

Who We Are

Established in 1854, The Granite YMCA is part of the worldwide non-profit Y organization. Our association has five branches in Manchester, Goffstown, Londonderry, Portsmouth, and Rochester and two overnight camps in Alton and Strafford.

OUR MISSION

The Granite YMCA creates a community where all are welcome and builds a healthy spirit, mind and body based on the values of caring, honesty, respect, and responsibility.

OUR CAUSE

At the Y, strengthening community is our cause. Every day, we work side by side with our neighbors to create the support and opportunities that empower people and communities to learn, grow and thrive. The Granite YMCA is, and always will be, dedicated to building healthy, confident, connected, and secure kids, adults, families, seniors, and communities.

Our Impact

- The YMCA has over 2,700 locations in 10,000 communities across the country. *The Granite YMCA serves the following communities in NH: Manchester, Hooksett, Bedford, Goffstown, Weare, New Boston, Dunbarton, Londonderry, Derry, Windham, Chester, Portsmouth, Greenland, Rochester, Dover, Somersworth, and more.*
- 21 million people (12 million adults and 9 million youth) of all ages, incomes, backgrounds and abilities come to the Y to learn, grow and thrive. *The Granite YMCA serves 35,000 individuals each year.*
- More than 500,000 volunteers – kids, parents, individuals, and business and community leaders – are personally invested in strengthening their communities. *The Granite YMCA has support of over 1,400 volunteers.*
- In 2019, The Granite YMCA provided financial aid and/or free services valued at \$1.6 million dollars to more than 26,189 individuals across NH. This outreach included: sliding scale fee structure for programs and services, free use of facilities to a broad range of non-profits, camp scholarships and reduced fee or free child care services.

About Me



Cindy Lafond

Association Director of Healthy Living Initiatives at The Granite YMCA

I have worked at The Granite YMCA since 1994 in many capacities. I started as a volunteer teaching group exercise moved on to become the Wellness Director, and slowly moved up the ladder from Association Health & Wellness Director, Senior Director, Branch Executive and finally to my dream job for the past 4 years as the Association Director of Healthy Living. This job allows me to work with many people, ages and organizations to provide wellness throughout our community and state. After 32 years of wellness experience, I hold numerous certifications in group exercise, LIVESTRONG at the Y, Cancer Exercise and Fitness Specialist, and 500 hour Yoga instructor.

YMCA Locations in NH

OUR MISSION

The Granite YMCA creates a community where all are welcome and builds a healthy spirit, mind and body based on the values of caring, honesty, respect, and responsibility.

1. Concord Family YMCA
2. Keene Family YMCA
3. Meeting Waters YMCA
(serving the Fall Mountain Region)
4. Plaistow Community YMCA
5. YMCA Allard Center of Goffstown
6. YMCA of Downtown Manchester
7. YMCA of Greater Londonderry
8. YMCA of the Seacoast
9. YMCA of Strafford County
10. Merrimack YMCA
11. Nashua YMCA
12. Westwood Park YMCA
13. Exeter Area YMCA





