



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ***TAILORING EVIDENCE-BASED PROGRAMMING FOR IMPACT AND RELEVANCY IN SOUTH KING COUNTY***

**WASHINGTON STATE 2019 COMMUNITY HEALTH WORKER CONFERENCE:**  
*YOU ARE EPIC—EQUITABLE, PASSIONATE, INVESTED, AND COLLABORATIVE*

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# THE Y'S SUITE OF PROGRAMS





## YMCA'S DIABETES PREVENTION PROGRAM

- » Helps adults 18+ at high risk of developing type 2 diabetes reduce their risk for developing the disease
- » Goals include reducing body weight by 5-7% and increasing physical activity to 2.5 hours per week
- » Commitment: one-year program consisting of 25 sessions of small group meetings
- » Some insurance companies cover the cost of the program. Sliding fee ranges from \$95-\$429 based on YMCA membership and ability to pay. Financial assistance is available.
- » Y membership not required for participation

## LOSE TO WIN WEIGHT MANAGEMENT

- » Weight loss program focused on sustainable ways to eat healthier, increase physical activity and lose weight
- » Commitment: 12-week program followed by monthly sessions over the course of nine months
- » Adults 18+
- » Free to Y members
- » Sliding fee scale ranges from \$0 to \$225 based on YMCA membership and ability to pay. Financial assistance is available.

## ACT! YOUTH OBESITY PREVENTION

- » Helps youth and their families establish healthy eating habits and incorporate physical activity into their daily routines
- » Commitment: 12-week program, 90-minute meetings once a week. Group size ranges between 8-15 families
- » For children ages 8-14, requires medical provider referral
- » Sliding fee scale ranges from \$0 to \$165 based on YMCA membership and ability to pay. Financial assistance is available.

## LIVESTRONG® AT THE YMCA CANCER SURVIVORSHIP

- » Strength and fitness program for cancer survivors
- » Participants meet with a YMCA-certified instructor to increase flexibility and endurance, build muscle and improve capacity to perform daily activities
- » Commitment: 12-week program, 90-minute meetings twice a week
- » Adults 18+, requires medical clearance form
- » Sliding fee scale ranges from \$0 to \$165 based on YMCA membership and ability to pay. Financial assistance is available.



## ENHANCE® FITNESS ARTHRITIS MANAGEMENT

- » Group exercise program that helps adults managing chronic conditions such as arthritis to gain strength and independence
- » Easy-to-learn movements that motivate participants to be consistently active
- » Commitment: meets three times a week for 60 minutes
- » Free to Y members
- » Sliding fee scale ranges from \$0 to \$150 based on YMCA membership and ability to pay. Financial assistance is available.

## MOVING FOR BETTER BALANCE FALLS PREVENTION

- » Group exercise program that helps older adults improve their balance and increase their confidence in doing everyday activities
- » Focuses on improving functional ability, especially balance, to reduce fall-related risks and fall frequency
- » Commitment: twice a week for 60 minutes
- » Sliding fee scale ranges from \$0 to \$165 based on YMCA membership and ability to pay. Financial assistance is available.



## THE YMCA'S BLOOD PRESSURE SELF-MONITORING

- » Participants establish routines for monitoring their blood pressure and learn about healthier eating habits
- » Commitment: meet twice a month with their healthy heart ambassador and attend monthly nutrition classes with healthy cooking demonstrations
- » Adults 18+
- » Sliding fee scale ranges from \$0 to \$150 based on YMCA membership and ability to pay. Financial assistance is available.



## PEDALING FOR PARKINSON'S

- » Helps adults diagnosed with Parkinson's disease.
- » Commitment: groups meet on an ongoing basis, typically three times per week for 60 minutes.
- » Appropriate for adults between ages of 30-75 years, requires medical clearance from healthcare provider
- » Sliding fee scale ranges from \$0 to \$65 based on YMCA membership and ability to pay. Financial assistance is available.

