



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ENSURING EVERYONE HAS THE OPPORTUNITY TO LIVE THEIR HEALTHIEST LIFE

In communities across the nation, the Y is a leading voice on the need to prioritize health, well-being and social needs. For more than a decade, the Y has driven innovation in the prevention and control of chronic disease and injury to save lives and reduce health care spending. By prioritizing social determinants of health, the Y is working to address the epidemics of chronic disease and injury that stem from decades of inequities and have been further exacerbated by the COVID-19 pandemic. Increased investments in public health and health care are essential to improve health behaviors and avert the looming tsunami of chronic disease.

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PREVENTING AND CONTROLLING CHRONIC DISEASES AND ADDRESSING INEQUITIES THROUGH PUBLIC HEALTH

The Y partners with the Centers for Disease Control and Prevention (CDC) to invest in proven interventions that address the leading causes of death and disability, including diabetes, cancer, arthritis, heart disease and obesity; drive down health care costs and save lives. Many of these chronic conditions heighten risks for COVID-related hospitalizations and fatalities. And COVID is adding to the pandemic of sedentary behavior, poor nutrition, and overweight and obesity – leading experts to predict a tsunami of chronic disease.

CDC's National Center for Chronic Disease Prevention and Health Promotion or "Chronic Center" has invested critical resources in support of the creation, implementation and/or dissemination of most of the Y's evidence-based health interventions, and the agency leads efforts to address racial and ethnic disparities in chronic disease.

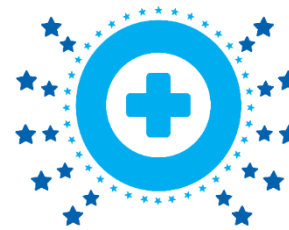
The Y recognizes that health outcomes can be influenced by many factors outside the clinical setting (often referred to as social determinants of health), including lifestyle health, social and economic factors and the physical environments where people live. Many chronic conditions are more common, diagnosed later and result in worse outcomes for historically underserved populations.

Increased funding is imperative to address chronic conditions that heighten risks for COVID-related illness and death and decrease Americans' overall health; to reverse the health disparities that have been unmasked in Black and Brown communities due to COVID; and to address the tsunami of chronic disease threatening the nation. **Support no less than \$3.8 billion for CDC's National Center for Chronic Disease Prevention and Health Promotion to support states and communities in preventing and controlling diabetes, cancer, heart disease, arthritis and obesity. This represents one tenth of one percent of what the nation spends on health care each year, 90% of which goes to treating chronic disease.**

The CDC reported that average BMI nearly doubled for children and adolescents during the pandemic.

TRANSFORMING THE HEALTH CARE SYSTEM THROUGH COMMUNITY PROGRAMS TO PREVENT DIABETES

With 96 million Americans living with prediabetes, including half of all seniors, the **Y's Diabetes Prevention Program**, part of CDC's National Diabetes Prevention Program, helps adults at high risk of developing type 2 diabetes reduce their risk of developing the disease by taking steps that will improve their overall health and well-being. The program has been shown to reduce new cases of type 2 diabetes by 58% in individuals under 60 and by 71% in individuals over 60.



In a large-scale project with the Centers for Medicare and Medicaid Services (CMS), the Y's Diabetes Prevention Program worked with nearly 8,000 seniors with prediabetes to help the average participant lose 5% of their body weight and helped Medicare save \$2,650 over 15 months per participant. In April 2018, Medicare began covering the Diabetes Prevention Program (DPP).

The Y is delivering DPP in 40 states and has served more than 67,000 participants. Ys partner with state and local diabetes programs to deepen the reach and scale of evidence-based programs, including DPP. **Support robust funding for CDC diabetes prevention and control efforts, including \$40 million for the National Diabetes Prevention Program.**

BLOOD PRESSURE CONTROL

According to the American Heart Association, less than half of the nearly 116 million adults with high blood pressure in the United States have it under control. The **Y's Blood Pressure Self-Monitoring Program** is offered in 40 states and has helped more than 9,000 participants better manage their blood pressure. To address this issue, the Y designed an evidence-based, self-monitoring program to help participants better manage their blood pressure. The Y works with CDC, the American Heart Association and state and local health departments to prevent and treat risk factors for heart disease and stroke. **Support \$160 million for CDC's Heart Disease & Stroke Program.**

