



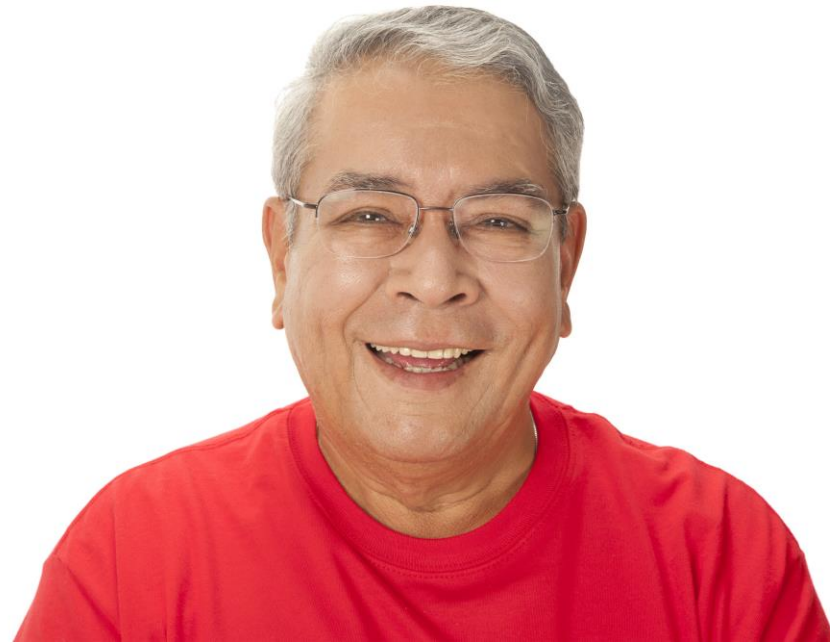
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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



THIS PRESENTATION

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

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^{1,2}; Brenda Cartmel, PhD^{1,2}; Maura Harrigan, MS¹; Fangyong Li, MS¹; Tara Sanft, MD^{1,2}; Laura Shockro, MPH³; Keelin O'Connor, BA³; Nancy Campbell, BA³; Sara M. Tolaney, MD³; Erica L. Mayer, MD³; Rachel Yung, MD³; Rachel A. Freedman, MD³; Ann H. Partridge, MD³; and Jennifer A. Ligibel, MD³

Outcomes	Month	Exercise	Control	P
Physical activity, min/wk				
Overall (N=188)	Baseline	140.2 (107.0 to 173.3)	108.5 (77.7-139.3)	.18
	Change at 3 mo	127.0 (93.0 to 160.0)	-5.8 (-39.0 to 27.3)	<.0001
Subgroup: baseline physical activity < 150 min/wk (N = 124)	Baseline	33.5 (20.7 to 46.2)	35.0 (23.0 to 47.1)	.86
	Change at 3 mo	165.2 (121.6 to 208.8)	23.9 (-13.9 to 61.7)	<.0001
Subgroup: baseline physical activity ≥ 150 min/wk (N = 62)	Baseline	293.4 (246.1 to 340.7)	325.8 (271.3 to 380.3)	.38
	Change at 3 mo	43.2 (-6.2 to 92.7)	-54.4 (-116.8 to 8.0)	.01
6MWT, meters	Baseline	485 (469 to 501)	481 (459 to 503)	.75
	Change at 3 mo	33.8 (19.6 to 47.9) 20.1 (3.3)	4.9 (-9.1 to 18.8)	.004

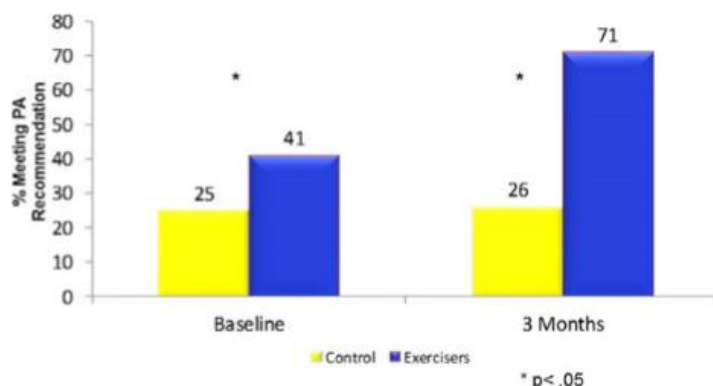
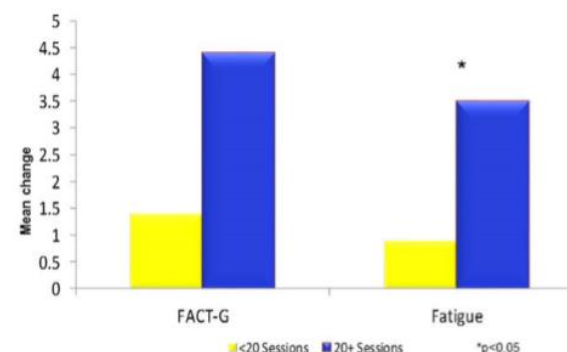


