



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MEASURABLE PROGRESS UNLIMITED SUPPORT

DIABETES PREVENTION PROGRAM
MCO PRESENTATION

January 15, 2015



AGENDA

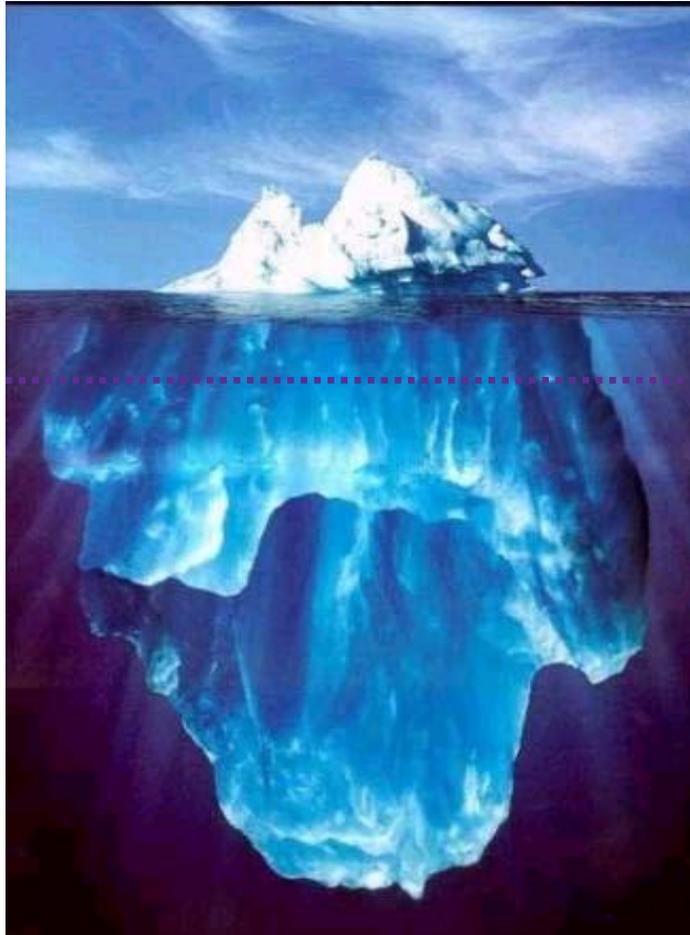
1. NEED FOR DIABETES PREVENTION
2. YMCA'S DIABETES PREVENTION PROGRAM
3. PARTNERSHIP OPPORTUNITIES
4. NEXT STEPS

DIABETES

How big is the problem?



THE STATISTICS



DIABETES

29.1 million
Americans

People who know they
have prediabetes

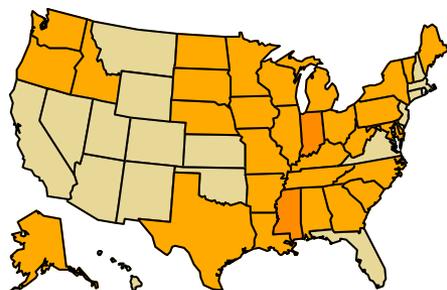
PREDIABETES

86 million Americans
(37% of all adults) with
progression to diabetes
at rate of 10% per year

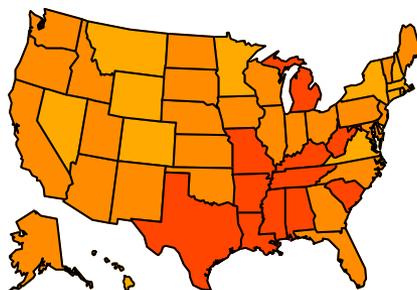
AGE-ADJUSTED PERCENTAGE OF U.S. ADULTS WHO WERE OBESE OR WHO HAD DIAGNOSED DIABETES

Obesity (BMI ≥ 30 kg/m²)