PROMOTE ACTIVE COMMUNITIES

CDC's **Division of Nutrition, Physical Activity, and Obesity (DNPAO)** and the **Active People, Healthy NationSM** initiative support state health departments and national organizations in building communities that are more walkable and bikeable. It also advances evidence-based health interventions, like the Y's Healthy Weight and Your Child program. The CDC has supported and promoted the Y in building policy strategies at the state level to make communities more active and walkable. **Support \$125 million for CDC's Division of Nutrition, Physical Activity, and Obesity for efforts to promote physical activity and reduce obesity, and no less than \$5 million for Active People, Healthy NationSM.**

CHILDHOOD LIFESTYLE HEALTH

The CDC has supported the **Y's Healthy Weight and Your Child Program**, an evidence-based program that empowers 7-to-13-year-olds and their families to live a healthier lifestyle. Since its launch, the program is being delivered in nearly 100 Ys in 37 states across the country. The program's curriculum is adapted from the most widely disseminated and evaluated child weight management program in the world, where research showed a statistically significant reduction in body mass index, waist circumference, sedentary activities and improvements in physical activity and self-esteem at 6 and 12 months. The family-centered program emphasizes three elements: healthy eating, regular physical activity and behavior change to elicit a positive life-long lifestyle transformation. **Support \$10 million for a first-ever childhood lifestyle health management program at CDC.**

New data from CDC finds that children and teens 18 years and younger who have had COVID-19 are up to 2.5 times more likely to have a diabetes diagnosis after infection.

DECREASE RACIAL AND ETHNIC HEALTH DISPARITIES

The Y is dedicated to improving the health and well-being of all communities but is particularly focused on those that are historically underserved and/or under resourced. The Y has had deep and meaningful partnerships with the federal government to scale evidence-based programs that provide resources to these communities. The Racial and Ethnic Approaches to Community Health (REACH) program helps reduce racial and ethnic health disparities, and the Good Health and Wellness in Indian Country (GHWIC) program makes significant investments to improve American Indian and Alaska Native tribal health. CDC supports the Y in driving innovation to increase referrals and retention for evidence-based programs by addressing the upstream factors that are barriers to care. **Support \$102.5 million for CDC's REACH and GHWIC programs to support health equity and chronic disease prevention capacity building in all communities.**

ARTHRITIS CONTROL AND FALLS PREVENTION

Enhance@Fitness is helping some of the 59 million Americans living with arthritis and other physical limitations become more active, energized and empowered for independent living; the program also helps to prevent falls. Enhance@Fitness has been nationally recognized by CDC, the U.S. Department of Health and Human Services, the Administration for Community Living, and the National Council on Aging. The Y has scaled the Enhance@Fitness program in 45 states and served more than 35,000 participants. **Support \$54 million for CDC's Arthritis program to help the Y and other community-based organizations continue to scale evidence-based programs for those living with arthritis.**

HELPING CANCER SURVIVORS RECLAIM THEIR HEALTH

Today there are 17 million Americans living with, through and beyond cancer, and that number is expected to rise to 22 million by 2030. **LIVESTRONG@ at the Y** has been shown to improve cancer survivors' cardiovascular function, strength and physical fitness and reduce fatigue. Since 2007, the **LIVESTRONG** Foundation has been the Y's partner in developing and delivering **LIVESTRONG** at the Y to help more than 79,000 survivors in 42 states reclaim their health and well-being. CDC recently partnered with the Y to further scale the program. **Support \$50 million for CDC's Comprehensive Cancer Program and the creation of a national cancer survivorship program.**

SUPPORT INNOVATIVE MULTI-SECTOR STRATEGIES AIMED AT ADDRESSING THE SOCIAL DETERMINANTS OF HEALTH

The Y, perhaps more than any other organization, is serving a broad spectrum of health and social service needs (e.g., programs addressing lifestyle health, child care, nutrition, housing and social connectedness). As a community-based organization, the Y is an essential partner to public health in addressing upstream factors in our communities. **Support \$100 million in Social Determinants of Health Funding for CDC to allocate to states and communities addressing the upstream factors impacting health outcomes, including lifestyle health, social and economic factors, the built environment for activity and healthy eating and community-clinic linkages.**

