



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

SUPPORTING HEALTHY LIVING WHERE THE NEED IS GREATEST

COMMUNITY TRANSFORMATION GRANTS

As part of the Community Transformation Grant (CTG) program, the Y is expanding its efforts to make healthy living easier and more affordable where people work, live, learn, and play. The Y's CTG work is part of its healthier communities initiatives where more than 247 communities are working to ensure healthy living is within reach for all.

The CTG program is a Centers for Disease Control and Prevention (CDC) initiative to support public health efforts to reduce chronic diseases, promote healthier lifestyles, reduce health disparities and lower health care costs. Y-USA – one of seven national organizations to receive funding through CTGs – is working with 10 local Ys to deepen their efforts to implement programs and strategies that support the health and well-being of individuals in their communities, with a specific focus on African American and Hispanic individuals.

The Y's CTG sites are focusing on two main areas:

1. Coordinating and linking systems between health care providers, clinical settings and community-based organizations in predominately African American and Hispanic communities to help guide individuals to prevention efforts/programs such as the YMCA's Diabetes Prevention Program that are proven to increase health outcomes.
2. Enhancing local efforts to implement community-wide strategies that create environments in early childhood and afterschool settings that ease the adoption of healthy eating and physical activity standards with an emphasis on locations serving African American and Hispanic populations.

YMCA Community Transformation Grant Sites

This initiative supports 10 Ys over a 16-month grant period.

The communities that have received funding include:

Community Y of Marshalltown
Rye YMCA
YMCA of Central Kentucky
YMCA of Delaware
YMCA of Greater Cincinnati
YMCA of Greater Fort Wayne
YMCA of Greater Indianapolis
YMCA of Greater Louisville
YMCA of Greater Seattle
YMCA of Southern Arizona

Marshalltown, IA
Port Chester, NY
Lexington, KY
Wilmington, DE
Cincinnati, OH
Fort Wayne, IN
Indianapolis, IN
Louisville, KY
Seattle, WA
Tucson, AZ

IMPACT

By the end of the project period all ten sub-recipients will have collectively impacted **1,554,473** lives.

354,122 individuals will have increased access to environments that comply with the Y's Healthy Eating and Physical Activity Standards.

1,200,351 individuals will be covered by primary care providers providing referrals to community based organizations specifically focused on enhancing health opportunities to combat obesity and pre-diabetes among African American and Hispanic/Latino population.

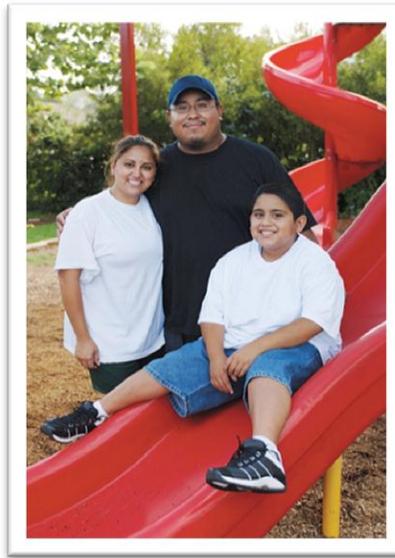
Year to date **715** early education and afterschool providers and school settings now comply with Y's Healthy Eating and Physical Activity Standards impacting the lives of **354,122** youth and families.*

**Jurisdiction-wide policies include the adoption of the Y's Healthy Eating and Physical Activity Standards by early education and afterschool providers, district wide and implementing Healthy School Zones.*

1,200,351 of individuals are now covered by **241** primary care providers providing referrals to community based organizations specifically focused on enhancing health opportunities to combat obesity and pre-diabetes among African American and Hispanic/Latino populations.†

†Jurisdiction-wide policies include adding a code for prediabetes to electronic medical records, incorporating community based prevention resources to both medical and community based referral systems and the development of organizational referral systems and policies.

In Tucson, Arizona the community leadership team originally set out to increase the number of providers providing referrals for African American/Hispanic/Latino individuals to systems or opportunities that support control of chronic disease risk factors from 0 to 14. By expanding their work to Arizona Connected Care (AzCC), which is a limited liability company that is joint venture between Tucson Medical Center and AzCC providers, they now have over 200 providers providing referrals for African American/Hispanic/Latino individuals to systems or opportunities that support control of chronic disease risk factors impacting in excess of **300,000** lives.



In Indianapolis, Indiana the Y's Healthy Eating and Physical Activity Standards have been implemented in both Perry and Wayne township schools, impacting the lives of **152,714** students.

In Wilmington, DE the team was successful in developing a referral system within the electronic medical records (EMR) system to prompt providers to refer patients with prediabetes to community-based prevention programs to prevent and/or delay the onset of diabetes. Institutionalizing this referral system has the potential to impact up to **30,000** lives.

CDC'S COMMUNITY TRANSFORMATION GRANT PROGRAM

The CTG program awarded \$103 million to 61 state and local government agencies, tribes and territories, and nonprofit organizations in 36 states, along with \$4.2 million to 7 national networks of community-based organizations. Awardees are engaging partners from multiple sectors, such as education, transportation, and business, as well as faith-based organizations. They also are providing sub-awards to community-based organizations to ensure broad participation in creating community change. Additionally, \$25 million is being used to support awardees with evaluation, communication, and technical assistance and training.

GUIDING PRINCIPLES

The CTG initiative is guided by a series of principles that will maximize the outcomes and processes of its work. include:

These include:

- Aim to reduce health disparities and achieve health equity
- Improve cultural competence of the YMCA, partners, and members
- Promote partnerships at the national, state, and local levels
- Evidence-based and results oriented
- On-going improvement and organizational learning
- Broad dissemination of results