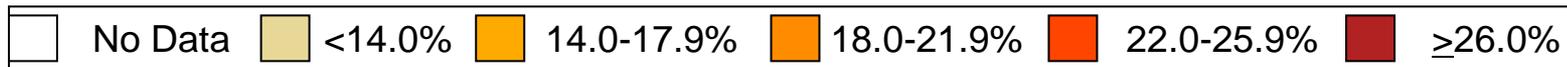
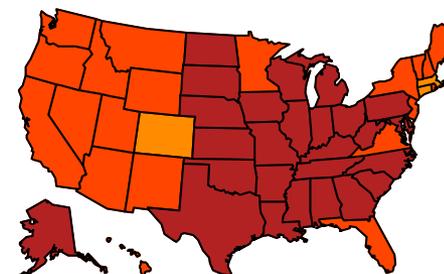
1994



2000

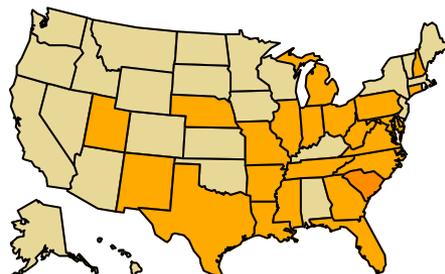


2008

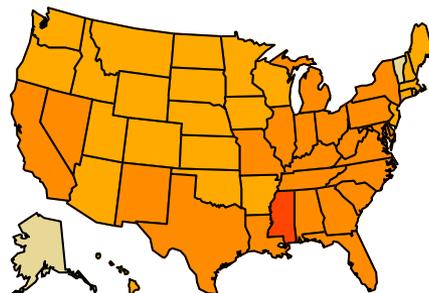


Diabetes

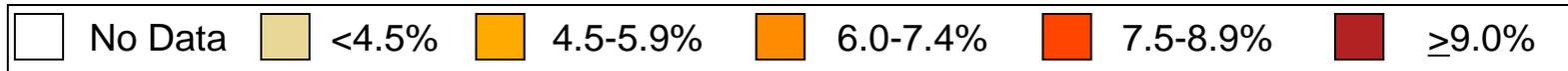
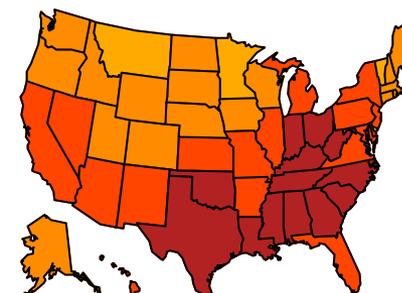
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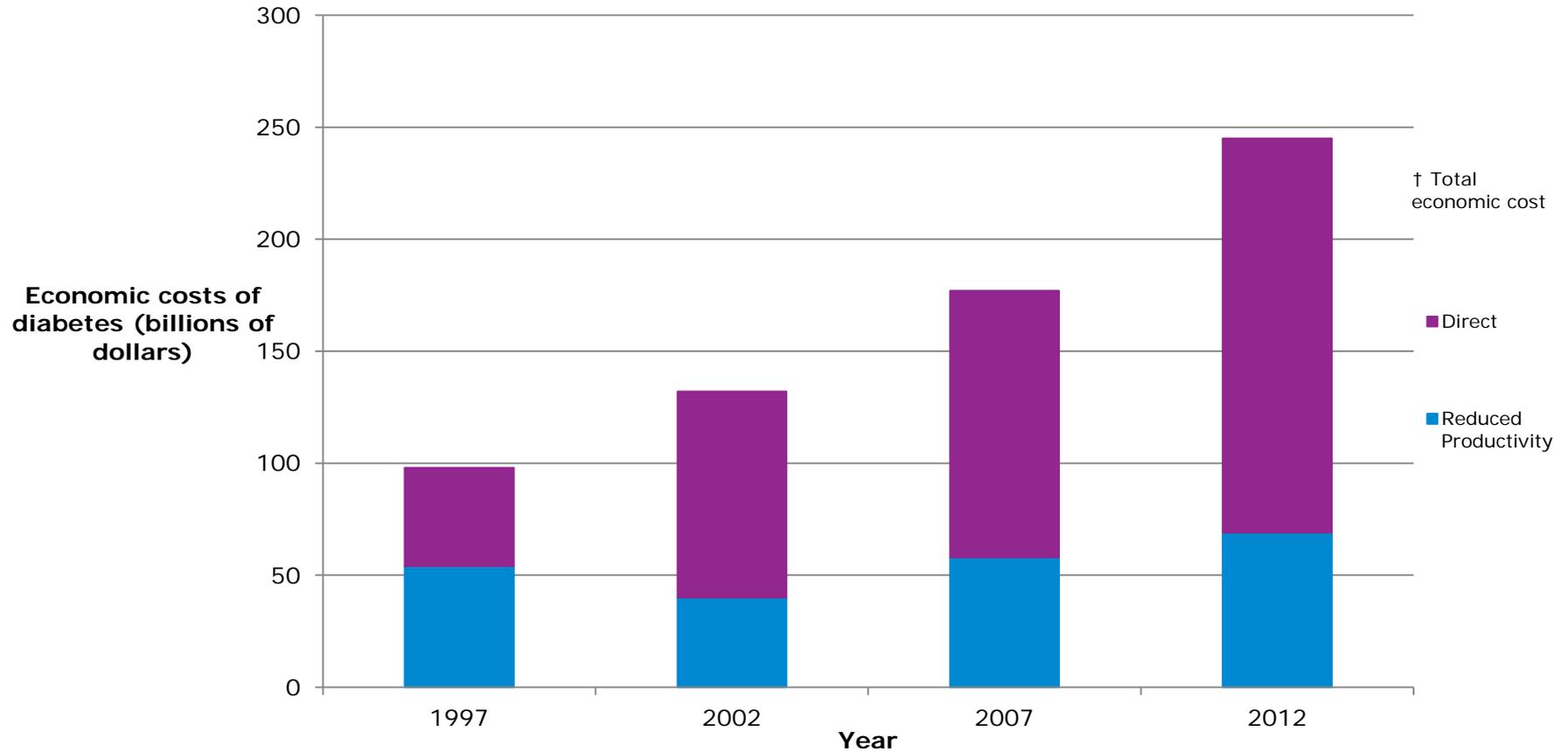
2008