THE (WH)Y

Our Cause

Strengthening Communities



Youth Development

Nurturing the potential of every child and teen



Healthy Living

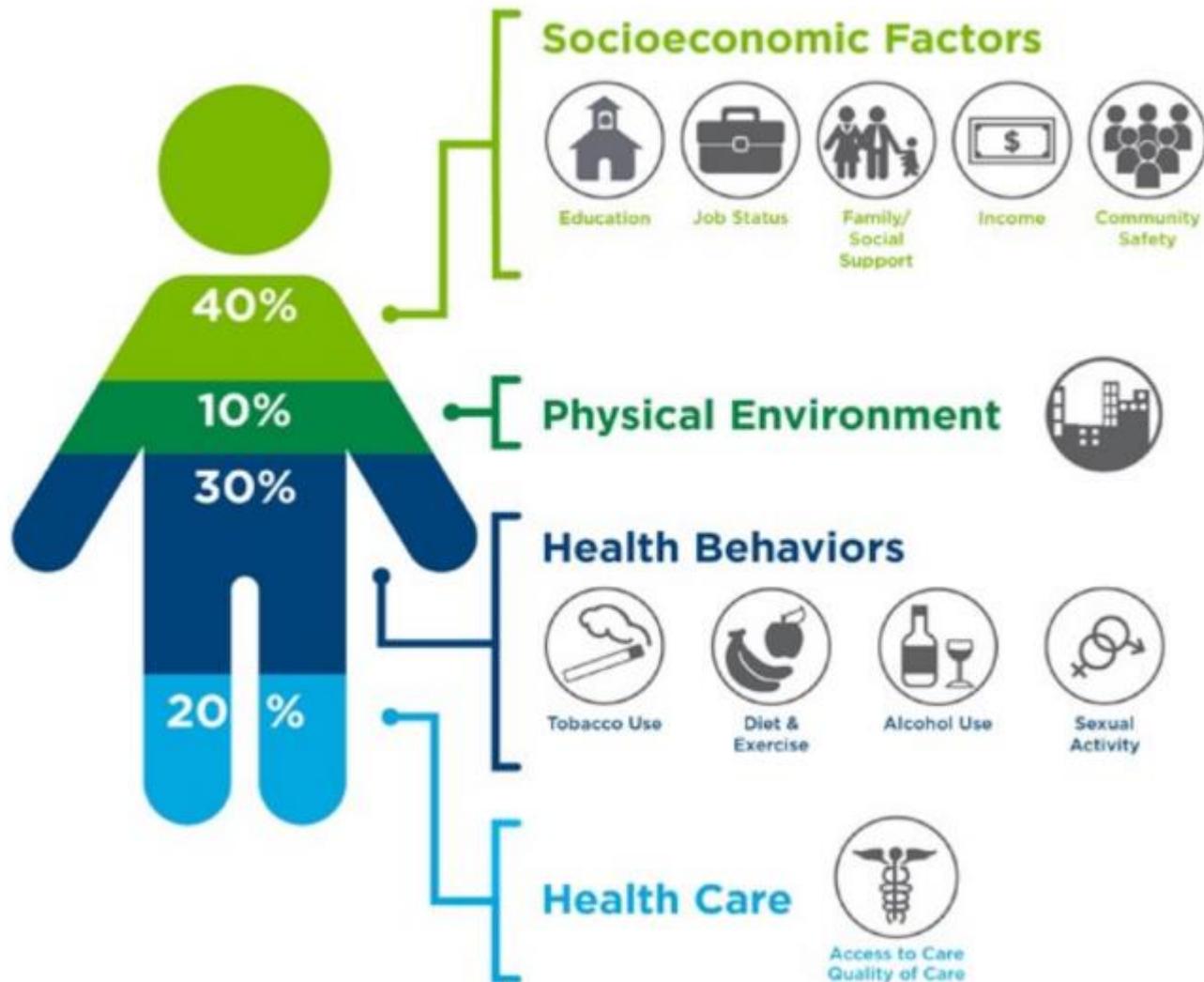
Improving the nation's health and overall well-being



