

# Monterey Community Partnership to Expand the YMCA Diabetes Prevention Program

*KyMBER Senes*

## Summary

In 2016, through the Prevention First Monterey County (PFMC) project, the Monterey County Health Department and California State University, Monterey Bay's (CSUMB) Institute for Community Collaborative Studies established a collaborative partnership between the Central Coast (CC) YMCA and CSUMB's Collaborative Health and Human Services (CHHS) baccalaureate program to build capacity, use of, and sustainability for the CC-YMCA's Diabetes Prevention Program by training CHHS interns to serve as Lifestyle Coaches/Community Health Workers (CHWs).

## Challenge

According to the UCLA Center for Health Policy Research, nearly half (46%) of California's adults are estimated to have prediabetes or undiagnosed diabetes; another 9.8% have been diagnosed with diabetes. While Monterey County's rates for both are similar (45% and 9.6%), the diabetes rate among Hispanic/Latino residents – who represent 58% of the county's population – is much higher (13.8%), pointing to significant health disparities. Without sustained intervention, about 1 in 4 people with prediabetes will develop diabetes within 3—5 years. To address these high rates locally, the CC-YMCA launched the Diabetes Prevention Program (Program) in early 2016. Initial plans were to rapidly expand the number of culturally and linguistically accessible classes, especially for people at higher risk for prediabetes and those living in rural areas where such services are extremely limited.

## Solution

In January 2017, the CC-YMCA and the CHHS Program established a formal relationship to engage student interns at the CC-YMCA in support of the Diabetes Prevention Program. Each intern completes 240 hours at the agency including implementing a year-long capstone project of benefit to the community. This new partnership will provide long-term support for the CC-YMCA's expansion of the Program throughout the region via a steady supply of student interns serving as Lifestyle Coaches. Students also conduct outreach/recruitment activities to increase the number of persons with pre-diabetes or at high risk for type 2 diabetes who enroll in this CDC recognized Program and track their weight loss.



## Your Involvement Is Key

**One in three American adults has prediabetes. Take control of your future and take the prediabetes risk test at [www.DolHavePrediabetes.org](http://www.DolHavePrediabetes.org). If you have prediabetes, the Central Coast YMCA can help! Visit their website to learn more at [www.centralcoastymca.org/programs/diabetes-prevention-program/](http://www.centralcoastymca.org/programs/diabetes-prevention-program/). For more information on the Prevention First Monterey County Project and diabetes-related resources, please visit [www.preventionfirstmontereycounty.org](http://www.preventionfirstmontereycounty.org).**

## Results

As a result of this partnership, 11 interns were assigned to the CC-YMCA between January and August 2017, and an estimated 6-12 new students will be placed each year. Most of the students deliver the CC-YMCA Diabetes Prevention Program, with some working with children in the Youth Fit for Life (YF4L) Program. As part of the three-semester internship experience, students receive Lifestyle Coach/CHW training, are assigned 6-15 participants to work with throughout the Program's 12-month intervention, provide ongoing monitoring and support for behavior change to achieve the recommended 7% weight loss, as well as recruit new participants to the Program. The CC-YMCA has had 4 cohorts successfully complete the year-long program and currently has 12 cohorts in progress across Monterey and Santa Cruz counties, both in English and Spanish.

### Contact

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*"I have had a very positive experience with the Central Coast YMCA Diabetes Prevention Program- much of the work is focused on providing support to establish and maintain behavior change in a culturally responsive manner."*

**- January Cornelius**

## Sustaining Success

This campus-community partnership has contributed to a sustainable infrastructure for the CC-YMCA for Program expansion. The CHHS Program has had increasing numbers of interns each year, 65% bicultural/bilingual Spanish-speaking –essential to providing local communities with culturally appropriate/accessible services. Because most CHHS students are from the area, expansion into underserved communities is more likely. Another exciting aspect of this partnership is that it provides a similar educational intervention for children through the Youth Fit for Life program, which seeks to prevent young people from developing prediabetes. These efforts will ultimately expand diabetes prevention programming throughout Monterey County into the future.