BURDEN OF DIABETES IN THE U.S.

Trends in totals of direct and indirect costs, and total economic cost of diabetes, 1997–2012



ADA, *Diabetes Care*, 1998, 2003, 2008, 2013[1–4]



BURDEN OF CHRONIC DISEASE IN THE U.S.

- Indirect costs of poor health—including absenteeism, disability, and reduced work output—may be several times higher than direct medical costs. Productivity losses related to personal and family health problems cost U.S. employers \$1,685 per employee per year or \$225.8 billion annually.
- A person with diagnosed diabetes spends *2.3 times as much* on medical care as a person of the same age and sex without diabetes.
- Individuals with diagnosed diabetes may experience health complications that limit their ability to perform certain occupations.



THE COST OF DOING NOTHING

Annual out-of-pocket medical cost of someone without diabetes:	Annual out-of-pocket medical cost of someone with diabetes:	Annual out-of-pocket medical cost of someone with diabetes and associated conditions:
\$3,673	\$9,202	\$17,762

Economic Costs of Diabetes in the U.S. in 2012." Diabetes Care. March 6, 2013.

Centers for Disease Control and Prevention. National diabetes fact sheet: national estimates and general information on diabetes and prediabetes in the United States, 2011. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2011.



PREVENTION WORKS

Hundreds of millions of dollars of peer-reviewed scientific research has demonstrated that lifestyle intervention programs like the YMCA's Diabetes Prevention Program can reduce the number of new cases of type 2 diabetes by 58% and by 71% in individuals over age 60.