## PEARLS DEPRESSION MANAGEMENT

- » PEARLS counselors empower individuals to take action and to make lasting changes so they can lead more active and rewarding lives.
- » Program is designed to reduce depressive symptoms and improve quality of life in older adults experiencing depression.
- » Commitment: six 60-minute counseling sessions conducted over six months.
- » Adults 60yrs+
- » Sliding fee scale ranges from \$0 to \$150 based on YMCA membership and ability to pay. Financial assistance is available.

# YMCA EVIDENCE-BASED AND INFORMED PROGRAMS

PROGRAM	CONDITION TARGETED	OUTCOMES MEASURED
<b>YMCA Diabetes Prevention Program</b>	Prevent Type 2 Diabetes	% Weight Loss (goal of 5-7%); # of minutes of physical activity/week (goal of $\geq$ 150 mins/week); food tracking; attendance; participant satisfaction
<b>Lose to Win – Weight Management</b>	Prevent obesity and related chronic diseases & conditions	% Weight Loss (minimum goal 5%); attendance; food tracking, participant satisfaction
<b>Actively Changing Together – Youth Obesity Prevention</b>	Prevent youth obesity and related chronic diseases/conditions	Attendance; behavior and environment changes related to diet, sugary beverage consumption, screen time, and physical activity (for youth and parents)
<b>Blood Pressure Self-Monitoring</b>	Prevent & manage Heart Disease	Blood Pressure readings 4x/mo for 4 months; Attendance at office hours and nutrition seminars; lifestyle changes related to diet and physical activity
<b>Moving for Better Balance</b>	Prevent falls, improve balance and strength	Improvements in 4 evidence-based balance tests
<b>Enhance Fitness</b>	Manage arthritis, improve strength and balance	Attendance, Health habits (Eating and Exercise Behavior), Physical Functioning, Social Functioning, Stress and Mental Health (including Depression), Recent Falls determined by fitness checks
<b>PEARLS – Depression Management</b>	Manage Depression (for older adults)	Attendance; changes in PHQ-9 scores
<b>Pedaling for Parkinson’s</b>	Manage Parkinson’s Symptoms	Attendance
<b>LIVESTRONG at the YMCA</b>	Support cancer survivors in returning to physical activity after treatment	Pre and Post data collected on Quality of Life, Cardiovascular Endurance, Core Muscular Strength and Endurance, Aerobic Function, Flexibility, and Balance

# IDENTIFYING WHO WE WERE REACHING WITH DPP...AND WHO WE WERE NOT

- Majority of DPP participants identified as Caucasian, English-speaking, female, and over the age of 50
- Getting feedback that participants from communities of color and newcomer communities experienced barriers to enrollment, retention, and success in DPP
- Clash between curriculum goals and lived experience of participants
  - Example: goal of changing diet clashed with difficulty accessing fresh fruits and vegetables or cultural norms related to dietary habits
  - Example: goal of increasing physical activity (150 mins/week) clashed with lack of access to safe places or culturally relevant opportunities for physical activity "
- Bottom Line: the "evidence base" for evidence-based programs like DPP is often *not* created based on the lived experiences of **diverse** groups of people, and therefore the program model assumptions do not adequately account for differences in:
  - income level and access to resources like healthful foods, preventative clinical care, physical activity, child care, or even the ability to access the YMCA;
  - cultural norms and beliefs related to diet, health, and disease;
  - Language and literacy;
  - And more

# TAKING A NEW APPROACH

- **July 2018:** Funding from the Pacific Hospital Preservation and Development Authority (PHPDA or The Health Equity Fund) to develop and implement an approach to tailoring access to/delivery of DPP in populations experiencing high health disparities in south Seattle and south King County
- **November 2018:** Hired 6 Community Health Liaisons from the
  - Ethiopian community
  - African American community
  - Latinx community
  - All were trained in YMCA Healthy Living and motivational interviewing skills, facilitation of DPP, and given option of attending WA State DOH CHW Core Competencies Training
- **January 2019:** Held series of community outreach and awareness events in target communities facilitated by Liaisons
  - Presented programs, resources, and opportunity related to work of Liaisons in bringing the work of the YMCA out into the community to ~220 people total
  - Collected community input/feedback on health needs and challenges, desired programming, etc.
- **Ongoing:** Working with communities to determine program (DPP, Lose to Win, ACT!) choices and delivery methods
  - What are best ways to collect, act on, and learn from community feedback before, during, and after program cycles?



