

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 organizationalchange 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

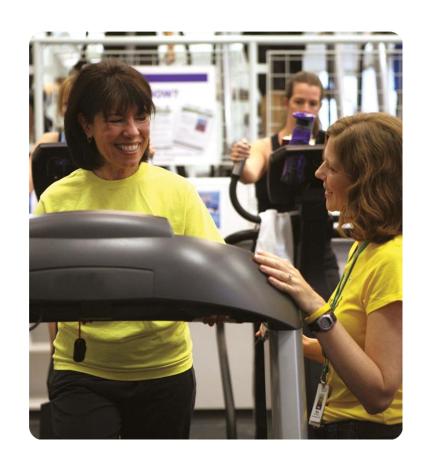
534

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)	3 3	,	,	
	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

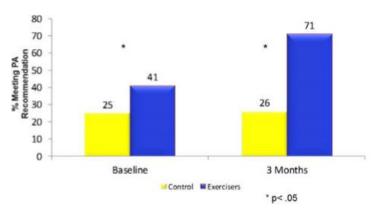


Figure 2. Percentage of participants meeting physical activity (PA) recommendations at baseline and at 3 months.

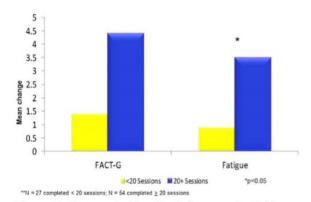


Figure 3. Changes in Functional Assessment of Cancer Therapy-General (FACT-G) and FACT-Fatigue scales from baseline to 3 months by attendance at LIVESTRONG at the YMCA exercise program sessions.

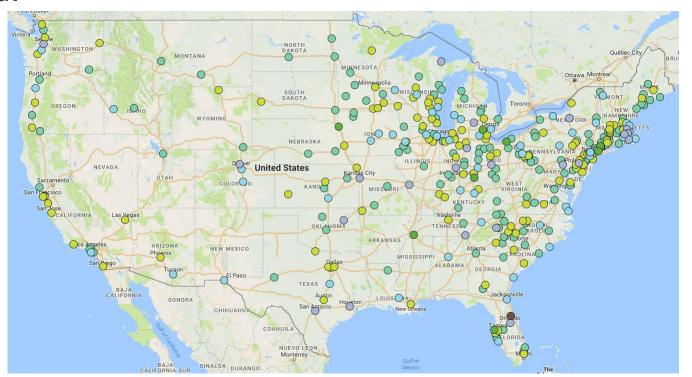
SCALING AND SUSTAINING

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

TRANSLATION

VALIDATION

SCALING

DISSEMINATION

NIH

IU Sch. of Medicine YMCA of Greater Indianapolis CDC YMCA of Greater Louisville

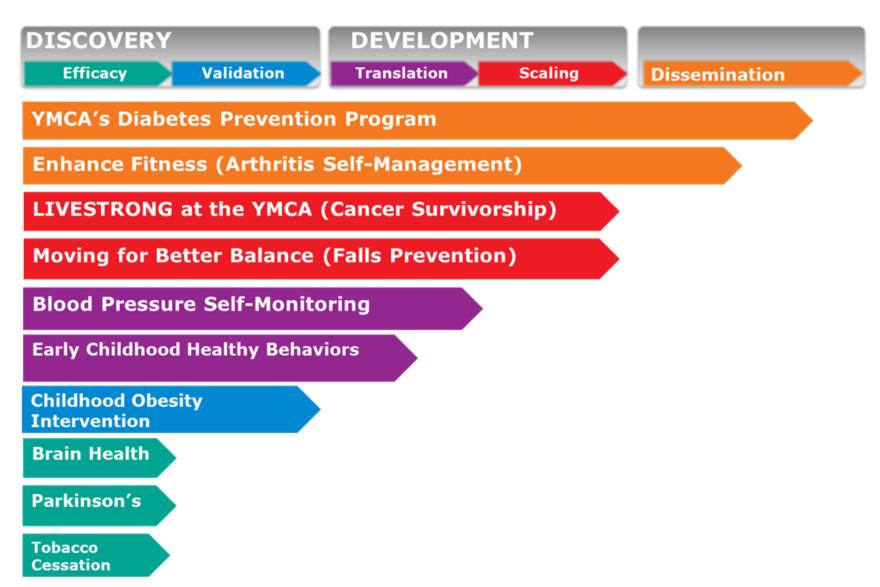
Partnership with TPA allowed first 100 Ys to track participants and facilitate contracting with third party payors More than 250
Ys worked to
serve more
participants and
understand how
the health care
landscape has
evolved allowing
for new
opportunities for
sustainability

GAME CHANGER:MEDICARE COVERAGE 1/1/18!



 When compared with similar beneficiaries not it 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

Evidence-based Interventions

Ys are discovering, developing, and disseminating researchtested, high-fidelity health interventions to improve health.

Evidencebased Interventions

Capacity Building

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,

Compliance

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

Compliance

THE YMCA'S MODEL OF COMMUNITY INTEGRATED HEALTH

Shared Spaces

Navigation

Community

Health

Health

Equity

Healthier

Community

Initiative

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.

Health Equity

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.

Healthier 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