

LEADING WITH PURPOSE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YFIT programs are intended for permanent and meaningful impact. From serving the needs of our members to those in the medical community, the YFIT programs have established our YMCA as the leader in health and wellness programs.

The YFIT programs are effective in fostering and supporting lifestyle and behavior changes that statistically lead to improved overall health and body composition; therefore, reducing health risks.

2012 - program introduced at Sumter YMCA

2013 - \$5,000 grant for physician referrals

2014 - \$25,000 grant for physician referrals

2015 - formal partnership & pilot study with Sumter Family Health Center

2016 - Two NC YMCAs adopt and introduce the YFIT program

2017 - YFIT leveraged for multiple employee health initiatives

2018 - YFIT introduced to Palmetto Health Tuomey employees to address Community Health Needs Assessment top concerns: obesity and hypertension

To date, the YMCA has served over 1600 men and women; more than half through physician referrals.

YFIT PROGRAM UPDATE

Palmetto Health Tuomey

The Tuomey Foundation

January 2018-April 2018

YMCA OF SUMTER

Missy Corrigan

"Thank you Palmetto Health Tuomey. This is a great way to help us take our health into our own hands. Not only has it helped me, but the concepts have helped my mom improve her quality of life while living with chronic disease." - Courtney Ives

"YFIT is a life plan. It has helped me realize that my self-esteem should not be determined by my body size." - Julia Mims

"The program has helped me to lose weight, feel better, sleep better and teach patients how to eat healthy to improve their overall health." - Melisa Dingle

133 Participants
129 Women
4 Men

106
participants
attended at
least 75% of
classes

98%
would refer a
friend/family
member

BODY WEIGHT AND BMI

INITIAL

131 Stats Included (2 pregnant)

Normal – 9 participants

Overweight – 23 participants

Obese – 70 participants

Morbidly Obese – 29 participants

12 WEEK FINAL

who have stayed the same – 4

who have gained weight* – 25

1lb gain – 5 participants

2lb gain – 2 participants

3lb gain – 6 participants

4lb gain – 5 participants

5lb+ gain - 7 participants

101 participants or 77% lost weight

of those who have lost weight that have:

Lost more than 3lbs – 18

Lost more than 5lbs – 33

Lost more than 8lbs – 15

Lost 10lbs or more - 16

Greatest amount of weight loss – 23.5 lbs

Body Weight and BMI are directly correlated. As weight decreases so does BMI.

*8 of those who gained weight increased muscle mass and decreased body fat.

It is common for individuals who begin a healthy eating and exercise program to gain weight due to increased blood volume and water held in the muscles, increased bone density, hydrated cells and organs.

PARTICIPANTS REPORT...

- ♦ Choosing healthier foods
- ♦ Exercising more frequently
- ♦ Focusing more on changing body composition instead of losing weight
- ♦ Reducing sugar intake
- ♦ Increasing water consumption
- ♦ Taking self-prepared meals to work
- ♦ Less Stress/Anxiety/Depression
- ♦ More empowered
- ♦ Lower Blood Pressure
- ♦ Increased confidence
- ♦ Better sleep
- ♦ Reduced or eliminated medications
- ♦ Increased energy and productivity

YFIT PHILOSOPHY

While we all differ in size, body composition, age, gender and activity level, the body's basic dietary and physical needs for survival do not. We all require the same nutrients to function efficiently and effectively.

Additionally, we all require the same functional exercises to keep our muscles and bones strong for independent living. There is no reason why a man and woman should train any differently.

This education program is about fueling the body to support all the working systems in order to reduce health risks and improve quality of life. It is a lifestyle change intended for permanent and meaningful impact.

YFIT FINAL EVALUATION

About the Instructor(s)

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
1. Was well prepared for class	96%	4%			
2. Made effective use of class time	93%	7%			
3. Explained concepts and ideas clearly	93%	4%	1%		
4. Answered questions in helpful ways	95%	5%			
5. Made the course content interesting	95%	5%			
6. Increased my understanding on the subject	93%	7%			

About the Course

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
7. Course objectives were clearly presented	95%	5%			
8. Course materials were well-prepared	91%	9%			
9. The course was well organized	95%	4%	1%		
10. The course was intellectually challenging	84%	4%	3%	1%	2%
11. The course was well-organized	94%	5%	1%		
12. Would you refer someone to the course	No - 1%	Maybe - 1%	Yes - 98%		
13. Please include any additional suggestions you have about improving the course.					

