PHYSICAL ACTIVITY AND CANCER SURVIVORSHIP AT THE Y

NATIONAL CANCER POLICY FORUM

MATT LONGJOHN, MD MPH
VP AND NATIONAL HEALTH OFFICER, Y-USA

February 13, 2017
1. LIVESTRONG AT THE YMCA
   - Overview, history, evidence, and current status

2. STRATEGY FOR SCALING AND SUSTAINING
   - Lessons from the YMCA’s DPP (and other programs)
   - Community Integrated Health
LIVESTRONG AT THE YMCA
LIVESTRONG® AT THE YMCA

A program and organizational-change effort for local Ys to serve cancer survivors and help them to reclaim their health.

The Numbers

Participants completing the program to date

40,958

Ys currently trained to deliver the program

211

Total number of class sites

534

Number of states delivering the program

39

Number of certified instructors

3,062
LIVESTRONG® AT THE YMCA: PROGRAM BASICS

Who?
- Adult Cancer Survivors, those living with or beyond cancer treatment

What?
- Program for small groups of 6-16 people
- Individualized cardiovascular conditioning, strength training, balance and flexibility exercises
- Group support/Not support group

When? Where?
- Two 90-minute sessions per week
- 12 weeks
- Held at YMCA “Wellness Centers”

How?
- Pre and Post Functional and Quality of Life Assessments
- Facilitated by YMCA-certified Instructors
### Effect of the LIVESTRONG at the YMCA Exercise Program on Physical Activity, Fitness, Quality of Life, and Fatigue in Cancer Survivors

Melinda L. Irwin, PhD, MPH; Brenda Cartmel, PhD; Maura Harrigan, MS; Fangyong Li, MS; Tara Sanft, MD; Laura Shockro, MPH; Keelin O’Connor, BA; Nancy Campbell, BA; Sara M. Tolane, MD; Erica L. Mayer, MD; Rachel Yung, MD; Rachel A. Freedman, MD; Ann H. Partridge, MD; and Jennifer A. Ligibel, MD

<table>
<thead>
<tr>
<th>Outcomes</th>
<th>Month</th>
<th>Exercise</th>
<th>Control</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical activity, min/wk</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Overall (N = 188)</td>
<td>Baseline</td>
<td>140.2 (107.0 to 173.3)</td>
<td>108.5 (77.7-139.3)</td>
<td>.18</td>
</tr>
<tr>
<td></td>
<td>Change at 3 mo</td>
<td>127.0 (83.0 to 160.0)</td>
<td>-5.8 (-39.0 to 27.3)</td>
<td>&lt;.0001</td>
</tr>
<tr>
<td>Subgroup: baseline physical activity &lt; 150 min/wk (N = 124)</td>
<td>Baseline</td>
<td>33.5 (20.7 to 46.2)</td>
<td>35.0 (23.0 to 47.1)</td>
<td>.86</td>
</tr>
<tr>
<td></td>
<td>Change at 3 mo</td>
<td>165.2 (121.6 to 208.6)</td>
<td>23.9 (-13.9 to 61.7)</td>
<td>&lt;.0001</td>
</tr>
<tr>
<td>Subgroup: baseline physical activity ≥ 150 min/wk (N = 62)</td>
<td>Baseline</td>
<td>293.4 (246.1 to 340.7)</td>
<td>325.8 (271.3 to 380.5)</td>
<td>.38</td>
</tr>
<tr>
<td></td>
<td>Change at 3 mo</td>
<td>43.2 (-6.2 to 92.7)</td>
<td>-54.4 (-116.8 to 8.0)</td>
<td>.01</td>
</tr>
<tr>
<td>6MWT, meters</td>
<td>Baseline</td>
<td>485 (469 to 501)</td>
<td>481 (459 to 503)</td>
<td>.75</td>
</tr>
<tr>
<td></td>
<td>Change at 3 mo</td>
<td>33.8 (19.6 to 47.9)</td>
<td>4.9 (-9.1 to 18.8)</td>
<td>.004</td>
</tr>
</tbody>
</table>

**Figure 2.** Percentage of participants meeting physical activity (PA) recommendations at baseline and at 3 months.

**Figure 3.** Changes in Functional Assessment of Cancer Therapy-General (FACT-G) and FACT-Fatigue scales from baseline to 3 months by attendance at LIVESTRONG at the YMCA exercise program sessions.
SCALING AND SUSTAINING
Over the past 9 years, with only one exception, the program has been offered free of charge to any cancer survivor.

Waiting lists reflect that grant-funding is a rate-limiting factor, and that sustainability is a significant challenge.

2016 funding from CDC is the first federal support that has been received.
THE YMCA’S DPP: THE PATH WE INTEND TO FOLLOW

Chapter 1
1997-2002

Chapter 2
2005-2008

Chapter 3
2008-2010

Chapter 4
2010-2013

Chapter 5
2014-2016

Chapter 6
Community Integrated Health

Efficacy
NIH

Translation
IU Sch. of Medicine
YMCA of Greater Indianapolis

Validation
CDC
YMCA of Greater Louisville

Scaling
Partnership with TPA allowed first 100 Ys to track participants and facilitate contracting with third party payors

Dissemination
More than 250 Ys worked to serve more participants and understand how the health care landscape has evolved allowing for new opportunities for sustainability
GAME CHANGER:
MEDICARE COVERAGE 1/1/18!

- When compared with similar beneficiaries not in the program, Medicare estimated savings of $2,650 for each enrollee in the Diabetes Prevention Program over a 15-month period, more than enough to cover the cost of the program.
THE Y’S EVIDENCE BASED PROGRAMS

DISCOVERY
- Efficacy
- Validation

DEVELOPMENT
- Translation
- Scaling
- Dissemination

YMCA’s Diabetes Prevention Program
Enhance Fitness (Arthritis Self-Management)
LIVESTRONG at the YMCA (Cancer Survivorship)
Moving for Better Balance (Falls Prevention)
Blood Pressure Self-Monitoring
Early Childhood Healthy Behaviors
Childhood Obesity Intervention
Brain Health
Parkinson’s
Tobacco Cessation
COMMUNITY INTEGRATED HEALTH

**Evidence-based Interventions**
Ys are discovering, developing, and disseminating research-tested, high-fidelity health interventions to improve health.

**Compliance**
Y-USA is helping YMCAs and other community-based organizations comply with privacy laws and health care regulations.

**Shared Physical Spaces**
Ys are exploring the value of shared spaces with health practices, rehab and cancer centers, primary care within Y facilities, retail programming space with health care systems, clinical facilities at camps, and other health services.

**Community Health Navigation**
Ys help individuals develop the relationships necessary to manage health by conducting home visits, spreading awareness of recommended preventive services, and helping connect people to health care exchanges and marketplaces.

**Capacity Building**
Y-USA is engaging Ys from the earliest stages to ensure they have the staff, competencies, and relationships necessary to implement evidence-based programs.

**Health Equity**
Y-USA infuses principles of equity into services to ensure everyone has the opportunity to live their healthiest lives, and that underserved populations have access to health-promoting resources.

**Healthy Communities Initiative**
Across 247 communities, Ys have used a collective impact model to implement policy, system, and environmental changes so that healthy choices are the easy choices for all. Building on this knowledge, Y-USA’s Talent and Knowledge Management department is testing new and advanced models of collaboration over the next three years.
THANK YOU

Matt Longjohn, MD MPH
YMCA OF THE USA
800 872 9622
Matt.Longjohn@ymca.net