PREVENTING AND CONTROLLING CHRONIC DISEASES AND ADDRESSING INEQUITIES THROUGH OUR HEALTH SYSTEM

ADDRESS SOCIAL DETERMINANTS OF HEALTH

The Center for Medicare and Medicaid Services (CMS) supports America's seniors, children, and families through the Medicare, Medicaid and Children's Health Insurance (CHIP) programs. The Y supports measures that have been introduced in Congress to address upstream factors impacting health outcomes and help prevent and manage chronic disease, including:

- **Support the Social Determinants Accelerator Act (H.R.2503/S.3039)** – legislation that would help states and communities devise strategies to better leverage existing programs and authorities to improve the health and well-being of those participating in Medicaid by providing planning grants and technical assistance to state, local and tribal governments – helping them devise innovative, evidence-based approaches to coordinate services and improve outcomes and cost-effectiveness.

- **Support the Leveraging Integrated Networks in Communities (LINC) To Address Social Needs Act (H.R.6072/S.509)** – legislation that would serve as a catalyst to enable states, through public-private partnerships, to leverage local expertise and technology to overcome longstanding challenges in helping to connect people to food, housing, child development, job training and transportation supports and services, like many of the services offered at the Y.

COVER COMMUNITY-BASED WEIGHT MANAGEMENT PROGRAMS IN MEDICARE

The Y has proven how a community-based organization can deliver outcomes in an evidence-based program through the MDPP. Congress is considering legislation that would extend Medicare coverage to treat and manage obesity, which would include eligibility for CBO providers.

Support the Treat and Reduce Obesity Act (TROA) (H.R.1577/S.596). The legislation will enhance Medicare beneficiaries’ access to the health care providers that are best suited to provide intensive behavioral therapy, including community-based organizations like Ys, and allow Medicare Part D to cover FDA-approved anti-obesity medications.

42% of U.S. adults reported undesired weight gain since the start of the pandemic, with an average gain of 29 pounds.

IMPROVE AND EXPAND THE MEDICARE DIABETES PREVENTION PROGRAM

In 2017, Ys became one of the first community-based organizations to offer the Medicare Diabetes Prevention Program (MDPP). While offering MDPP was a huge accomplishment, fixes are required to increase the number of suppliers willing to deliver the program. This includes ensuring that the 50% of all seniors living with prediabetes have access to the program in their community and providing the necessary payment to better serve low-income, under resourced populations with the social supports necessary to successfully complete the program. Changes are required to remove barriers to Ys becoming suppliers of the program and to increase reimbursements for services to help Ys sustain the program and serve those at greatest need. **Advance legislation or Administration-level fixes to improve the Medicare Diabetes Prevention Program expansion project at Center for Medicare and Medicaid Services (CMS).**

CREATING SAFER FUTURES

SAVE LIVES WITH SAFETY AROUND WATER

The **Y’s Safety Around Water (SAW) Program** is designed to reach children at risk of drowning and teach them basic water safety skills. Drowning is the leading cause of unintentional death for children ages 1-4, with two children dying every day. This epidemic disproportionately impacts children of color: 64% of Black children and 45% of Latino children are unable to swim, compared to 40% of white children. Establishing a drowning prevention program at CDC would enhance drowning prevention efforts by directing CDC to work with national organizations to scale proven drowning prevention programs, support state and local drowning surveillance efforts, and support the implementation of a national plan on water safety. **Support \$5 million for CDC’s Injury Center to launch a first-ever Drowning Prevention Program.**



PREVENT AND REDUCE VIOLENCE THROUGH FIREARM RESEARCH

As an organization committed to youth and youth safety, the Y advances community-based violence prevention strategies, which can help reduce both youth violence victimization and perpetration. The Y has joined the American Academy of Pediatrics in supporting increased research on evidence-based strategies to reduce gun-related injuries. **Support \$50 million at CDC’s National Center on Injury Prevention and Control for firearm injury and mortality prevention research to determine the best solutions to prevent and reduce gun-related injuries and deaths.**