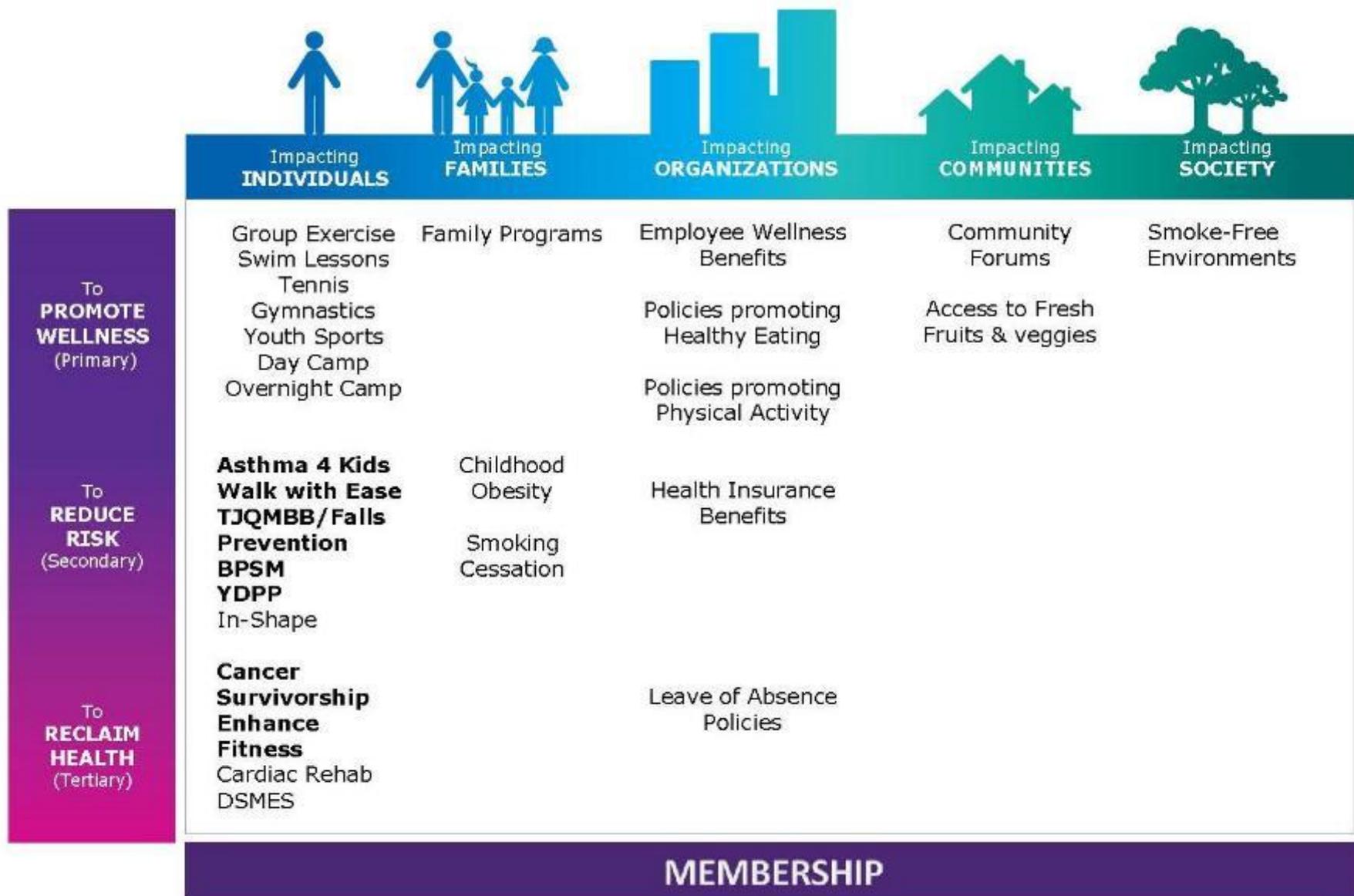
Social Responsibility

Giving back and providing support to our neighbors

Improving Health Outcomes



Healthy Living at The Granite YMCA Framework



Introduction to our Evidence Based Health Interventions

The Granite YMCA's Evidence Based Health Interventions



NEW! Enhance Fitness



YMCA's Diabetes Prevention Program



LIVESTRONG at the YMCA



YMCA's Blood Pressure Self-Monitoring Program



Walk with Ease

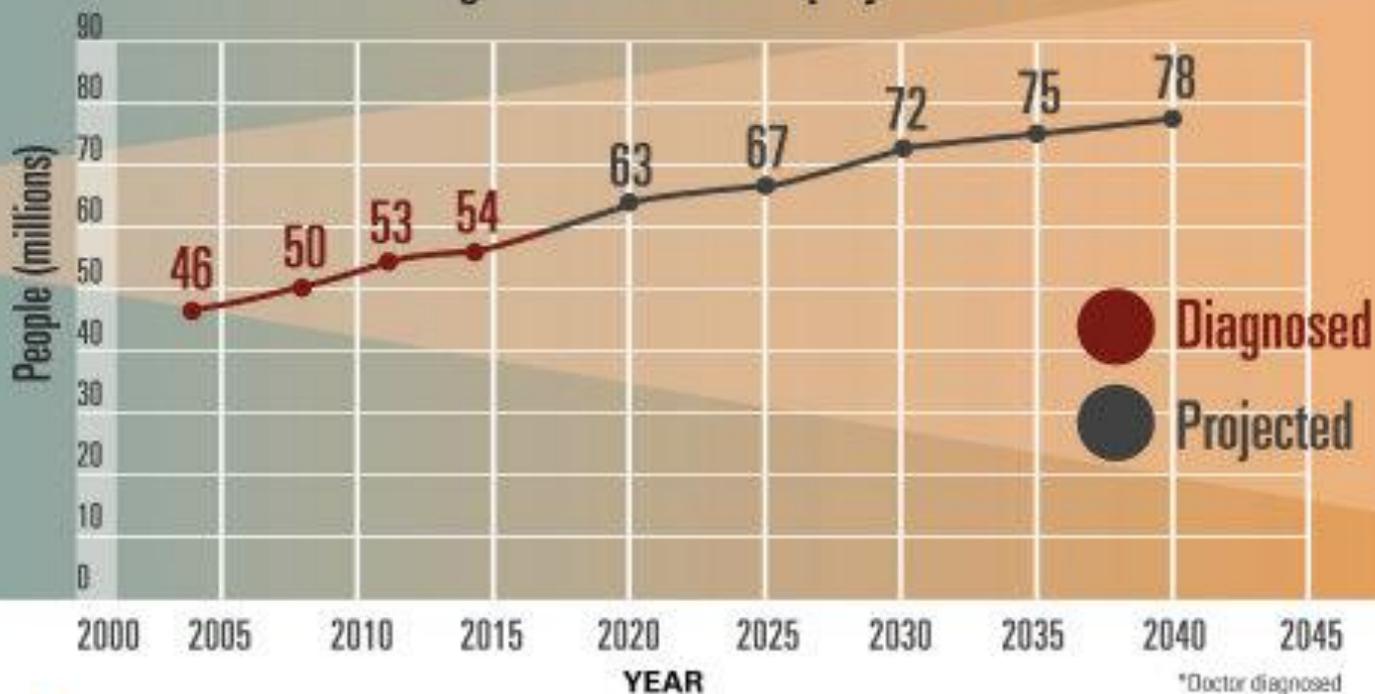


Tai Ji Quan: Moving for Better Balance

Arthritis management & Falls Prevention

ARTHRITIS will INCREASE as the population grows and ages

Diagnosed and future projections*



*Doctor diagnosed

CDC
Vitalsigns™

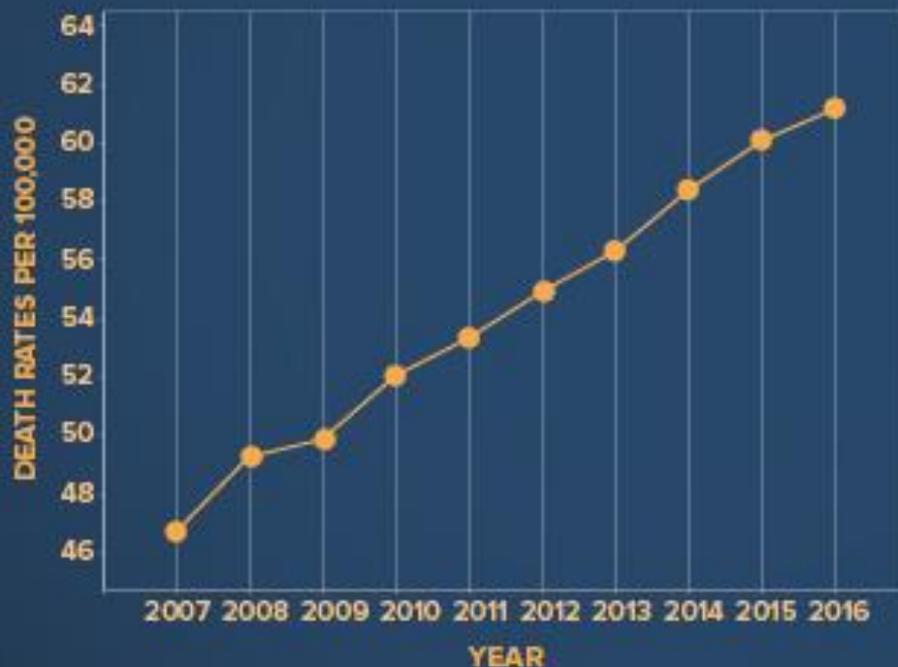
www.cdc.gov/vitalsigns/arthritis

SOURCE: National Health Interview Survey, 2013-2015.



Fall Death Rates in the U.S. **INCREASED 30%**

FROM 2007 TO 2016 FOR OLDER ADULTS



If rates continue to rise,
we can anticipate

**7 FALL
DEATHS**
EVERY HOUR
BY 2030

Learn more at www.cdc.gov/HomeandRecreationalSafety.



Walk With Ease

THE PROGRAM IS:

An evidence-based program from the Arthritis Foundation that has been proven to help reduce the pain of arthritis and improve overall health.

Studies by the Thurston Arthritis Research Center and the Institute on Aging of the University of North Carolina show that Walk With Ease is proven to:

- Reduce the pain and discomfort of arthritis
- Increase balance, strength and walking pace
- Build confidence in your ability to be physically active
- Improve overall health

ABOUT THE ARTHRITIS FOUNDATION

Leading the fight for the arthritis community, the Arthritis Foundation helps conquer everyday battles through life-changing information and resources, access to optimal care, advancements in science and community connections.



WALK WITH EASE – BY THE NUMBERS (THE GRANITE Y)

Year program began	2018
Number of instructors	10
Number of participants served	75
Number of classes currently running (in hybrid format of in person and virtual)	2

Tai Ji Quan™: Moving for Better Balance



THE PROGRAM:

