THE YMCA IS OPEN TO ALL REGARDLESS OF AGE, ABILITY, GENDER, RACE, CULTURE, RELIGIOUS AFFILIATION AND SEXUAL IDENTITY.

We offer a wide variety of services in addition to those outlined in this guide. Please contact us and we will help you get the support you need to improve your health.

QUESTIONS?
Call 206-344-3181 or email us at ChronicDiseasePrevention@seattlemca.org

Ask your healthcare provider about ways the YMCA can help you with your health goals and how you can be referred to appropriate programs and services.

Did you know that 50% of adults (nearly 117 million people) and 30% of youth suffer from one or more chronic diseases, including diabetes, obesity, high blood pressure, asthma, heart disease and cancer? These are conditions that, over time, can significantly limit quality of life and place a huge financial strain on individuals and families. Chronic disease is the #1 cause of healthcare spending in the US!

THE YMCA PARTNER IN HEALTH

THE YMCA’S BLOOD PRESSURE SELF-MONITORING

» Participants establish routines for monitoring their blood pressure and learn about healthier eating habits
» Commitment: meet twice a month with their healthy heart ambassador and attend monthly nutrition classes with healthy cooking demonstrations
» Adults 18+
» Sliding fee scale ranges from $0 to $150 based on YMCA membership and ability to pay. Financial assistance is available.

PEDALING FOR PARKINSON’S

» Helps adults diagnosed with Parkinson’s disease.
» Commitment: groups meet on an ongoing basis, typically three times per week for 60 minutes.
» Appropriate for adults between ages of 30–75 years, requires medical clearance from healthcare provider
» Appropriate for adults between ages of 30–75 years, requires medical clearance from healthcare provider
» Adults 18+
» Sliding fee scale ranges from $0 to $65 based on YMCA membership and ability to pay. Financial assistance is available.

PEARLS DEPRESSION MANAGEMENT

» PEARLS counselors empower individuals to take action and to make lasting changes so they can lead more active and rewarding lives.
» Program is designed to reduce depressive symptoms and improve quality of life in older adults experiencing depression.
» Commitment: six 60-minute counseling sessions conducted over six months.
» Adults 60yrs+
» Sliding fee scale ranges from $0 to $150 based on YMCA membership and ability to pay. Financial assistance is available.
The healthcare system, including hospitals and primary care clinics, is partnering with community-based organizations like the YMCA to tackle rising rates of chronic disease throughout the country. At the Y, people participate in chronic disease prevention and management programs where they benefit from crucial one-on-one and group support networks in places close to home. More and more clinicians are referring their patients directly to Y programs for support in the challenging process of changing the behaviors and lifestyles that can increase rates of chronic disease.

The Y’s mission has long focused on helping people to live their healthiest lives. The Y’s evidence-based chronic disease programs allow us to work with motivated individuals to accomplish their unique health related goals. At the Y, we support people from getting where they are to where they want to be while providing compassionate and encouraging support along the way. Ask any Y staff about the programs found in this booklet, and they can connect you to the resources needed to understand when and where different programs are offered, insurance coverage or cost of participation, and next steps needed to enroll.

**YMCA’S DIABETES PREVENTION PROGRAM**
- Helps adults 18+ at high risk of developing type 2 diabetes reduce their risk for developing the disease
- Goals include reducing body weight by 5–7% and increasing physical activity to 2.5 hours per week
- Commitment: one-year program consisting of 25 sessions of small group meetings
- Some insurance companies cover the cost of the program.
- Sliding fee ranges from $95-$429 based on YMCA membership and ability to pay. Financial assistance is available.
- Y membership not required for participation

**LOSE TO WIN WEIGHT MANAGEMENT**
- Weight loss program focused on sustainable ways to eat healthier, increase physical activity and lose weight
- Commitment: 12-week program followed by monthly sessions over the course of nine months
- Adults 18+
- Free to Y members
- Sliding fee scale ranges from $0 to $225 based on YMCA membership and ability to pay. Financial assistance is available.

**ACT! YOUTH OBESITY PREVENTION**
- Helps youth and their families establish healthy eating habits and incorporate physical activity into their daily routines
- Commitment: 12-week program, 90-minute meetings once a week. Group size ranges between 8-15 families
- For children ages 8-14, requires medical provider referral
- Sliding fee scale ranges from $0 to $165 based on YMCA membership and ability to pay. Financial assistance is available.

**LIVESTRONG® AT THE YMCA CANCER SURVIVORSHIP**
- Strength and fitness program for cancer survivors
- Participants meet with a YMCA-certified instructor to increase flexibility and endurance, build muscle and improve capacity to perform daily activities
- Commitment: 12-week program, 90-minute meetings twice a week
- Adults 18+, requires medical clearance form
- Sliding fee scale ranges from $0 to $165 based on YMCA membership and ability to pay. Financial assistance is available.

**ENHANCE® FITNESS ARTHRITIS MANAGEMENT**
- Group exercise program that helps adults managing chronic conditions such as arthritis to gain strength and independence
- Easy-to-learn movements that motivate participants to be consistently active
- Commitment: meets three times a week for 60 minutes
- Free to Y members
- Sliding fee scale ranges from $0 to $150 based on YMCA membership and ability to pay. Financial assistance is available.

**MOVING FOR BETTER BALANCE FALLS PREVENTION**
- Group exercise program that helps older adults improve their balance and increase their confidence in doing everyday activities
- Focuses on improving functional ability, especially balance, to reduce fall-related risks and fall frequency
- Commitment: twice a week for 60 minutes
- Sliding fee scale ranges from $0 to $165 based on YMCA membership and ability to pay. Financial assistance is available.