



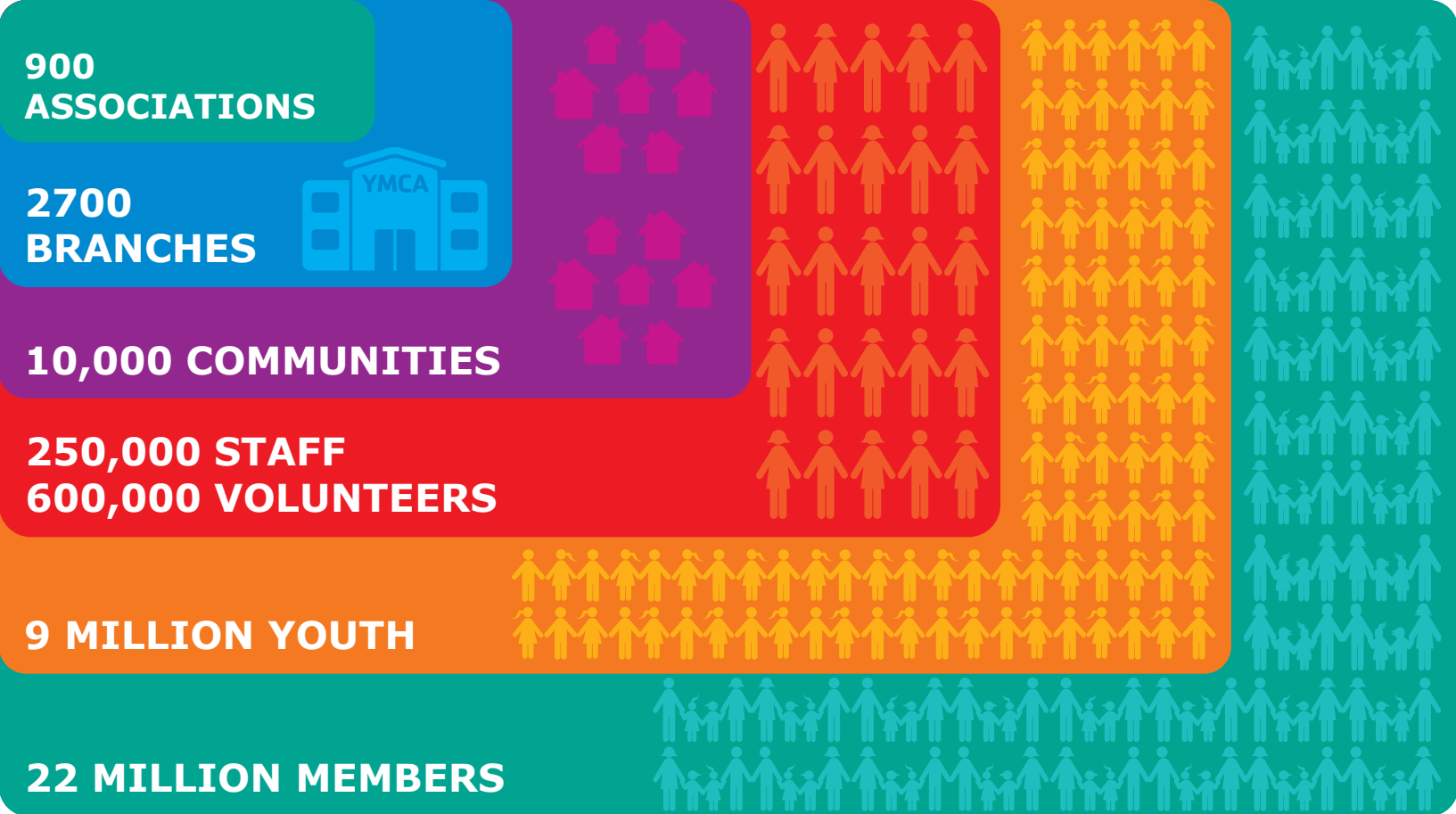
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CHAMPIONING HEALTH