Aims to improve **balance, coordination, and stability** using gentle, low-impact movements based on the forms of Tai Chi. This progressive, evidence-based, 24-week program has been shown to increase confidence, reduce the risk of falling, and enhance overall fitness for participants. All levels are welcome. Individuals who need some assistance with walking, such as use of a cane can be accommodated.

In addition to the program's physical benefits, the safe, supportive group setting provides an opportunity for participants to enjoy learning with like-minded adults and find relief from the isolation that can sometimes come from living with limited mobility.

PARTICIPANTS WILL:

- Improve their balance
- Increase their self-confidence
- Gain a sense of achievement
- Improve their well-being

Tai Ji Quan: Moving For Better Balance

THE PROGRAM IS:

- For individuals 65 years or older, physically mobile, with impaired stability and/or mobility and individuals 45 years or older with a condition that may impact stability and/or mobility
- Small group program based on 8 forms of Tai Chi-based movements, modified specifically for falls prevention
- Delivered in 12 week intervals: 24 sessions per cycle, open to all community members
- Involves fitness checks, data collection, and data entry
- YMCA membership is not required

Every
14 seconds
an older adult is
treated in the ER

29 minutes
an older adult
dies from a falls
related injury

Source: Centers for Disease Control and Prevention (2015)

Programs like
MOVING FOR BETTER BALANCE
by **55** helps older adults
reduce their risk of falling
percent

Source: Centers for Disease Control and Prevention (2015)

Enhance®Fitness (Spring 2021)



THE PROGRAM IS:

A proven community-based senior fitness and arthritis management program. It helps older adults become more active, energized, and empowered for independent living. EnhanceFitness has been nationally recognized by the Center for Disease Control and Prevention, US Department of Health and Human Services, Administration for Community Living, and the National Council on Aging.