Figure 2. Percentage of participants meeting physical activity (PA) recommendations at baseline and at 3 months.



**N = 27 completed < 20 sessions; N = 54 completed ≥ 20 sessions

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.

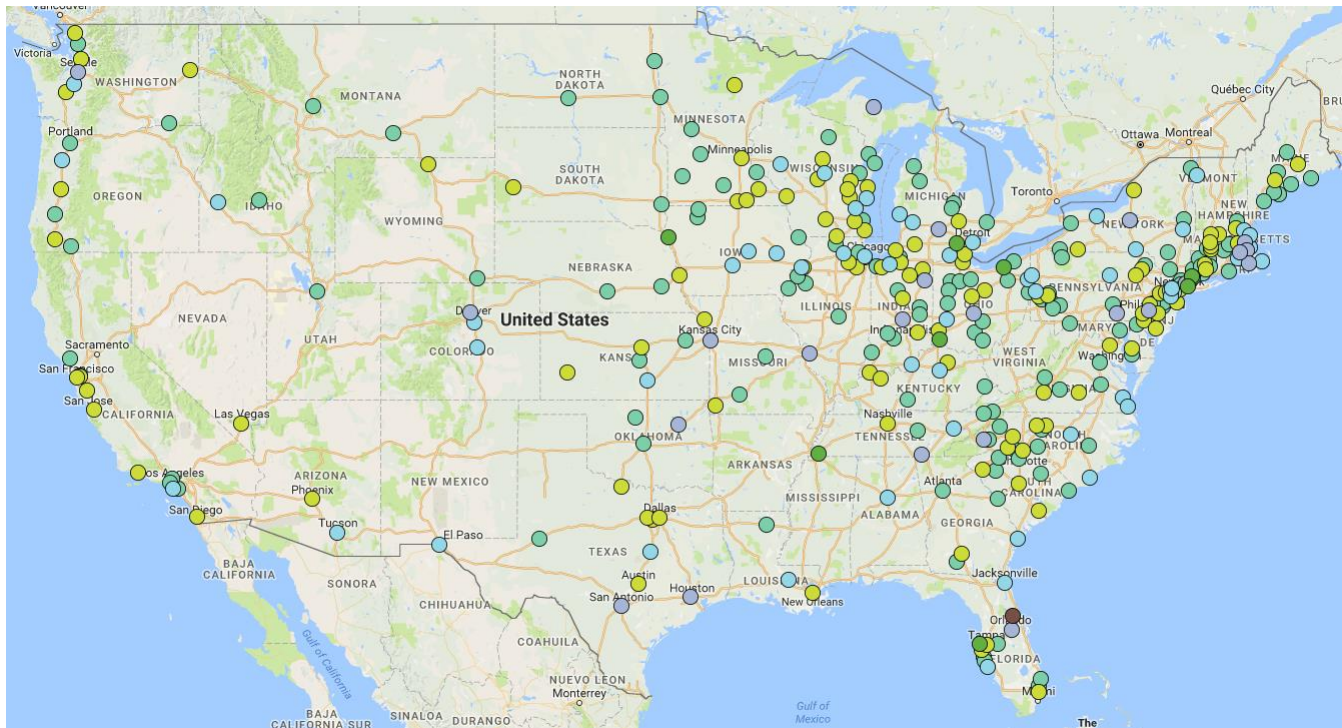
SCALING AND SUSTAINING

LIVESTRONG® AT THE YMCA

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