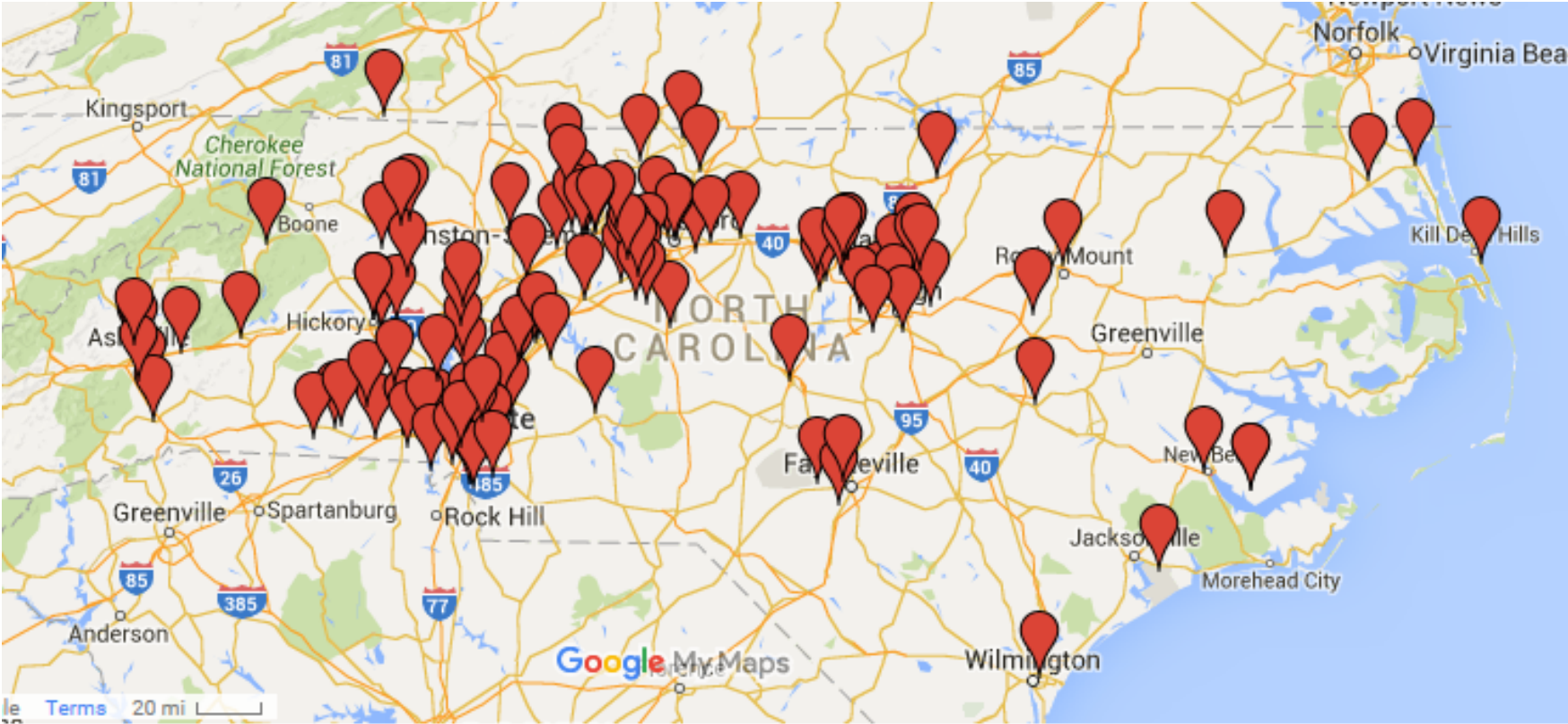
AN OVERVIEW OF YMCA'S HEALTHY LIVING PORTFOLIO



