

Your Partner for Lifelong Health

The YMCA of Western North Carolina is dedicated to improving the overall health of the community. Our Population Health team takes several approaches to improving health outcomes for people with chronic conditions or diseases. We offer several programs to help you better manage and improve your health.

Chronic Condition Support Services

The YMCA of WNC partners with medical providers to help you improve your health. We offer individualized support for people who have two or more chronic conditions, such as arthritis, cancer, depression, diabetes, falls risk, obesity, and prediabetes.

We'll keep you accountable through health coaching and regular phone call support, and may recommend that you participate in one or more of our evidence-based small group programs. (See inside for more details.)

Studies prove that patients who enroll in our supportive health promotion programs are more likely to achieve their health goals than by trying to do it on their own.

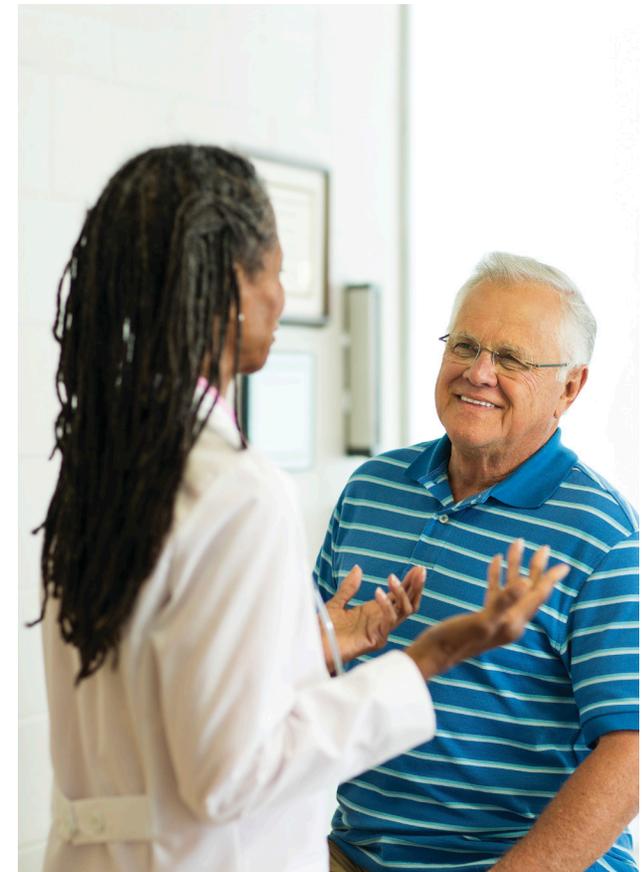


YBC Population Health
828 251 5910
ybcpophealth@ymcawnc.org

» ymcawnc.org «



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



PARTNERS IN HEALTH
Community Health Programs
at the YMCA of WNC

Arthritis Management

Arthritis exercise takes on a whole new meaning in the lively **Enhance®Fitness** program. Interactive instructors will lead you through a variety of aerobic, strength, and balance exercises to help you reach your goals. Exercise modifications make this the perfect class for participants of all fitness levels and physical abilities.

This class helps older adults become more active, energized, and empowered for independent living. Regular participation reduces age-related functional decline and has been shown to reduce the incidence of disability in older adults who suffer from arthritis.

- Exercise-based program
- Three one-hour classes per week for 16 weeks
- Can be done seated or standing
- Proven to help joint mobility, balance, and flexibility

Falls Prevention

Falls are the leading cause of both fatal and nonfatal injury in people over age 60. The Y's **Moving for Better Balance** uses the principles and movements of Tai Chi to help older adults increase their strength, improve their balance, and increase their confidence in doing everyday activities. The program focuses on improving mental cognitive and physical functional ability, especially balance, to reduce fall-related risks and fall frequency.

- Exercise-based program
- Two one-hour classes per week for 12 weeks
- Proven to reduce the risk of falling and fall frequency
- For ages 55+



Cancer Support

Everyone has a different cancer journey. **LIVESTRONG** at the YMCA instructors focus on the whole person, not the disease. This research-based program offers survivors a supportive environment to participate in physical and social activities focused on strengthening the whole person. You can expect improved muscular strength, cardiovascular endurance and flexibility, and a caring community of health seekers.

- Free exercise-based program
- Two 90-minute classes per week
- Individualized to target areas you need to rebuild
- For ages 18+

Diabetes Prevention and Management

Diabetes is the seventh leading cause of death in the United States, and medical expenses for people with diabetes are 2.3 times greater than those without. The YMCA of WNC offers two evidence-based programs to help people prevent and manage type 2 diabetes.

The YMCA's Diabetes Prevention Program

helps those at risk of developing type 2 diabetes adopt and maintain healthy lifestyles by encouraging participants to eat healthier, increase physical activity, and lose a modest amount of weight in a small-group environment.

- Classroom-based program
- 24 classes over a 12-month period
- Participants must be 18+ with a BMI of 25+
- Requires diagnosis of prediabetes or qualifying A1c/fasting plasma glucose

Taking Control of Type 2™ empowers participants to take a balanced approach to type 2 diabetes self-care. The supportive curriculum covers motivation, goal setting, balanced eating, and achieving a healthy weight.

- Classroom-based program
- 28 classes over a 12-month period
- For ages 18+ with a diagnosis of type 2 diabetes