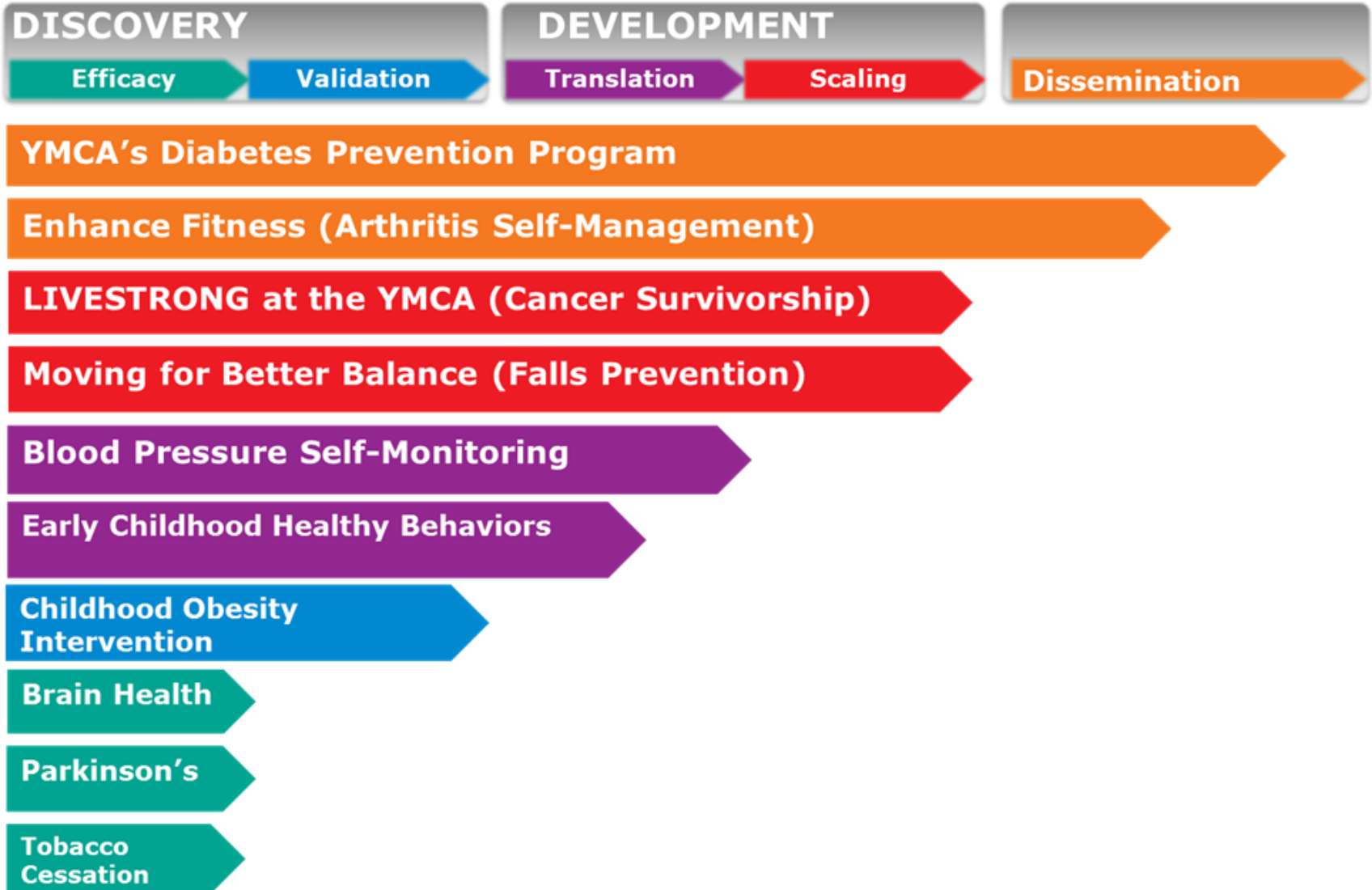
More than 250
Ys worked to
serve more
participants and
understand how
the health care
landscape has
evolved allowing
for new
opportunities for
sustainability

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



COMMUNITY INTEGRATED HEALTH





THANK YOU

Matt Longjohn, MD MPH

YMCA OF THE USA

800 872 9622

Matt.Longjohn@ymca.net