

YMCA OF ALASKA EVIDENCE-BASED HEALTH INTERVENTION (EBHI) PROGRAMS INFORMATION SHEET

YMCA DIABETES PREVENTION PROGRAM (YDPP)

WHAT IS YDPP?

The program is led by a trained Lifestyle Coach in a classroom setting delivered over 12 months, beginning with 16 weekly one-hour sessions, followed by 3 every other week one-hour sessions (17-19) then, continued by 6 monthly one-hour sessions (20-25). **The goals of the YMCA's Diabetes Prevention Program are to reduce individual weight by at least 7% and to build up to 150 minutes of physical activity per week for diabetes risk reduction.** These goals are achieved by focusing on behavioral modification around healthy eating and physical activity. Next class begins August 30th, 2021

WHAT TO EXPECT IN CLASS?

In a classroom setting, a trained lifestyle coach will facilitate a small group of participants in learning about healthier eating, physical activity, and other behavior changes over 25 sessions. Participants will receive a notebook that contains worksheets and handouts for them to use in each of the sessions of the lifestyle intervention. Participants will also receive a weekly journal and be asked to track their food and physical activity during the program.

PROGRAM GOALS:

- Reduce body weight by 7% and increase physical activity to 150 minutes per week

WHO CAN PARTICIPATE?

- Must be at least 18 years old
- Overweight (BMI>25 & BMI>22 Asians) and Sedentary
- High risk (Take At-Risk Test) for developing Type 2 Diabetes
- Blood values/Clinical diagnosis of Pre-Diabetes (A1c, glucose, gestational diabetes during pregnancy)

INFORMATION REGARDING REGISTRATION OF YDPP:

- **To register for the program, they need to first meet with the Healthy Community Coordinator to see if they qualify.**
- Each new class here at the YMCA begins every January & September. Our YMCA Diabetes Prevention Program can also be provided for a business/company on their campus if any member is interested to direct them to **Erin Widener / Healthy Community Coordinator erin@ymcaalaska.org or (907) 563-3211.**
- The cost is \$429 per person for the entire year of class (no need to be a Y member). Includes all program supplies, small incentives, and a free adult membership to the YMCA of Alaska for the year (worth \$744). We also offer a **3-month payment plan and/or financial assistance** which is available for individuals who qualify. Insurance companies and Medicare here in Alaska currently do not cover this program.

BLOOD PRESSURE SELF-MONITORING PROGRAM (BPSM)

WHAT IS BPSM?

In response to this critical health care issue, the YMCA's Blood Pressure Self-Monitoring Program is designed to help adults with hypertension lower and manage their blood pressure. Next Session begins February 15, 2021!

WHAT TO EXPECT?

Throughout four-months in the program and with the support from a trained Healthy Heart Ambassador, participants will aim to:

- 1) They are given a blood pressure monitor to measure and record their blood pressure at home at least two times per month, gaining increased awareness of triggers that elevate blood pressure.
- 2) Attend two personalized consultations with a blood pressure check per month with a Healthy Heart Ambassador.
- 3) Attend monthly Nutrition Education Seminars (4 total)

PROGRAM GOALS:

Research shows that the process of recording blood pressure at least twice a month over a period of 4 months has been shown to lower blood pressure in many people with high BP.

- Reduction in blood pressure & better blood pressure management
- Increased awareness of triggers that elevate blood pressure
- Enhanced knowledge to develop healthier eating habits

WHO CAN PARTICIPATE?

- Must be at least 18 years old
- Been diagnosed with high blood pressure
- Have not experienced a recent cardiac event (within a year)
- Have no atrial fibrillation or other arrhythmias (current)?
- Is not at risk for lymphedema

INFORMATION REGARDING REGISTRATION BPSM:

- Interested participants who can answer "yes" to all the questions above may register for BPSM Program at the YMCA with all their information and payment. **The Healthy Community Coordinator / Erin Widener erin@ymcaalaska.org** will contact and meet with them to share more detailed information, complete their paperwork, and teach them how to use their BP machine.
- **Cost of the program** - \$50 for YMCA members (new participants) / \$100 for a Community Member. *Currently we are waiving the member fee (free) and giving half off for the community-member (\$50).* Re-enrollment is free (not including a new cuff). All participants receive a BP cuff, 4 Healthy Eating Seminars, 2 monthly BP checks by an HHA, & counsel along the way.
- **BP Checks and Healthy Nutrition Seminars-** There are specific BP check times available to all members, not just participants in BPSM, and registration is not required! The BPSM Nutrition Seminars are available to all our members as well with no registration required!

C·A·R·E·S PROGRAM / CONNECT · ACT · RESPOND · EMPOWER · SUPPORT

WHAT IS C.A.R.E.S?

The YMCA of Alaska is partnering with the State of Alaska Cancer Partnership to help care for our community's most vulnerable population during this time of self-quarantine and isolation. This program is free!

WHO CAN PARTICIPATE?

If you are currently undergoing cancer treatment or have received treatment in the past five years, you are eligible to participate in the C.A.R.E.S program. We will be offering help with day-to-day tasks.

WHAT TO EXPECT?

- Grocery shopping - Prescription pick up - Lawn work - Package delivery /pick up
- Any other tasks you may need help with

C·A·R·E·S+ PROGRAM

WHAT IS C.A.R.E.S+?

The YMCA of Alaska is partnering with the Alaska Cancer Partnership to help care for our community's most vulnerable population during this time of self-quarantine and isolation. Participation in C.A.R.E.S+ also gives you access to the services provided by the C.A.R.E.S program. This is a personalized wellness program for individuals struggling with or in cancer recovery that is comprised of twelve weeks of exercise routines that you can do from your home's comfort.

WHAT TO EXPECT?

Fitness That C.A.R.E.S is a personalized wellness program for individuals struggling with or in cancer recovery that is comprised of twelve weeks of exercise routines that you can do from your home's comfort. You will participate in monthly sessions with your wellness coach (virtual or in-person), Walk and Tone classes, and virtual monthly educational seminars. By joining this program, you commit yourself to exercise at least three days a week for at least 30 minutes each time, discuss your progress and goals with your wellness coach, and participate in at least two virtual seminars.

- 6-month YMCA membership & fitness assessment with your wellness coach
- ActivTrax access with a personal fitness program
- Two personal training sessions along with weekly Walk/tone classes
- A healthier lifestyle and a plan in place to keep your own health and wellness a priority in your life. At completion of the program, we will celebrate your success & explore where you want to go from there. Your wellness coach will be here every step of the way to help you create a continued plan for a healthy future.

INFORMATION REGARDING REGISTRATION OF C.A.R.E.S+:

- If you or someone you know could benefit from a program such as this or would like to volunteer to help support our community, please contact: **Health & Wellness Director Vickie Leavens** vickie@ymcaalaska.org or (907) 563-3211