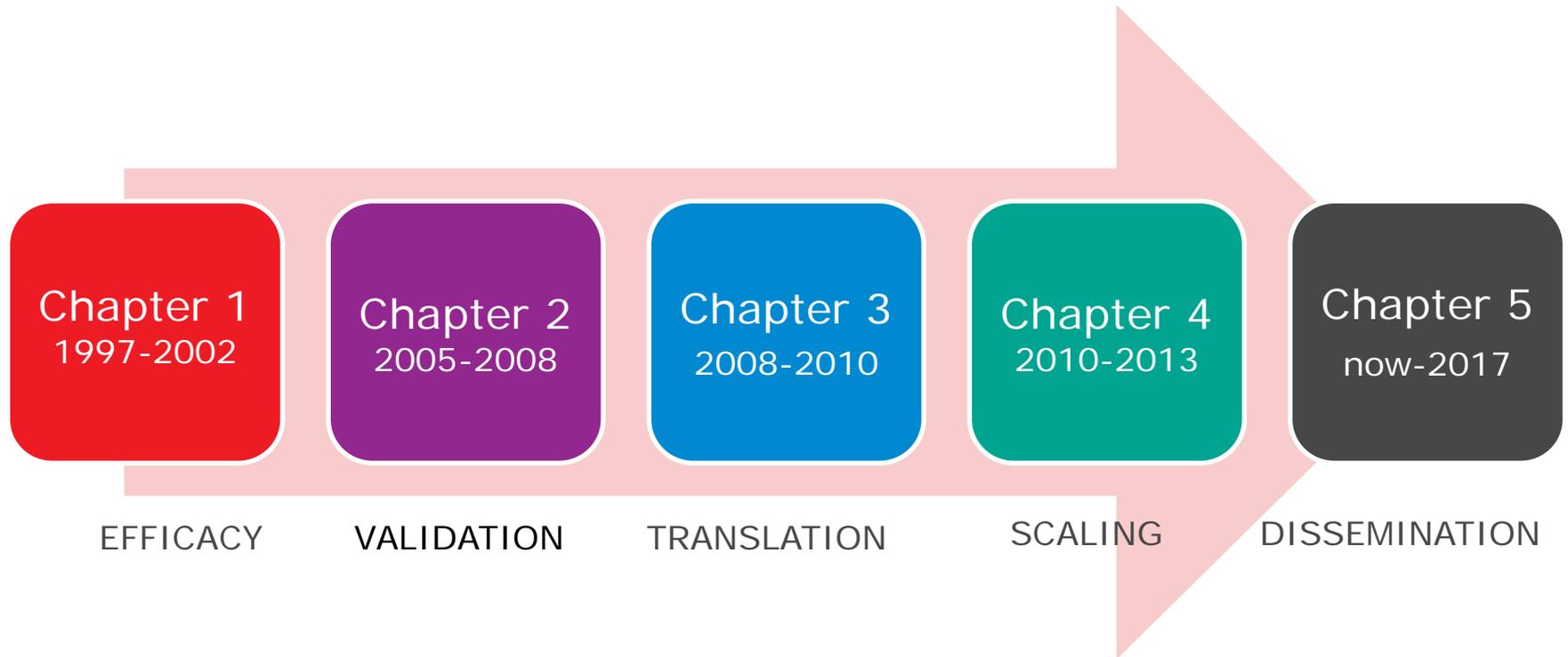
Programs like the YMCA's Diabetes Prevention Program can yield the following results (based on population of 100 high-risk adults aged 50 and over, during three years):

- Prevent 15 new cases of type 2 diabetes
- Prevent 162 missed work days
- Avoid the need for blood pressure or cholesterol drugs in 11 people
- Add the equivalent of 20 good years of health
- Avoid \$91,400 in health care costs

THE PROGRAM



THE CONTINUING DEVELOPMENT OF THE YMCA'S DIABETES PREVENTION PROGRAM



YMCA'S DIABETES PREVENTION PROGRAM

THE PROGRAM IS:

- Led by a trained Lifestyle Coach
- A one-year program: 16 weekly sessions, then 8 monthly sessions
- 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 7%
- Increase physical activity to 150 minutes per week

INDIVIDUALIZED LIFESTYLE PROGRAM

Program Goals:

To reduce the risk of developing type 2 diabetes through...