A MOVEMENT OF ASSETS: OUR CONSTITUENTS



1 IN 10 IN 110

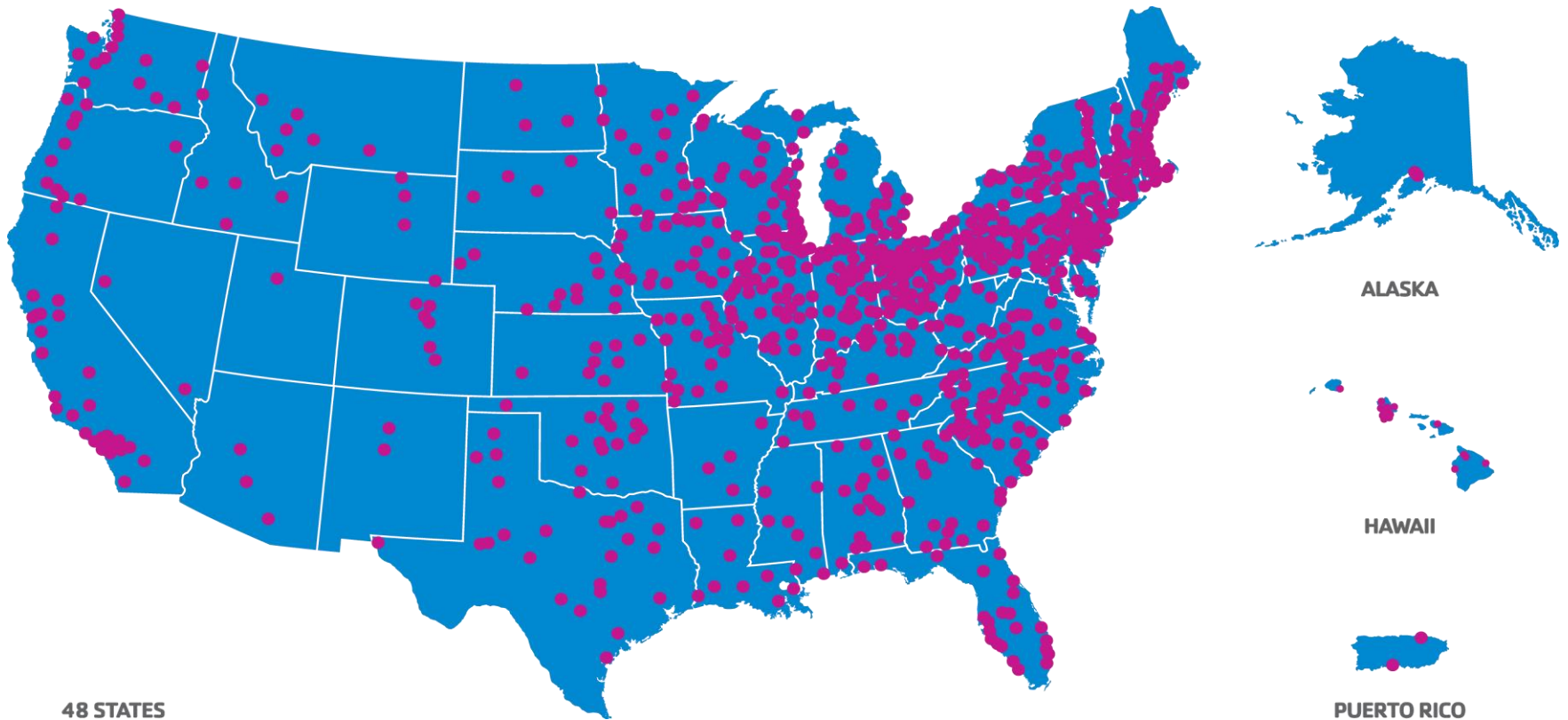


OUR CAUSE IS TO STRENGTHEN COMMUNITIES

HEALTH AND WELLNESS THROUGH PREVENTION

ELIMINATION OF HEALTH DISPARITIES

HELPING TO MAKE THE HEALTHY CHOICE THE EASY CHOICE



80% OF U.S. HOUSEHOLDS WITHIN 5 MILES OF A Y

FRAMEWORK FOR HEALTHY LIVING



Impacting
INDIVIDUALS



Impacting
FAMILIES



Impacting
ORGANIZATIONS



Impacting
COMMUNITIES



Impacting
SOCIETY

To
**PROMOTE
WELLNESS**
(Primary)

To
**REDUCE
RISK**
(Secondary)

To
**RECLAIM
HEALTH**
(Tertiary)

**Personal Training
Wellness Centers**

**Group Exercise
Youth Sports
Swim Lessons**

**Family Camp
Adventure
Guides**

**Employee Wellness
Benefits**

**Policies
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Eating**

**Policies
Promoting
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Activity**

Built Environment

**Access to Fresh
Fruits & Veggies**

**P.E. in
Schools**

**Economic Incentives
and Disincentives
(taxation or
subsidies)**

**Tobacco-free
Environments**

**Diabetes
Prevention**

**Childhood
Obesity**

**Falls
Prevention**

**Smoking
Cessation**

**Cardiac
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**Arthritis
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**Cancer
Survivorship**

MEMBERSHIP

SECONDARY PREVENTION

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YMCA'S DIABETES PREVENTION PROGRAM

THE PROGRAM IS:

- Led by a trained Lifestyle Coach
- A one-year program: 19 sessions over first six months, then 6 monthly sessions in second six months
- Open to all community members; YMCA membership is not required
- A Centers for Disease Control and Prevention (CDC)-approved curriculum

Nancy R. from New York City, NY - lost nearly 10% of her starting body weight!

