Ohio Osteopathic Heritage Foundation we are able to offer the YMCA Diabetes Prevention and Enhance Fitness to those 60 and older in the following communities of Franklin County.

- Northside
- Westside
- Southside
- Whitehall



# QUESTIONS AND CONTACT INFORMATION

Any questions regarding the YMCA Chronic Disease programs please contact:

Caroline Rankin

Executive Director of Health Innovations

614-384-2281

[crankin@ymcacolumbus.org](mailto:crankin@ymcacolumbus.org)