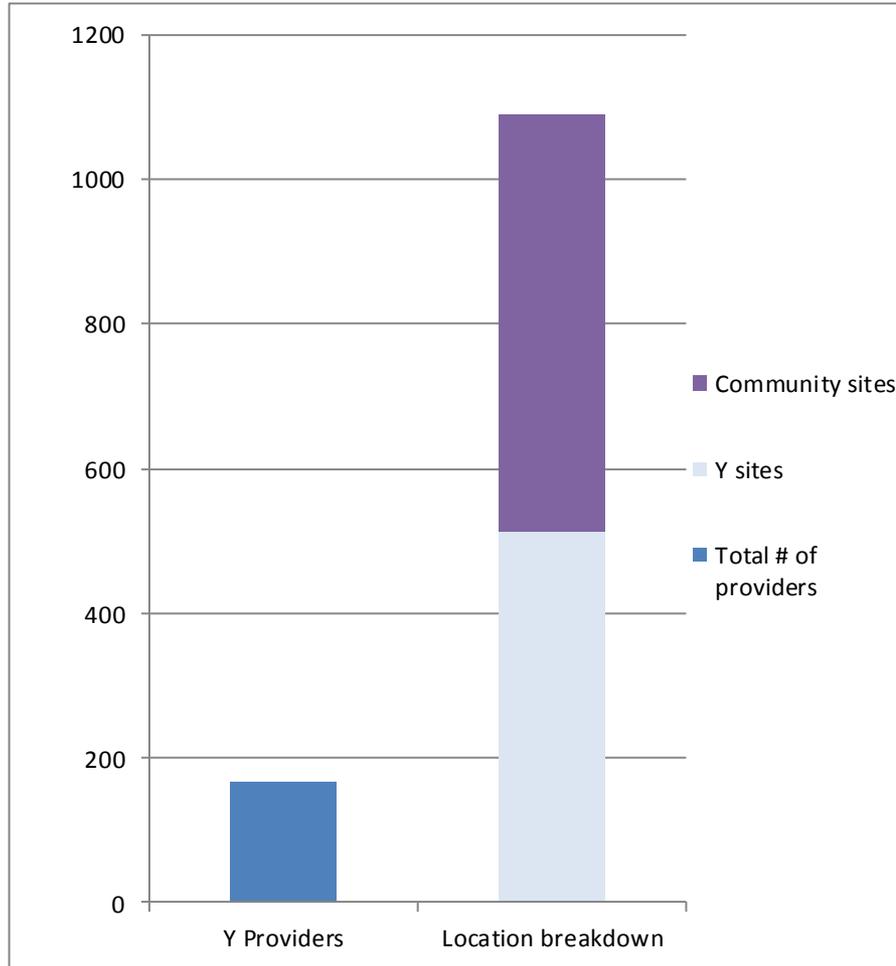
- $\geq 7\%$ loss of body weight and maintenance of weight loss.
- ≥ 150 minutes per week of physical activity.

TRAINED LIFESTYLE COACHES

- Create a motivating environment that is friendly and non-competitive.
- Facilitate group-based problem solving by utilizing motivational interviewing methods.
- Make learning a shared responsibility for the group rather than serving as the “expert.”
- Support and encourage goal setting on a weekly basis.
- Are accessible to participants before and after class. Provide follow-up when participants are not able to attend.
- Transfer accountability to participant over course of yearlong program.

NATIONAL STATISTICS (NOV 2014)