I feel healthier--terrific even--and friends tell me I look great. I've changed the way I cook for myself and my daughter, and now [she] is checking the packaging on foods, taking smaller portions for dessert and making wiser food decisions.

I'm now doing something that is positive for both of us, and I want to tell everyone about it.

PROGRAM QUALIFICATIONS:

- At least 18 years old,
- Overweight (BMI ≥ 25), and
- Prediabetes confirmed via one of 3 blood tests or previous diagnosis of gestational diabetes
- If no blood test, 9+ score on risk assessment

PROGRAM GOALS:

- Reduce body weight by 5-7%
- Increase physical activity to 150 minutes per week

YMCA'S DPP – BY THE NUMBERS (OCT 2015)

Participants attending at least one session ¹	37,710
Average weight loss at the end of the weekly sessions	4.6%
Average weight loss at the end of year	5.5%
Number of states delivering the program	43
Ys currently trained to deliver the program	186
Total class locations 582 Y sites 657 non-Y sites	1,371
Classes started ²	4,610
Average number of sessions attended for 4+ sessions	12.6
Average minutes of weekly physical activity	154.0

NC Y DIABETES PREVENTION: 42 SITES

YMCA Diabetes Prevention Program

Eight YMCA Associations across North Carolina offer the YMCA's Diabetes Prevention Program. With more than 2.5 million North Carolinians estimated to have pre-diabetes, more YMCAs will be coming on board with this valuable program. North Carolina's Ys have success rates greater than the national average, with participants losing 5.7% of their body weight at 16 weeks, and 6.4% at one year.

Cleveland County Family YMCA
Wilmington Family YMCA
YMCA of Catawba Valley
YMCA of Greater Charlotte
YMCA of Greensboro
YMCA of Northwest NC
YMCA of Western NC
YMCA of the Triangle



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MEMBERSHIP

MOVING FOR BETTER BALANCE: 5 SITES

- Evidence-based falls prevention program for seniors; helps reduce falls by 55%
- The 12-week, 24-session program incorporates a core routine derived from yang-style Tai Chi and integrated therapeutic movements
- Classes are led by a trained instructor

Recognized by: CDC, NCOA, U.S. Admin. of Aging, NC Falls Prevention Coalition & NCHHS

Published Research Articles:

<http://tjqmbb.org/publications.html>

<http://altarum.org/health-policy-blog/it%E2%80%99s-older-americans-month-are-our-seniors-safe>

TERTIARY PREVENTION

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MANAGING ARTHRITIS AND MOBILITY: 23 SITES

The burden of arthritis:

- Affects 52.5 million Americans, including half of all adults over age 65⁶
- #1 cause of disability in the U.S.⁷

Benefits of physical activity:

- Alleviates pain, improves mobility, promotes independence; indicated for many conditions⁸

The Enhance[®]Fitness Program:

- Licensed from Senior Services, Inc.
- Available at over 180 Y-run sites
- Improves physical, mental, and social functioning,^{9,10} reduces falls risk,¹¹ and saves health care costs^{12,13}
- Endorsed by CDC and National Council on Aging



ENHANCE[®]FITNESS-BY THE NUMBERS (OCT 2015)

Participants attending at least one session	8,627
Ys currently trained to deliver the program	107
Number of states delivering the program	36
Total number of class sites 160 Y sites 44 non-Y sites	204

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MANAGING CANCER: 35 SITES

The burden of cancer:

- **14.5 million** U.S. survivors, increasing to 17 million by 2024¹
- **68%** of people survive their cancer for at least 5 years¹

Benefits of physical activity:

- Physical, psychological; decreases risk for recurrence, mitigates therapy side effects^{2,3}



The LIVESTRONG® at the YMCA Program:

- Developed by Y-USA and the LIVESTRONG Foundation
- Currently available at 453 sites across the country
- 2014 study found program is safe and effective⁴

LIVESTRONG AT THE YMCA- BY THE NUMBERS (OCT 2015)

Participants completing the program to date	33116
Ys currently trained to deliver the program	174
Number of certified instructors	2527
Number of states delivering the program	37
Total number of class sites	453



THE CLINIC-TO-COMMUNITY LINK

LIVESTRONG® at the YMCA can be utilized to...

