



YMCA Medical Memberships YEAR 2 SUMMARY

TOTAL SERVED
525
MEDICAL
MEMBERS



89%
Appreciated having a
SUPPORTIVE
HEALTH COACH.

75%
COMPLETED their
medical membership.

Data based on participant survey.



DIABETES PREVENTION PROGRAM (DPP)

68% program completion
5.86% average weight loss



LIVESTRONG at the YMCA

72% program completion
91% had strength leg improvement
70% had strength chest improvement
73% had cardio improvement



MOVING FOR BETTER BALANCE

73% program completion
65% had improvement in TUG
(Timed Up and Go)



WEIGHT LOSS

72% program completion
44% had weight loss



HEALTHY WEIGHT AND YOUR CHILD

71% program completion
100% saw positive health outcome with
BMI (60% decreased BMI,
40% slowed their BMI)



BLOOD PRESSURE SELF MONITORING

80% program completion
75% showed improvement in
systolic and diastolic readings

Data based on program outcomes.

"I've found the weekly weight loss sessions to be supportive and nonjudgmental. Our session leader and the members of the group inspire me to continue on my journey. The trust within the group encourages accountability while removing guilt of not always staying on track. Focusing, not on the number on the scale, but rather the changes in mindset and lifestyle, have made an amazing difference in learning how to gain control in my health and wellness."

—Karen, Weight Loss and Blood Pressure-Self Monitoring Participant – BCBSNC Beneficiary

A YMCA Medical Membership is a bundle of three services – health coaching, participation in an evidence-based program and a YMCA membership. Programs are offered both in-person and virtually.

YMCATriangle.org

REFERRING PARTNERS



- UNC Health
- Duke Health
- WakeMed Key Community Care
- NC Medical Society Foundation
- Lincoln Community Health Center
- Advance Health
- Piedmont Health