YMCA Reach



By The Numbers

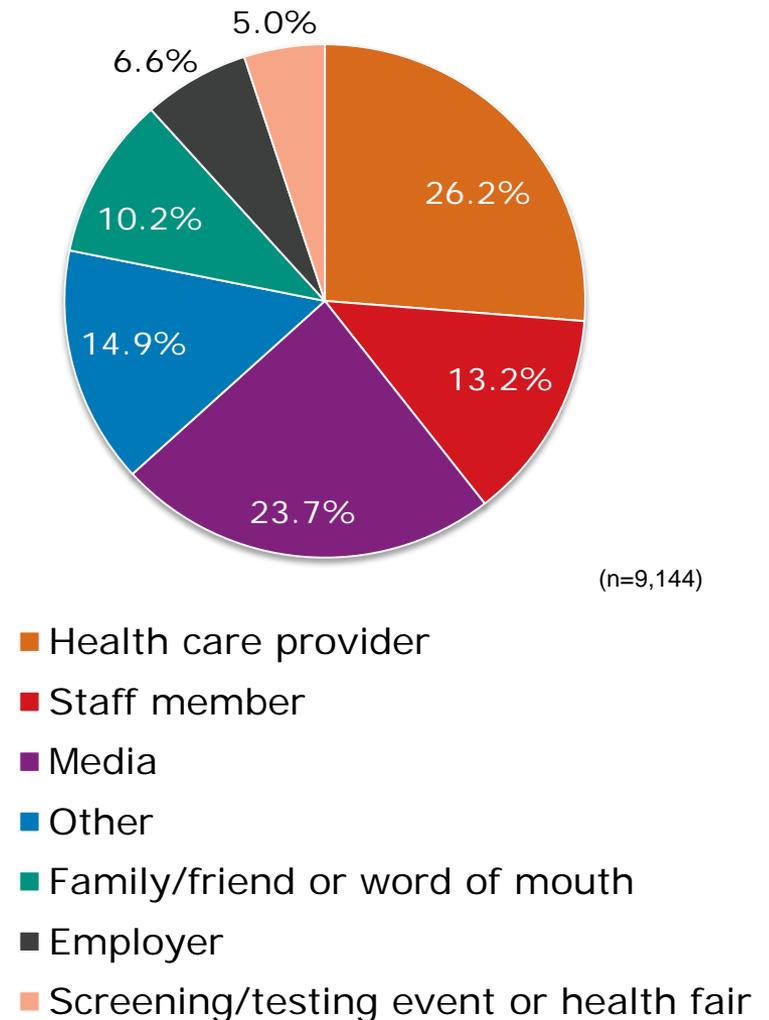
Participants attending at least one session	26,805
Average weight loss at end of weekly sessions	4.6%
Average weight loss at end of year	5.7%
Average # of weekly sessions attended	12.5
Retention from session 1 to session 4	86.2%
Retention from session 4 to session 9	82.7%
States where the program is available	42
Lifestyle Coaches trained by Y-USA	2,357

PARTICIPANT DETAILS (SEPT 2014)

Average age	Age breakdown	Gender
55 years	18-24 years = 0.8%	Female = 77.1%
	25-44 years = 19.2%	Male = 22.9%
	45-64 years = 55.5%	
	≥65 years = 24.5%	
(n=25,091)	(n=25,091)	(n=25,181)

Percent low income
17.9% (n=15,039)