Decrease cancer therapy side effects

Decrease risk for cancer recurrence

Reach and maintain physical therapy/rehabilitation goals

Provide support in the post-treatment phase of cancer

Manage/prevent comorbidities

Maintain healthy weight status

Help cancer centers meet Commission on Cancer accreditation guidelines

Help insurance plans meet their Medical Loss Ratio requirements

Medical provider referrals to the program are effective and important⁵

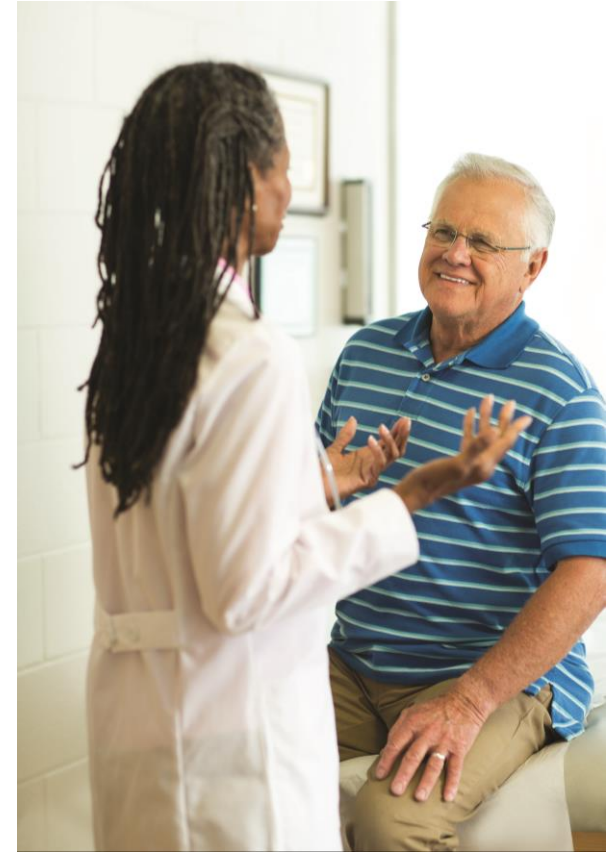
IT DOESN'T END THERE...

Coming soon from Y-USA:

- Blood Pressure Self-Monitoring
- Healthy Weight and Your Child

Programs found at many local Ys for:

- Parkinson's Disease
- Diabetes (Type II)
- Multiple Sclerosis
- Heart Disease/Cardiac Rehab
- Alzheimer's Disease



Opportunity for more/deeper “Clinic to Community” linkages

NC YMCAS AND SERVICES PROVIDED

- **Alzheimers – 3**
- **Back exercise – 17**
- **Cardia Rehab – 8**
- **Diabetes Self Management – 15**
- **Injury Rehabilitation – 21**
- **Nutrition – 42**
- **Weight Management – 22**
- **Older Adult Fitness – 70**
- **Parkinson's – 6**
- **Tai Chi – 35**

NC YMCAS AS COMMUNITY PARTNERS

Collaborations with other community organizations								
Church or Place of Worship	77	70	44.5	55.5	1.8	22.7	2.7	7.3
Community Health and Wellness Coalition	52	47.3	40	13.6	9.1	13.6	17.3	3.6
Hospital	74	67.3	59.1	37.3	22.7	30	10.9	6.4
Library	26	23.6	20	4.5	1.8	3.6	2.7	3.6
Museum	8	7.3	5.5	0	0	1.8	0.9	1.8
Neighborhood Association	28	25.5	16.4	10.9	0	3.6	1.8	2.7
Public Housing	23	20.9	17.3	5.5	0	2.7	0.9	2.7
Retirement/Nursing Home	18	16.4	11.8	3.6	1.8	1.8	0	3.6
Theater	1	0.9	0.9	0.9	0	0.9	0	0

STATEWIDE RECIPROcity

My Y is Now Every Y



MY Y IS NOW EVERY Y IN NORTH CAROLINA

We want to encourage members to utilize the Y as often as they can. Sometimes, it's more convenient for members to utilize a Y in a different location when traveling, near a workplace or in another region.

Now, full facility/full privilege YMCA members have the flexibility to use other Y facilities throughout the state, at no extra charge. Some restrictions and exclusions may apply.

QUESTIONS?



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Executive Director

NC Alliance of YMCAs

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