PARTICIPANTS WILL EXPERIENCE:

- A certified instructor with special training
- Exercises focusing on cardiovascular endurance, strength, flexibility, and balance which can help reduce the severity of arthritis symptoms
- An atmosphere that encourages social interaction, which is a vital part of health and well-being for older adults



THE PROGRAM IS:

- For older adults at all fitness levels and is especially beneficial for older adults at risk for falls and/or living with arthritis
- Land-based group exercise program for older adults
- Delivered in 16-week intervals: 48 sessions per cycle
- Open to all community members; YMCA membership is not required
- Nationally recognized by the Centers for Disease Control and Prevention, US Department of Health and Human Services, Administration for Community Living, and the National Council on Aging
- Involves fitness checks, data collection, and data entry

LIVESTRONG **at the YMCA**

Cancer Survivorship

WHAT IS A CANCER SURVIVOR?

A cancer survivor is an individual who has been diagnosed with cancer, from the time of diagnosis throughout the remainder of their life.

CANCER SURVIVORS LIVING IN THE U.S.

- The Centers for Disease Control and Prevention (CDC) reports over the past several decades, the number of cancer survivors has dramatically increased to nearly **14 million people** within the United States today.
- People are living longer after a cancer diagnosis because of advances in early detection and treatment.

Physical Activity and Cancer Survivors

- Historically, health care providers have instructed cancer patients to rest and avoid activity or exertion.
- Research has now demonstrated the importance of physical activity after a cancer diagnosis, during treatment and beyond.
- Physical activity is not only safe and possible but can improve individuals' physical functioning and quality of life and reduce cancer-related fatigue.

LIVESTRONG at the YMCA



THE PROGRAM IS:

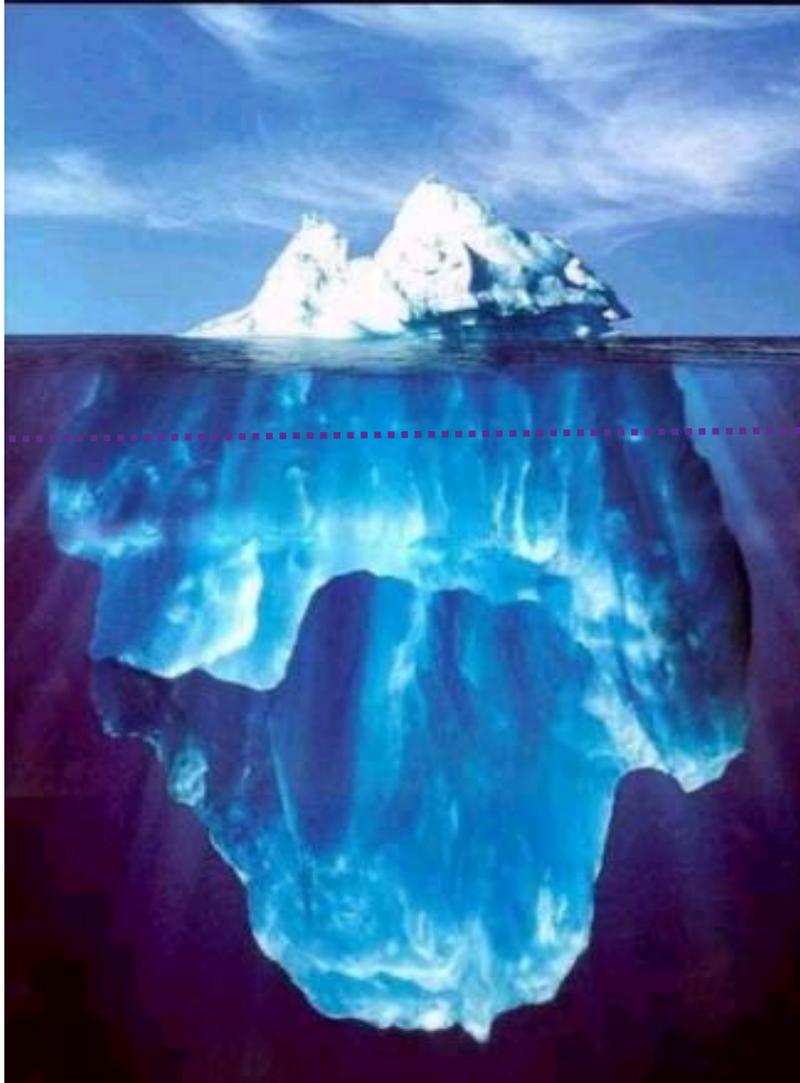
- For adults 18 and older with a cancer diagnosis
- Delivered 2 times a week in three-month cycles
- Participants receive support from trained LIVESTRONG at the YMCA instructors for the duration of the program
- Participants must be physically able to participate in most activities
- Open to all community members; Y membership not required

PROGRAM GOALS:

- Build muscle mass and strength
- Increase flexibility and endurance, and
- Improve overall functional ability
- Reduce severity of treatment side effects
- Improve energy levels and self-esteem