Self-pay referral sources



LOCATIONS BY STATE

ALABAMA

ALASKA

ARIZONA

ARKANSAS

CALIFORNIA

COLORADO

CONNECTICUT

DELAWARE

DC

FLORIDA

GEORGIA

IDAHO

ILLINOIS

INDIANA

IOWA

KANSAS

KENTUCKY

LOUISIANA

MARYLAND

MASSACHUSETTS

MICHIGAN

MINNESOTA

MISSISSIPPI

MISSOURI

NEBRASKA

NEVADA

NEW HAMPSHIRE

NEW JERSEY

NEW YORK

NORTH CAROLINA

OHIO

OKLAHOMA

OREGON

PENNSYLVANIA

RHODE ISLAND

SOUTH DAKOTA

TENNESSEE

TEXAS

VERMONT

VIRGINIA

WASHINGTON

WISCONSIN

PHILADELPHIA FREEDOM VALLEY YMCA LOCATIONS



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Abington YMCA

1073 Old York Road
Abington, PA 19001
215-884-9622

Ambler Area YMCA

1325 McKean Road
Ambler, PA 19002
215-628-9950

Audubon YMCA

2460 Boulevard of the Generals
W. Norriton, PA 19403
610-539-0900

Boyertown YMCA

301 W. Spring Street
Boyertown, PA 19512
610-369-9622

Christian Street YMCA

1724 Christian Street
Philadelphia, PA 19146
215-735-5800

Columbia North YMCA

1400 N. Broad Street
Philadelphia, PA 19121
215-235-6440

Hatboro Area YMCA

440 South York Road
Hatboro, PA 19040
215-674-4545

Haverford Area YMCA

891 N. Eagle Road
Havertown, PA 19083
610-649-0700

New Hanover YMCA

3065 N. Charlotte Street
Gilbertsville, PA 19525
610-754-7010

Northeast Family YMCA

11088 Knights Road
Philadelphia, PA 19154
215-632-0100

Phoenixville YMCA

400 E. Pothouse Road
Phoenixville, PA 19460
610-933-5861

Pottstown YMCA

724 N. Adams Street
Pottstown, PA 19464
610-323-7300

Rocky Run YMCA

1299 W. Baltimore Pike
Media, PA 19063
610-627-9622

Roxborough YMCA

7201 Ridge Avenue
Philadelphia, PA 19128
215-482-3900

Spring Valley YMCA

19 W. Linfield-Trappe Road
Limerick, PA 19468
484-984-2000

Upper Perkiomen Valley YMCA

476 Pottstown Avenue
Pennsburg, PA 18073
215-679-9622

New site opening 2015

1399 Quakertown Road
Pennsburg, PA 18073

West Philadelphia YMCA

5120 Chestnut Street
Philadelphia, PA 19139
215-476-2700

WELLNESS CENTER LOCATION

Stephen Klein Wellness Center

New site opening 2015
2108 Cecil B. Moore Ave.
Philadelphia, PA 19121
215-235-6440

CHILD CARE LOCATION

Gilbertsville Center

144 Holly Road
Gilbertsville, PA 19525
610-367-9622

RESIDENT CAMP LOCATION

Camp Speers YMCA

143 Nichecronk Road
Dingmans Ferry, PA 18328
570-828-2329

PHILAYMCA.ORG



PARTNERSHIP OPPORTUNITIES

WHY PARTNER WITH THE Y?

- Our Y has developed an understanding of what it takes to support those at risk for developing type 2 diabetes.
- The Y has multiple ways in which health plans can support member health through the YMCA's Diabetes Prevention Program.
- In the city of Philadelphia, a number of area insurers cover YMCA membership. A reduction in the cost of the YMCA's Diabetes Prevention Program is available to those covered.
- Evaluate cost savings of enrolled member participants.

THROUGH A DIRECT PAYOR PARTNERSHIP

Your
organization
receives

- An agreement with the Y detailing your arrangement which can be tailored to your needs;
- Invoicing for qualifying individuals upon attendance at the first session; and
- Aggregate, de-identified reporting for your specific population.

Your
participating
employees
or members
receive

- Access to an evidence-based program (up to 24 sessions) that can help them reduce their risk for developing type 2 diabetes.
- A four month membership during the core 16 weeks of the program.



FREQUENTLY ASKED QUESTIONS

- How much does it cost for me to sponsor my members in the program?
- How can I ensure buy-in from my members?
- What is the Y's role in promotion and recruitment? What is mine?
- Where do classes occur?
- Who is eligible to enroll in the program?
- How do we identify eligible participants?

WHAT YOU CAN DO NOW

- Ask your Y contact for marketing materials to build awareness about diabetes risk and the YMCA's Diabetes Prevention Program.
- Host a diabetes screening event or include screening as a part of a larger wellness initiative (i.e., biometric screening, providing flu shots, etc.) to identify those who are at risk for developing diabetes.
- Request a speaker from the Y to come to a Lunch and Learn or other event to talk about diabetes risk and the YMCA's Diabetes Prevention Program.
- Offer to provide space for classes at your organization for those who meet qualification criteria for the YMCA's Diabetes Prevention Program.
- Follow up with the Y about a direct payor partnership.



THANK YOU

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