



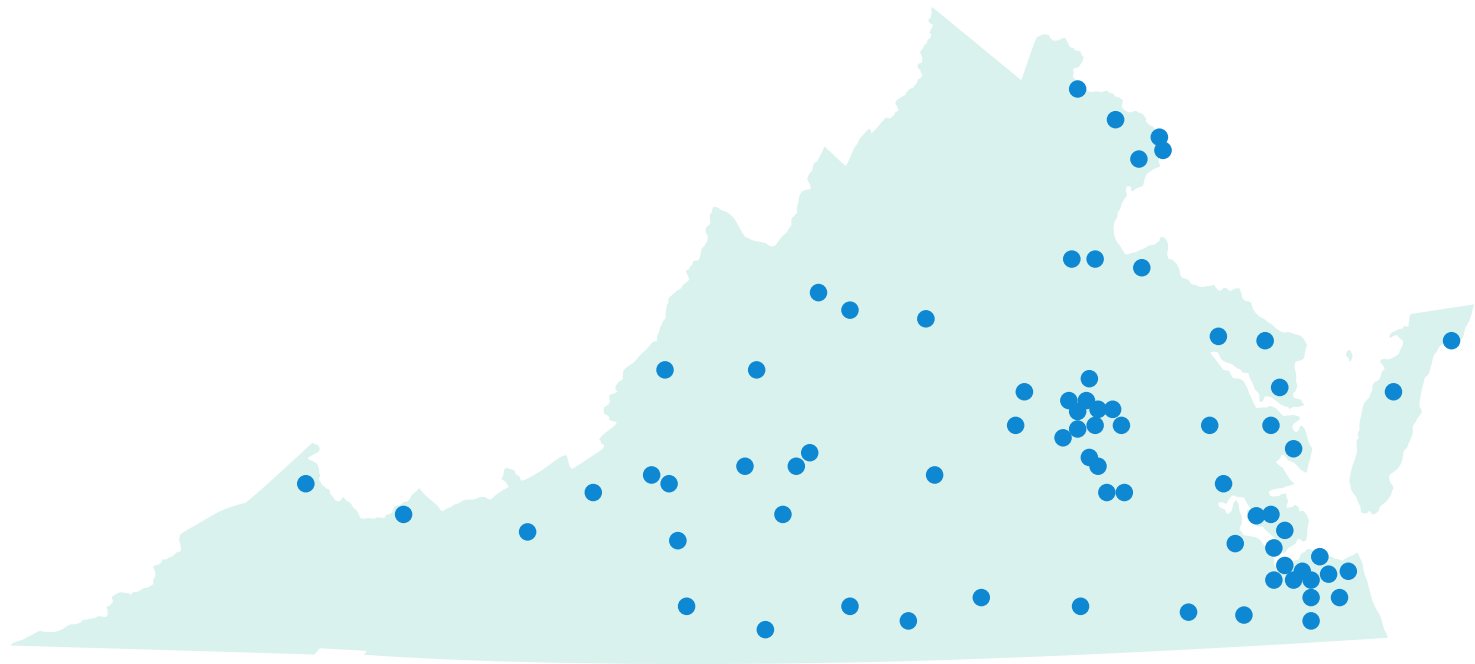
FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MEASURABLE PROGRESS UNLIMITED SUPPORT

YMCA'S DIABETES PREVENTION PROGRAM

VIRGINIA DEPARTMENT OF HEALTH  
STATE ENGAGEMENT MEETING  
FALL 2016





# THE VIRGINIA ALLIANCE OF YMCAs



# **YMCAS OFFERING DPP IN VIRGINIA**

- **ALLEGHANY HIGHLANDS YMCA**
- **EMPORIA-GREENSVILLE FAMILY YMCA**
- **PENINSULA METROPOLITAN YMCA**
- **SOUTHSIDE VIRGINIA FAMILY YMCA**
- **YMCA OF CENTRAL VIRGINIA**
- **YMCA OF GREATER RICHMOND**
- **YMCA OF METROPOLITAN WASHINGTON**
- **YMCA OF SOUTH HAMPTON ROADS**
- **YMCA OF ROANOKE VALLEY**

**\*OFFERING YMCA'S DPP THROUGH SHARED SERVICE AGREEMENT**

# VIRGINIA'S DPP BY THE NUMBERS

## National YMCA Statistics    YMCAs of Virginia

Participants attending at least one session <sup>1</sup>	<b>46,623</b>	<b>386</b>
Average weight loss at end of weekly sessions	<b>4.6%</b>	<b>3.8%</b>
Average weight loss at end of year	<b>5.5%</b>	<b>3.3%</b>
Total class locations	<b>1,607</b> 741 Y sites   866 non-Y sites	<b>25</b> 20 Y sites   5 non-Y sites
Classes Started <sup>2</sup>	<b>5,721</b>	<b>50</b>
Average attendance for 4+ sessions	<b>12.6</b>	<b>12</b>
Ys currently trained to deliver the program	<b>252</b>	<b>9</b>
Number of states delivering program	<b>47</b>	<b>--</b>

# COLLABORATIONS TO ENHANCE SUCCESS

- Emporia-Greenville Family YMCA partnered with the YMCA of Greater Richmond for administrative support to offer the program
- Emporia-Greenville and YMCA of South Hampton Roads were able to offer the program through CDC 1422 funds and partnered with the local Health Department
- YMCA of Roanoke Valley piloting a partnership with VA Premiere and a food program
- Richmond, Peninsula and South Hampton Roads utilized funding for collaborative marketing

# SUCCESSSES

# PROGRAM SUCCESS

- Trusted community partner
- “In the weeds” support network at state level
- National infrastructure that includes resources & support
- Collective impact on state and national levels
- Electronic database for quality data management
- Access to fitness facilities
- Sustainable program through fees and private funds

# CHALLENGES



# PROGRAM CHALLENGES

- Sustainable program through fees and private funds
- Financial resources to scale program quickly at state level
- HIPAA learning curve

# THANK YOU

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