YMCA's Diabetes Prevention Program

The Statistics



DIABETES

30.3 million Americans

**People who know they have
prediabetes ~10%**

PREDIABETES

**84.1 million Americans
(33% of all adults) with
progression to diabetes at
rate of 10% per year**

Diabetes:

The World View

**463 million people
have diabetes**

It's estimated that

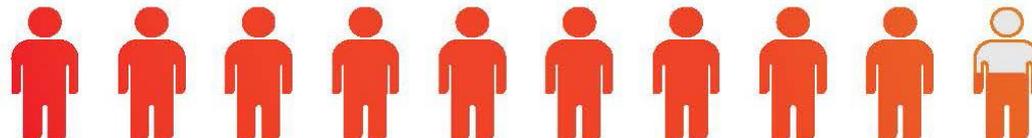
**700 million
people**

will have diabetes by 2045



90-95% of all diabetes cases are Type 2

Type 1 diabetes occurs when the pancreas produces little or no insulin. Type 2 diabetes occurs when your cells don't respond normally to insulin, also called insulin resistance.



Diabetes healthcare costs



\$760 billion
annually

10% of all global healthcare
spending is related to diabetes care

What Is Prediabetes?

Prediabetes is a serious condition that occurs when blood sugar levels are higher than normal, but not high enough to be diagnosed as Type 2 diabetes

Over
350 million

people have
prediabetes

More than
1 in 3

adults in the U.S.
have prediabetes

More than
8 in 10

people don't know that
they have prediabetes

Risk factors:



Poor diet



Lack of exercise



Family history



High BMI



Age 45+

Healthy Lifestyle Changes

Can Lower the Risk of Developing Type 2 Diabetes



In many cases, you can reverse prediabetes and prevent or delay the onset of Type 2 diabetes even if you're high risk



Regular physical activity



Healthy diet



Lose a small amount of weight



Work with a professional health coach



Manage stress and stay motivated

What can you do?



Education



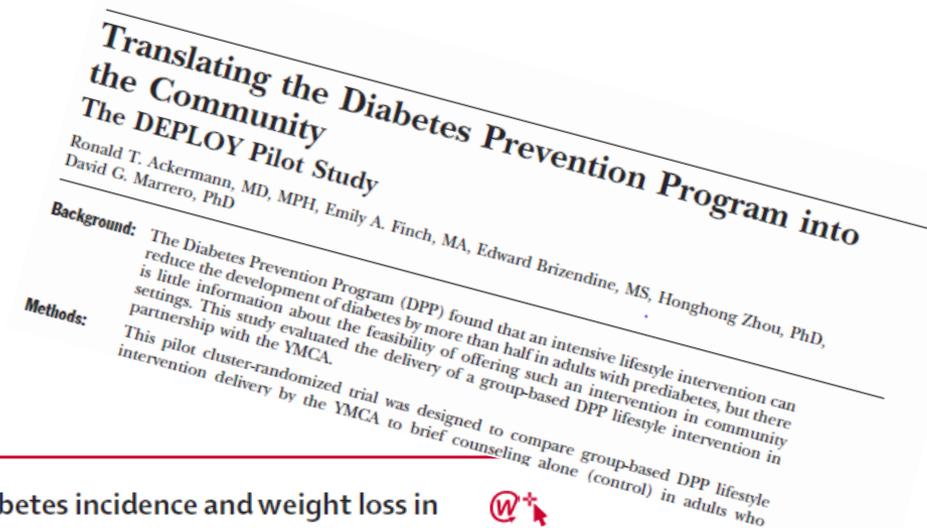
Raise awareness



Diabetes prevention programs

Prevention Works

Hundreds of millions of dollars of peer-reviewed scientific research has demonstrated that lifestyle intervention programs like the YMCA's Diabetes Prevention Program have been shown to reduce the number of new cases of type 2 diabetes by 58% and by 71% in individuals over age 60.



10-year follow-up of diabetes incidence and weight loss in the Diabetes Prevention Program Outcomes Study



Diabetes Prevention Program Research Group*

Summary

Background In the 2-8 years of the Diabetes Prevention Program (DPP) randomised clinical trial, diabetes incidence in high-risk adults was reduced by 58% with intensive lifestyle intervention and by 31% with metformin, compared with placebo. We investigated the persistence of these effects in the long term.

