



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## **ILLINOIS STATE ALLIANCE OF YMCAs**

Testimony

**YMCA's DIABETES PREVENTION PROGRAM  
and  
PIONEERING HEALTHIER COMMUNITIES**

**CHRONIC DISEASE PREVENTION and HEALTH PROMOTION TASK FORCE**

November 30, 2010  
Mount Vernon, Illinois

### **SUMMARY**

The core mission of The Y is to put Christian principles into practice through programs that build healthy spirit, mind and body for all. With 51 Corporate Ys in the State of Illinois, Ys are the perfect place to cultivate healthy statewide change at the community level.

The Y Movement has worked hard to address the growing epidemic of obesity which leads to increased health care costs due to preventable disease. The two Y Programs discussed in this testimony will be:

- The YMCA's Diabetes Prevention Program
- Pioneering Healthier Communities

### **YMCA's DIABETES PREVENTION PROGRAM**

#### **The Epidemic**

According to the Illinois Department of Public Health 600,000 people are diagnosed with diabetes each year. According to the American Diabetes Association diabetes and its complications cost the U.S. \$174 billion in 2008. In a time when our state deficit is at an estimated \$15 billion the State of Illinois must focus on finding solutions that will limit the costs associated with type 2 diabetes.

The Y has based YMCA's Diabetes Prevention Program on the landmark Diabetes Prevention Program funded by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC), which showed that by eating healthier, increasing physical activity and losing a modest amount of weight, a person with pre-diabetes can prevent or delay the onset of type 2 diabetes by 58 percent. Obesity is one of the primary risk factors related to the onset of type 2 diabetes.

#### **The History of the YMCA's Diabetes Prevention Program**

Between 1996-2001 the NIH and CDC established a Diabetes Prevention Program (DPP) which found that adults could cut the risk of developing diabetes by 58 percent by losing 7 percent of body weight and increasing their physical activity. The original DPP included one-to-one education and support for healthy eating and physical activity with a health care provider.

From 2005-2008 the authors of this study collaborated with the YMCA of Greater Indianapolis to design, implement, and evaluate a group-based adaptation of the DPP lifestyle intervention. Indiana University

translated a 16-week course based on the original study which focused on the education and support being delivered in a group setting by trained Y staff. The results of the 92- person pilot demonstrated the Y could deliver the program at a fraction of the cost and achieve similar results to the national program. Program participants were successful in preventing or delaying the onset of type 2 diabetes by reducing their body weight by 6 percent and increasing their physical activity, and continued to maintain their progress 6 and 12 months after the core 16 sessions.

In April of 2010, UnitedHealth Group, one of the nation's largest health insurers teamed up with the Y-USA to expand YDPP. Rather than simply continuing to pay ever-higher medical claims to care for its diabetic customers, UnitedHealth is paying the YMCA and pharmacists to keep people healthier. Using the model from the YMCA of Greater Indianapolis, Y-USA has implemented the YDPP in Louisville, Cincinnati, Columbus, Dayton, Minneapolis, Phoenix, Jacksonville, Fort Wayne and Bloomington (Indiana), Rochester (New York), New York, Delaware, Seattle, and Birmingham

### **The Diabetes Prevention Program in Illinois**

YMCA of the USA worked with Congress to create the Diabetes Prevention Act as a part of health care reform which establishes a national community-based diabetes prevention program at the Centers for Disease Control. In September of 2010, the Y announced \$50,000 grants to introduce a Diabetes Prevention Program at local Ys.

The Two Rivers YMCA in the Quad Cities, Kishwaukee Family YMCA in DeKalb, and the Prairie Valley Family YMCA in Elgin were approved to start a Diabetes Prevention Programs in the fall of 2010 but unfunded. The YMCA is soliciting private funds and advocating for Congress to secure additional start-up funding for the approved but unfunded Ys.

### **The Future of the Diabetes Program in Illinois**

YMCAs hold a unique advantage in their infrastructure to run community based prevention programs because of the sheer number of locations and its ability to reach low-income and minority populations who are at the highest risk for developing diabetes.

While Y-USA is looking to fund the Ys in the Quad Cities, DeKalb, and Elgin, we are also looking for partners in this work. In 2011 Ys may choose to make a \$12,500 investment with the YMCA of the USA to participate in the YMCA's Diabetes Prevention Program. The Investment will provide access to training, curriculum, tools, resources, and support.

## **YMCA's PIONEERING HEALTHIER COMMUNITIES**

### **The Childhood Obesity Epidemic in Illinois**

According to the Trust for America's Health and the Robert Wood Johnson Foundation one out of five Illinois children are considered obese. Illinois ranks fourth in the nation for the number of obese children. These children are at an increased risk of heart disease, diabetes, and other ailments. There is no denying the growing epidemic of childhood obesity will not only cost lives but cost the state considerably in the future in health care costs.

### **The Y's Solution to Curbing Childhood Obesity through Pioneering Healthier Communities**

In 2010 the Illinois State Alliance of YMCAs was named one of YMCA of the USA's Statewide Pioneering Healthier Communities (PHC). PHC is a statewide collaborative effort that focuses on healthy systems, environmental, and policy changes. Three Statewide PHCs were started in 2009 in Connecticut, Kentucky and Tennessee. The 2010 cohort includes Illinois, Michigan, and Ohio.

The statewide collaboration is supported by a total of 12 local PHCs.

<b>YMCA</b>	<b>Location</b>
Prairie Valley Family YMCA	Elgin
Rock River Valley YMCA	Rockford
Southwest YMCA	Metro East
Two Rivers YMCA	Moline/Quad Cities
<b>YMCA of Metro Chicago</b>	<b>Chicagoland</b>
<b>B.R. Ryall</b>	<b>DuPage County</b>
<b>Joliet YMCA</b>	<b>Joliet</b>
<b>Kankakee YMCA</b>	<b>Kankakee</b>
<b>West Cook YMCA</b>	<b>Oak Park</b>
<b>YMCA of Greater Peoria</b>	<b>Peoria</b>
<b>Quincy Family YMCA</b>	<b>Quincy</b>
<b>Campanelli YMCA</b>	<b>Schaumburg</b>
<i>Bold Ys are new PHCs in 2010</i>	

Each local PHC must create a local "Road Map" on how they will drive healthy systems, environmental, and policy change in their community. They do this by creating a local "Dream Team" from schools, the business community, local elected officials etc.

This diverse group starts by doing a Community Healthy Living Index (CHLI) on their community which assesses the following areas: schools, afterschool/child care, work sites, neighborhoods, and the community at large. The CHLI indicates gaps that inhibit healthy choices such as unsafe walk paths, lack of access to fresh fruits and vegetables, or not enough after school programs emphasizing physical activity.

These local groups support the large statewide team focused on policy change at the state level. The statewide PHC is also charged with the task of building a Statewide Road Map that will lead to lowering the obesity rate among Illinois children.

**The Current Statewide Partners**

- Illinois State Alliance of YMCAs
- Illinois Department of Public Health
- Illinois Alliance to Prevent Obesity
- The Active Transportation Alliance
- The Illinois Chapter of the American Academy of Pediatrics

**The Future of the Illinois Statewide Pioneering Healthier Communities**

The Y plans to introduce our statewide Pioneering Healthier Communities Road Map in September of 2011. 2011 will focus on bringing our diverse group to the table and identifying key areas of state policy that inhibit Illinoisans from being able to make healthy choices in their daily lives.

**CONTACT INFORMATION**

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