



Health Committee Mtg Minutes
August 28, 2019
8:30 am to 10:00 am
Easter Seals, Georgetown, DE

Welcome & Introductions:

Meeting was called to order by Cheryl Doucette at 8:37 am

Attendees: 16 Total / New: 4

Motion was made to approve June 2019 meeting minutes by Mary Johnson – Seconded by Kim Blanch. Committee voted unanimously to approve June 2019 meeting minutes.

Action items:

- Cheryl will connect Tricia Jefferson with YMCA with Delaware Breast Cancer Coalition

Guest Speaker:

Tricia Jefferson with YMCA Diabetes Program

- YMCA's Diabetes Prevention Program
 - ✓ DIABETES PREVENTION PROGRAM
 - Lifestyle change programs, like the YMCA's Diabetes Prevention Program, can help community members:
 - Eat healthier
 - Increase physical activity
 - Lose weight
 - Overcome stress
 - Boost your energy
 - Reduce risk of chronic conditions
 - ✓ What is Prediabetes-Prediabetes is a condition in which individuals have blood glucose levels that are higher than normal, but not high enough to be classified as diabetes. People with prediabetes are at high risk for developing type 2 diabetes, heart disease, and stroke
 - 1 out of 3 US Americans have Prediabetes
 - PREDIABETES 86 million Americans (37% of all adults) with progression to diabetes at rate of 10% per year
 - 29.1 Million Americans have Diabetes
 - ✓ Prevention includes:
 - ✓ Modest weight loss
 - ✓ 30 minutes of physical activity at least 5 days a week
 - ✓ Know your numbers get your blood sugar checked
 - ✓ EVIDENCE BASED LIFESTYLE CHANGE PROGRAM
 - Reduced the incidence of Type 2 Diabetes by 58% for those 60 years of age and under
 - Reduced the number of type 2 Diabetes by 70% in individuals over age 60

▪ QUALIFICATIONS-| YMCA'S DIABETES PREVENTION PROGRAM | ©2018 YMCA of Delaware 9

To qualify for the YMCA's Diabetes Prevention Program, participants must meet the following criteria:
18 years of age or older

- Not pregnant •Overweight (BMI \geq 25; BMI \geq 23 for Asian individuals)
- Not diagnosed with Type 1 or Type 2 diabetes or ESRD (End Stage Renal Disease)
- And have ONE of the following:
 - ✓ Diagnosed within the last year with prediabetes via a qualifying blood test value*
 - ✓ Previous diagnosis of gestational diabetes
 - ✓ Qualifying Risk Score as determined by the risk assessment
 - Diagnosed with Prediabetes within the last year via qualifying blood values
 - A1C: 5.7-6.4%
 - Fasting Glucose: 100-125 mg/dL
 - (Medicare beneficiaries 110-125 mg/dL)
 - 2-hour plasma Glucose: 140-199 mg/dL
 - Prediabetes determined by clinical diagnosis of gestational diabetes (GDM) during previous pregnancy
- ✓ YMCA's Diabetes Prevention Program
 - In a classroom setting (YMCA branches & community sites), a trained lifestyle coach helps members change their lifestyle by encouraging healthy eating, physical activity and other behavior modifications over the course of 25 one-hour group sessions
 - Program Structure:
 - ✓ After the initial 16 weekly core sessions, members meet for 3 sessions every other week, then monthly for up to a year (total of 25 sessions) for added support to help them maintain their progress.
 - Sessions focus on
 - Healthy Eating
 - Physical Activity
 - Behavior Modification
 - Primary Goals
 - Reduce body weight by 7%
 - Participation in 150 minutes of Physical Activity per week
- ✓ Who can Participate?
 - Must meet qualification criteria
 - For YMCA members and Non-Members
- ✓ YMCA'S DIABETES PREVENTION PROGRAM | ©2018 YMCA of Delaware 14
 - Cost
 - Out of pocket cost \$429
 - Covered by some insurances: Medicare, Highmark, Aetna (state of Delaware employee coverage only), Highmark Health Options, AmeriHealth Caritas
 - Scholarships available through grant funding
 - \$50 for those without the above health insurance coverage in Kent and Sussex Counties through 2019
- LIVESTRONG at the YMCA
 - ✓ LIVESTRONG at the YMCA: The basics
 - Cancer survivor (recently diagnosed, currently being treated for or may be a few years out from diagnosis • Participation cleared by health care provider • Must be 18 years of age or older
 - ✓ What?
 - 3-month group- based program: includes Pre-assessment, 12 week program and participant graduation • 90 minute sessions (classroom setting first 20 min, physical activity for 60 min (cardio and strength), 10 min meditation/deep breathing)
 - ✓ Who?