Methods All active DPP participants were eligible for continued follow-up. 2766 of 3150 (88%) enrolled for a median additional follow-up of 5-7 years (IQR 5-5-8). 910 participants were from the lifestyle, 924 from the metformin, and 932 were from the original placebo groups. On the basis of the benefits from the intensive lifestyle intervention

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See Online/Comment
DOI:10.1016/S0140-6736(09)61621-7

*Members listed at end of paper

YMCA's Diabetes Prevention Program

THE PROGRAM IS:

- Led by a trained Lifestyle Coach
- A one-year program: 19 sessions in the first 6 months, then 6 sessions in the second six months
- Open to all community members; YMCA membership is not required
- A Centers for Disease Control and Prevention (CDC)-approved curriculum
- Potential for program to be reimbursed by commercial health plans and Medicare

PROGRAM QUALIFICATIONS:

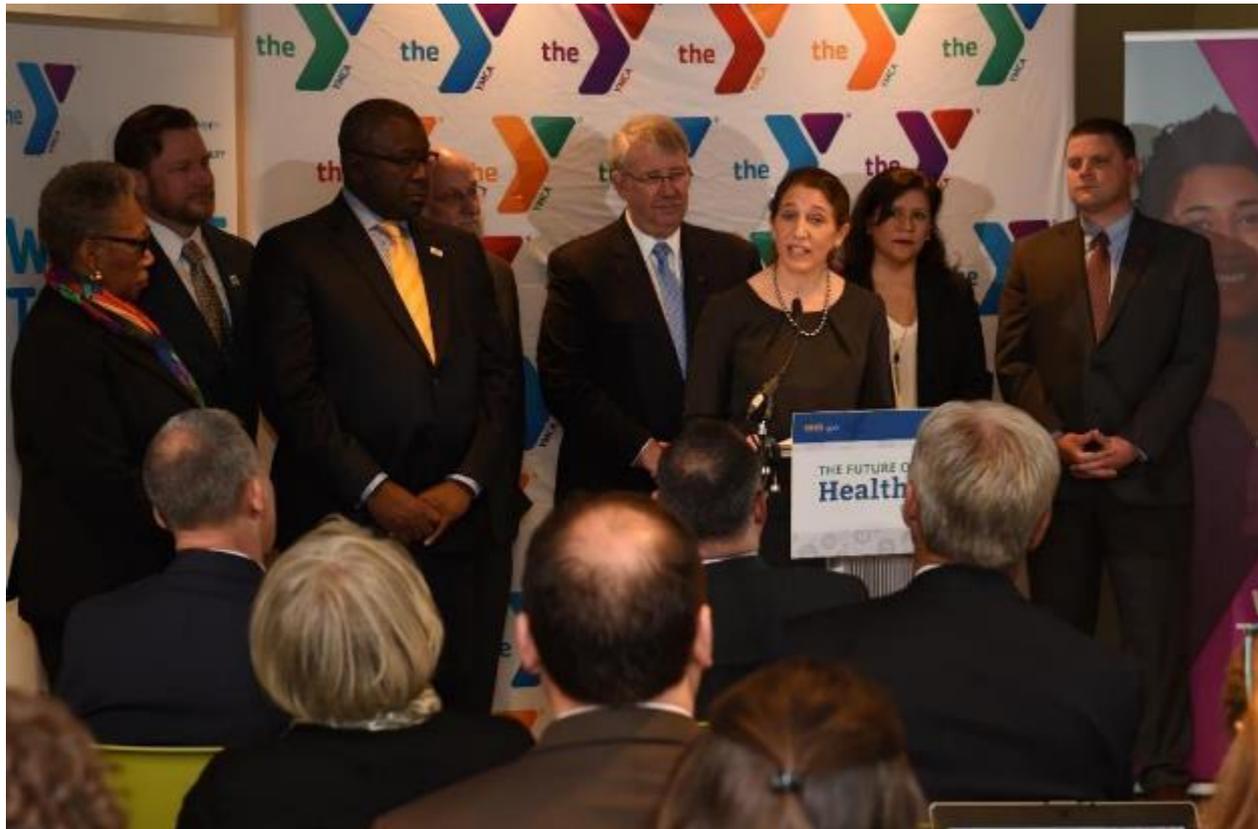
- At least 18 years old,
- Overweight (BMI ≥ 25), and\
- Prediabetes confirmed via one of 3 blood tests or previous diagnosis of gestational diabetes
- If no blood test, a qualifying score on a risk assessment

PROGRAM GOALS:

- Reduce body weight by 5-7%
- Increase physical activity to 150 minutes per week

Game Changer

- ✓ HHS Secretary made a decision to cover the Diabetes Prevention Program via Medicare in 2016
- ✓ First-ever community-based program covered by Medicare