# LESSONS LEARNED SO FAR

- Bringing programming out into the community versus requiring community to come to us
- Tying programs like DPP to simultaneous physical activity, food access, and/or nutrition resources
  - Increases appeal of program and participants' ability to be successful
- How to reconcile that there is "no one-size-fits-all" program with the need to keep fidelity to program model
- Calling something "Diabetes" prevention versus more generic "healthy living" or "weight loss"
- Leveraging and responding to community values like doing things as a family to increase participation

# MAIN CHALLENGES

- Work Force: recruiting individuals who are a good fit for the role but comfortable with low number of hours
- Training & Onboarding: Requiring Liaisons to do all pre-requisite trainings, DPP/other program trainings, etc.
- Oversight outside of our walls: Maintaining a system of oversight and accountability over numerous, field-based employees
- Determining scope of work and assigning vs. “discovering” next steps
- Tracking impact of the new role (What constitutes “evidence” of impact?)





# EXPECTED OUTCOMES FOR 2019

- Serve 65-90 individuals in culturally-appropriate DPP
- Serve 70-90 individuals in Lose to Win
- Serve 120 individuals in Actively Changing Together (ACT!)
- Serve 200 people in physical activity and nutrition programming
- Connect 80 individuals to Food Lifeline Mobile Food Pantry in conjunction with healthy cooking/nutrition workshops

# NEXT STEPS

- Connect work of Liaisons to YMCA's Clinical Integration work
  - Integrating Y Liaisons in health system
  - Example of VMC DPP app to ACPM
  - Leverage Liaison role to help community members connect to primary care/health insurance
- Connect Liaisons to CHWs/Resource Navigators at other organizations and social services serving shared target communities
- Work collaboratively with other partners to address social determinants of chronic diseases like Diabetes:
  - Food Lifeline Mobile Food Pantry partnership at Mercy Housing – Appian Way
- Track and share successful approaches to 'tailoring program delivery for cultural relevancy and impact'



# SCALING LIAISON ROLE ACROSS WASHINGTON Ys

## ACH Regions Overlapped by YMCA Association Offices

Each YMCA Association Office oversees between 1 and 13 local branches/facilities



NUMBERS CORRESPOND TO THE YMCA LISTED BELOW:

### Olympic ACH

- (1) Olympic Peninsula YMCA
- (11) YMCA of Pierce and Kitsap Counties

### Cascade Pacific Action Alliance

- (3) South Sound YMCA
- (8) YMCA of Grays Harbor
- (13) YMCA of SW Washington

### Pierce County ACH

- (11) YMCA of Pierce and Kitsap Counties

### King County ACH (HealthierHere)

- (9) YMCA of Greater Seattle

### North Sound ACH

- (2) Skagit Valley Family YMCA
- (6) Watcom Family YMCA
- (12) YMCA of Snohomish County

### North Central ACH

- (5) Wenatchee Valley YMCA

### Greater Columbia ACH

- (4) Walla Walla YMCA
- (7) Yakima Family YMCA
- (10) YMCA of Greater Tri-Cities
- (15) YMCA of the Palouse

### Better Health Together

- (14) YMCA of the Inland Northwest

### SW WA Regional Health Alliance

## CONTACTS

To learn more or connect to the Washington YMCAs' Community Integrated Health work, contact:



**THANK YOU**

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