

# LIVESTRONG<sup>®</sup> at the YMCA for Cancer Survivors



This 12-week, 24-session physical activity program focuses on improving strength, balance, flexibility and endurance. This life-changing program is provided at no cost to the survivor.

The Y began offering the program in 2012, starting at one branch. Today, the program is available at 11 YMCA of Central Ohio locations.

## THE NEED

- 67,150 new cancer cases are expected in Ohio in 2019<sup>8</sup>
- Cancer is the **second most common cause of death** in Ohio and the U.S., nearly one of every four deaths.<sup>9</sup>
- Patients who exercise following a cancer diagnosis had a **lower risk of cancer mortality and recurrence**, and experienced fewer/less severe adverse effects.<sup>10</sup>

## 2018 OUTCOMES

- 85% improved strength in leg press and chest press
- 68% improved endurance in distance walked
- 56.5% improved balance
- 52.5% improved flexibility

**700+**  
survivors served  
since 2012

**136**  
participants  
in 2018

8. American Cancer Society 9. Ohio Department of Health 10. Oxford Academic

# Blood Pressure Self-Monitoring for Those Diagnosed with Hypertension



Beginning Fall 2018, this program, developed with the American Heart Association, aims to help individuals control and monitor their hypertension through eight bi-weekly sessions with a Healthy Heart Ambassador (HHA).

Participants are expected to check blood pressure once weekly when not in session with their HHA. Monthly nutritional sessions are also offered.

## THE NEED

- 1 in 3 U.S. adults are diagnosed with hypertension
- \$2,000 higher annual healthcare costs for individuals with hypertension<sup>11</sup>

## 2018 OUTCOMES

- 75% - average sessions attendance
  - 95% completed their tracker outside of sessions
- Those who attended at least 4 sessions:
- 1% reduction, average Systolic BP Reading
  - 3% reduction, average Diastolic BP Reading

11. AHA Center for Health Metrics and Evaluation



FOR YOUTH DEVELOPMENT<sup>®</sup>  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SUPPORTING LIFELONG HEALTH

Community Wellness  
& Disease Prevention Programs  
YMCA OF CENTRAL OHIO



# YMCA Diabetes Prevention Program

for Those at Risk



This evidenced-based program provides 25+ sessions over a year with proven results. In 2018, the program was offered at nine YMCA of Central Ohio locations, and the Y received recognition from the Centers for Disease Control and Prevention.

## THE NEED

- 1.3 million Ohioans have diabetes and more than 3 million have prediabetes
- 67,000 Ohioans are diagnosed with diabetes yearly<sup>1</sup>
- Health care costs for those with diabetes are 2.3 times greater than those without<sup>2</sup>
- \$72 million spent by Ohio Medicaid on diabetes-related hospital admissions in 2016<sup>3</sup>

## 2018 OUTCOMES

- 5% - average weight loss, 6 months
- 5.5% - average weight loss, 12 months
- 16 - average sessions, 6 months
- 23 - average sessions, 12 months

192 participants in 2018

5,000+ participants served since 2010

1. American Diabetes Association, The Burden of Diabetes in Ohio  
2. Harvard T.H. Chan School of Public Health, 2016 3. Ohio Diabetes Action Plan, 2018

# Enhance<sup>®</sup> Fitness

for Active Older Adults



This low-intensity physical activity program is geared toward older adults with limited mobility. Baseline testing is completed when an individual joins; post testing happens every 16-20 weeks. In 2018, the program was offered three times weekly at eight YMCA of Central Ohio locations.

## THE NEED

- Nearly 2 million Ohioans are age 65 or older<sup>4</sup>
- 50 million+ Americans have arthritis - 2.6 million in Ohio<sup>5</sup>

## 2018 OUTCOMES

Research shows participants have fewer hospitalizations and \$945 less in annual health care costs.<sup>6</sup>

The program has been shown to:

- reduce pain
- improve functioning
- help social isolation
- elevate mood
- delay onset of disability for those with arthritis

Of our 2018 participants:

- 76% improved or maintained balance
- 77% improved or maintained strength
- 51% improved or maintained endurance

416 participants in 2018

4. United States Census Bureau 5. Arthritis Foundation 6. The Centers for Medicare and Medicaid Services, 2013

# OhioHealth Delay The Disease<sup>™</sup>

for Those Struggling with Parkinson's Disease



This evidence-based program provides physical activities at four YMCA of Central Ohio locations. Offered year-round two or three times per week per location, each class lasts 60 minutes. Participants complete baseline testing at the beginning of the program and then on-going testing approximately every six months.

## THE NEED

- One million will be living with Parkinson's Disease (PD) in the U.S. by 2020<sup>7</sup>
- 60,000 Americans are diagnosed with PD each year<sup>7</sup>
- 10 million people worldwide are living with PD<sup>7</sup>

## 2018 OUTCOMES

Participants increased:

- Leg strength
- Functional mobility of positional change
- Walking ability and speed over short durations

Participants decreased:

- Falls risk

70 participants in 2018

7. Parkinson's Foundation