- *Create a FB page for the YFIT community*
- *Offer free personal training sessions*
- *Offer free cooking demonstrations in the kitchen*
- *Time management class within first 6 weeks*
- *Provide more of these classes at the hospital*
- *Make it longer than 12 weeks*

BODY COMPOSITION

Improving Muscle to Fat Ratio

Losing weight does not guarantee body fat loss. Reducing body fat requires a balanced nutrition intake that supports all the working systems of the body but starves the fat cells, allowing them to shrink. Pound for pound muscle and fat weight the same, but muscle is more dense than fat so it takes up less room than fat in the body. Therefore, weight loss is not necessary in order to see any improvement in body composition.

125 participants included in these numbers (6 of the 131 participants are over 50% body fat; therefore, the machine does not read; 2 are pregnant and cannot perform this assessment).

INITIAL

Women:

Obese (32% + BF) - 114 participants

Acceptable (< 32% BF) - 7 participants

Men:

Obese (26% +BF) - 4 participants

12 WEEK FINAL

of participants who:

Stayed the same - 10

Increased body fat* -29

Lost body fat - 86 (69%)

Of the 86 participants who have lost body fat:

Lost .25% - 11

Lost .5% - 16

Lost 1% - 25

Lost 2% - 18

Lost 3% - 9

Greatest amount of BF% loss: 8.5%

If following the guidelines, participants can expect to lose 1% every 6 weeks.

*Recent exercise, decreased water intake, recent food intake or consuming a high sodium meal prior to assessment can increase body fat %.

BLOOD PRESSURE

INITIAL - 124 participants

FINAL - 83 participants

High BP - 76% or 94 participants

High BP - 62% or 51 participants

Over 120 - 25 participants

Over 120 - 23 participants

Over 130 - 23 participants

Over 130 - 14 participants

Over 140 - 16 participants

Over 140 - 8 participants

Over 150 - 18 participants

Over 150 - 2 participants

Over 160 - 4 participants

Over 160 - 7 participants

Over 170 - 2 participants

Of those 51 participants:

39 participants improved

9 participants stayed the same

3 increased (1 reported not taking medication that day)

CLASS TOPICS

- ◆ Nutrition
- ◆ Food Label Reading
- ◆ Body Weight vs Body Fat
- ◆ Cardio vs Weight Training
- ◆ Understanding Fat Cells
- ◆ Time Management
- ◆ Carbohydrates
- ◆ Stress Management
- ◆ Sugar, Salt , Dietary Fat
- ◆ Factors Impacting Change

ASSESSMENTS

Weeks 1, 6 and 12 - Weight, Body Fat and Blood Pressure

Every Week - Weight and Body Fat

Weeks 1 and 12 - Lifestyle and behavior pre and post test

Week 6 - Midpoint evaluation

Week 12 - Final evaluation and course/instructor evaluation

BEHAVIOR RESULTS

1. On average, in the past 6 months, how many meals, not including snacks, have you eaten each day?

	Pre-Test Answers	Post Test Answers
a. 1-2	23%	2%
b. 2-3	46%	21%
c. 3-4	27%	39%
d. More than 4	2%	37%

2. I eat at least 3-5 servings of vegetables every day?

	Pre-Test Answers	Post Test Answers
a. True	15%	51%
b. False	85%	49%

3. I get the majority of my daily fluid intake from:

	Pre-Test Answers	Post Test Answers
a. Water	59%	90%
b. Tea/Coffee	27%	6%
c. Sodas	8%	2%
d. Milk/Juice	6%	2%

4. On average, I get _____ hours of sleep each night?

	Pre-Test Answers	Post Test Answers
a. Less than 5	8%	4%
b. 5-7	71%	67%
c. More than 7	21%	29%

5. In the past 3 months, the majority of my food has been_____.

	Pre-Test Answers	Post Test Answers
a. Self-prepared	43%	73%
b. Cafeteria/Restaurant	36%	22%
c. Fast Food	20%	4%
d. Frozen meals	1%	1%

6. How many days each week do you exercise for at least 30 minutes at a moderate pace?

	Pre-Test Answers	Post Test Answers
a. 1-3 days	46%	72%
b. 4-5 days	5%	20%
c. Everyday	3%	4%
d. None	46%	4%

7. I would describe my energy levels as:

	Pre-Test Answers	Post Test Answers
a. Low	42%	9%
b. Average	56%	73%
c. Above Average	2%	18%