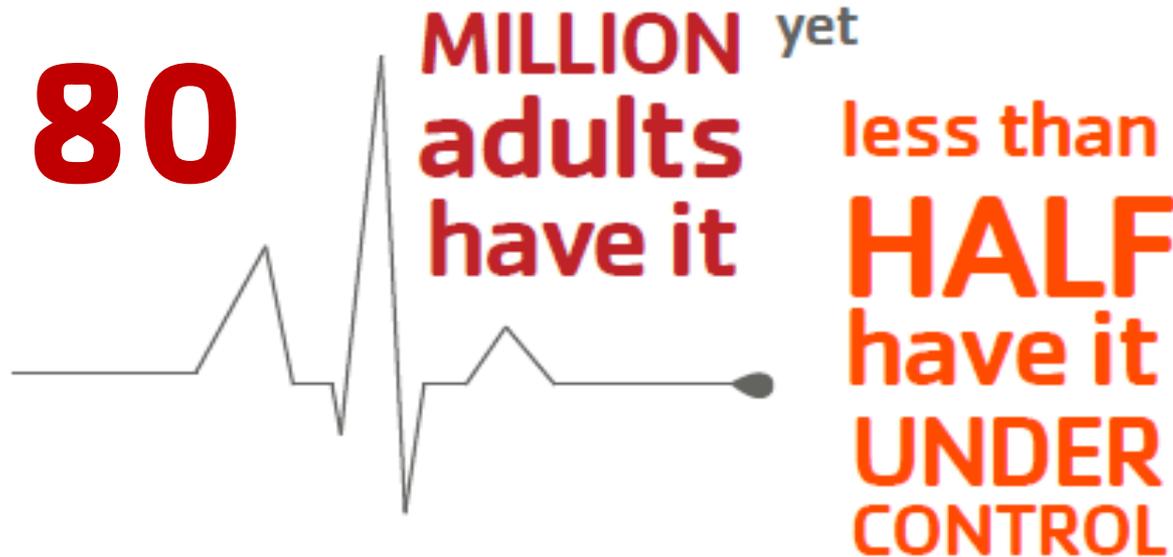


YMCA's Blood Pressure Self- Monitoring Program

Heart disease and stroke are two of the leading causes of death in the United States.

High Blood Pressure "THE SILENT KILLER"

is mostly preventable



5 WAYS TO PREVENT HEART DISEASE & STROKE

By American Heart Association News



< NUTRITION

Adults should eat more plant-based foods such as vegetables, fruits, nuts, legumes and whole grains, and choose fish, lean vegetable or lean animal proteins. Minimize processed meat and sweetened drinks.

EXERCISE >

Each week, adults should engage in at least 150 minutes of a moderate-intensity activity, such as brisk walking, or at least 75 minutes of a vigorous activity, such as jogging.



< TOBACCO

At each health care visit, tell your doctor whether you have smoked any tobacco product in the previous month – and, if so, work with your doctor to create a plan to quit.

SOCIAL DETERMINANTS >

Talk to your doctor about factors that affect your health, such as housing, food security, transportation, self-image and culture.



< ASPIRIN

Because of the risks of bleeding, don't take aspirin for prevention unless your doctor prescribes it. Aspirin can help in some cases, but talk to your doctor about whether it's right for you.



The Y Produced Slightly More Favorable Findings Than Those Reported In the Check It, Change It Study

“Check It, Change It” Study (n=1,784)	YMCA (n=526)
At baseline, 49.3% of participants had a BP <140/90 mmHg.	At baseline, 51.7% of participants had a BP <140/90 mmHg.
By 6 months, 74% of participants either reached a BP <140/90 mmHg or had a ≥ 10 mmHg reduction in SBP.	After an average of 4.3 months, 75.1% of participants either reached a BP <140/90 mmHg or had a ≥ 10 mmHg reduction in SBP.
Overall, mean SBP decreased by 4.8 mmHg.	Overall, mean SBP decreased by 6.3 mmHg.
Overall, mean DBP decreased by 2.5 mmHg.	Overall, mean DBP decreased by 3.2 mmHg.

The Impact of High Blood Pressure

- High blood pressure increases one's risk for developing **heart disease**, developing **kidney disease**, and for having a **stroke**
- It is estimated that **one in every three American adults** has high blood pressure, but only half of them have it under control
- Anyone can develop high blood pressure regardless of race, age, or gender, but **higher rates are found in some populations**
- One can prevent or control high blood pressure by taking action

YMCA's Blood Pressure Self-Monitoring Program



THE PROGRAM IS:

- For adults 18 and older who have been diagnosed with high blood pressure
- Delivered in four-month cycles
- Participants receive support from trained Healthy Heart Ambassadors for the duration of the program
- Monthly nutrition education seminars
- Participants "self-monitor", or measure and track their own blood pressure at home
- Open to all community members; Y membership not required

PROGRAM GOALS:

- Reduction in blood pressure
- Better blood pressure management
- Increased awareness of triggers that elevate blood pressure
- Enhanced knowledge to develop healthier eating habits

Y's Have the Opportunity to Impact Community Health



"Health isn't everything, but without it, everything else is nothing."
- Schopenhauer

Weight Loss Program (Summer 2021)



THE PROGRAM IS:

Designed to help people seeking a healthier weight achieve their goals by making small, modest changes to their daily behaviors and forming sustainable, healthy habits. Rather than advocate for specific or restrictive short-term solutions, this program helps participants build skills for successful lifestyle changes. Ideal for those who do not qualify for the YMCA's Diabetes Prevention Program.

PARTICIPANTS WILL:

- Feel better
- Have more energy
- Get healthier
- Lose weight
- Look better
- Continue to reach their health and wellness goals

Redefine Your Health with The Granite YMCA!

For more information, contact me at:

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THANK YOU!