



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TRANSFORMING HEALTH CARE

WHAT IS COMMUNITY INTEGRATED HEALTH?

We live our healthiest lives when we have access to nutritious food, affordable housing and health care, quality education, clean air, and safe communities where we can actively live, work, and play.

Yet most efforts to improve health have been focused on a health care system designed to treat injury or disease, rather than on the community-level factors that can prevent illness. At the same time, attempts to address healthy living at the community level have not fully engaged our health care system. If we want healthier communities, we need to build a bridge between these clinical and community approaches.

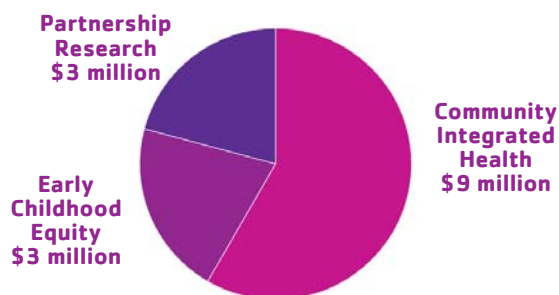
“Community Integrated Health” aims to intentionally strengthen the relationships between traditional health care systems and community-based organizations, like the YMCA, in order to help all community members live their healthiest lives.

DID YOU KNOW?

Clinical care accounts for only 20% of factors that influence our health. Health is mostly determined by what occurs in our homes and communities.

ROBERT WOOD JOHNSON FOUNDATION PARTNERSHIP

Y-USA has embarked on a ten-year partnership with the **Robert Wood Johnson Foundation (RWJF)** to build a Culture of Health across the country. For the first three years of the partnership, funding has been granted to Y-USA to study and develop the Y's unique model for community integrated health.

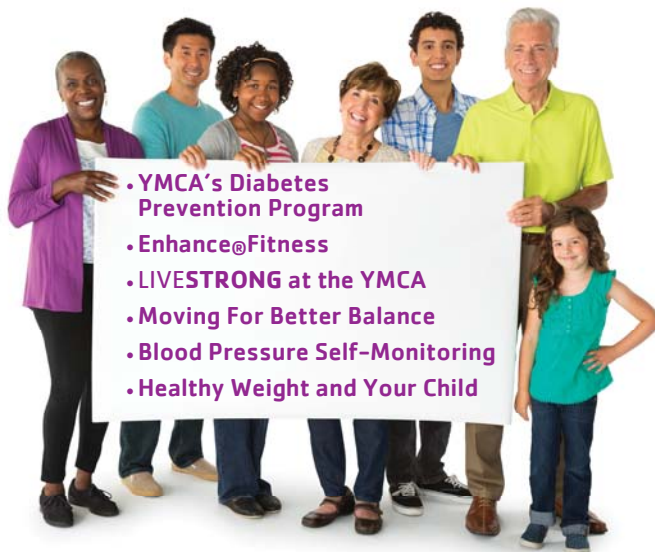


RWJF Funding Breakdown

HOW WILL THIS AFFECT MY YMCA?

The RWJF grant also supports the creation of a **“Managed Services Organization” (MSO)** at Y-USA to help local YMCAs receive reimbursement from third party payors (health insurance plans, employers, etc.) for chronic disease prevention programs, such as:

- YMCA's Diabetes Prevention Program
- Enhance@Fitness
- LIVESTRONG at the YMCA
- Moving For Better Balance
- Blood Pressure Self-Monitoring
- Healthy Weight and Your Child



OUR WORK IN ACTION

The Y's model of Community Integrated Health reflects work already happening in YMCAs across the country to improve the health and well-being of all.

Evidence-based Interventions

Ys are discovering, developing, and disseminating research-tested, high-fidelity health interventions to improve health.

Capacity Building

Y-USA is engaging Ys from the earliest stages to ensure they have the staff, competencies, and relationships necessary to implement evidence-based programs.

Compliance

Y-USA is helping YMCAs and other community-based organizations comply with privacy laws and health care regulations.

Shared Physical Spaces

Ys are exploring the value of shared spaces with health practices, rehab and cancer centers, primary care within Y facilities, retail programming space with health care systems, clinical facilities at camps, and other health services.

Evidence-based Interventions

Capacity Building

Compliance

**COMMUNITY
INTEGRATED
HEALTH**

Health Equity

Health Equity

Y-USA infuses principles of equity into services to ensure everyone has the opportunity to live their healthiest lives, and that underserved populations have access to health-promoting resources.

Collaborations

Community Health Navigation

Community Health Navigation

Ys are helping individuals develop the relationships necessary to manage health by conducting home visits, spreading awareness of recommended preventive services, and helping connect people to health care exchanges and marketplaces.

Collaborations

As part of the Healthier Communities Initiative, Ys across 247 communities have used a collective impact model to implement policy, system, and environmental changes so that healthy choices are the easy choices for all. Building on this knowledge, Y-USA's Talent and Knowledge Management department is testing new and advanced models of collaboration over the next three years.

For more information, visit: yexchange.org/community-integrated-health.

YMCA OF THE USA

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