- All branches statewide • Day and evening classes available
- ✓ When? Where?
 - Group Support, Guest speakers and instructors • Physical Activity –strength, cardio and yoga/meditation • 2 co-leaders, trained to work with cancer survivor
 - Intended outcomes of program
- ✓ Re-build muscle mass and strength
- ✓ Increase flexibility and endurance
- ✓ Improve confidence and self-esteem
 - Additional Benefits:
 - Learn about wellness
 - Stress reduction techniques
 - How to continue healthful habit
 - Build companionship with others
 - Meet the needs of our community
 - Share stories and inspiration
- Sussex Family YMCA initiatives
 - ✓ Before and After Care Program: Rehoboth, Little Vikings, Shields
 - Swim lessons
 - Rocket into Water Safety Program: Every third Sat of the month. Free for Red band swimmer, sign up required please contact Branch
- How You Can Help

Donna Snyder White with 211 Help Me Grow Update

- ✓ Delaware 211 is a national network, there is a 211 in every state in the US. They talk about the needs and better to serve nationally as well as locally.
- ✓ Delaware 211 is a data base of services and gathering information from organization and agencies about the programs/serves that are offered.
 - This information has to be updated constantly
 - There are live chats, texting, or call so people have the quickest access that is possible to navigate services in the state of Delaware.
 - They track what types of services that are offered, who is requesting it, and they provide a community needs report to what services are being requested and what barriers they are seeing in the lack of serves.
 - Other organizations can request data reports from 211 from their call data.
- ✓ They offer special programs that provides services to people in need as well
 - Help me grow
 - This program helps with care coordination's and transition support around early intervention for families in the area of birth to 8
 - They also do follow ups with the callers to make sure they were able to get the services they need.
 - What was the outcome from the visits? Did you get the serves you need?
- ✓ 211.org in the upper right-hand corner is the way to get dashboard for the database.

Old/ New Business:

- Review Action items from June
 - ✓ All Action items were completed.
- Discuss Community Health Need Assessment – Top Priorities – Tabled after Cheryl works with the committee to get a full update and have them present.

- Organize sub-groups are the 2019 Anti-Stigma / Substance Use Disorder Awareness Campaign – “Delaware Goes Purple”
 - ✓ We have doubled the events and who is going purple
 - ✓ Delaware Goes Purple is a statewide campaign.
 - ✓ Chris Herren will be at Delaware State Univ. on October 9, 2019 – 7PM start time and you must register.
 - ✓ We have over 200 organization that have pledged to go purple
- Legislative update- Cheryl will do a report in October around this.

Confirm Speakers for Aug, September and Oct

- Nanticoke Hospital – Sharon Harrington - September
- Beebe Hospital – Kim Blanch - October
- Bayhealth – November
- Nemours- November

Partner Updates

- ✓ **Beebe Goes Purple on September 8th, 2019 – at the Hudson Fields 5:30 is kick off. With Speaker from SoDel Concepts**
- ✓ **Next Wednesday September 4th 8:30 to 10 is the next Breakfast meeting for PIC**

Meeting Adjourned

Next Health Committee Meeting: Wednesday, September 25, 2019 – Easter Seals, Georgetown

Next Quarterly Meeting: October 17, 2019 – Cheer Community Center, Georgetown 8:30am to 11:30am

[Easter Seals WIFI Sign In: User Name: gtconfroom; Password: gtowneasterseals](#)