



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

March 16, 2017

Good afternoon Chairman Romanchuk and members of the House Finance Health and Human Services Subcommittee. My name is Beth Tsvetkoff and I am the Executive Director of the Ohio Alliance of YMCAs.

The Ohio Alliance of YMCAs is a nonprofit organization that represents the 165 YMCAs throughout the state. We are a grassroots driven and governed organization that advocates and educates on behalf of the YMCAs and their mission.

In partnership with payors, providers, and the state, YMCAs can take our evidence-based chronic disease programs to scale to serve all Ohioans in need. YMCAs can help improve our communities' health and wellness, and lower health care costs.

The YMCA has long been an organization dedicated to improving communities' health. For the last ten years, YMCAs across the country, including many in Ohio, turned their focus to policy, systems, and environmental changes in their communities. Out of that work, YMCAs and their partners across the country helped institute over 39,000 population health strategies impacting over 73 million people. Examples include healthy corner stores, Safe Routes to School implementation, and zoning that promotes biking and walking.

Ys are close to their communities and are trusted partners. As part of the Ys' continued commitment to improving health and lowering cost, YMCAs embraced evidence-based chronic disease prevention programs like the YMCA's Diabetes Prevention Program.

Since its inception, the YMCA's Diabetes Prevention Program has seen significant decreases in weight, waist circumference, and BMI. Based on research funded by the National Institutes of Health, the program has been shown to reduce the number of new cases of type 2 diabetes by as much as 58%. The reduction was even greater, 71%, among adults aged 60 years or older.

In March 2016, the Office of the Actuary at the Centers for Medicare and Medicaid Services certified that the program saves \$2,650 per person in health care costs associated with type 2 diabetes. Because DPP costs only \$450 per person, the reason to expand the program is a simple math equation. Investing in the YMCA's Diabetes Prevention Program is a great opportunity for significant return on investment.

YMCAs are taking the lead to bring payors and providers to the table to cover the program to create sustainable funding streams. Recently, both OPERS and Medicare announced their coverage of DPP. OPERS began covering state and local government retirees in January of this year, and Medicare's coverage will begin in January of 2018.

Additionally, Ohio's most recent state health improvement plan included DPP as a specific strategy to reduce the prevalence of type 2 diabetes. Yet, the current budget proposal does not invest in the program. Ohio cannot afford to ignore evidence-based programs that directly correlate to improved health outcomes and reduced health care expenditures.

In Ohio, YMCAs offer DPP in over 100 communities. However, all Ohioans with pre-diabetes need access to DPP. We ask for your partnership in helping us scale the program more quickly to reach more communities, thus helping more Ohioans take control of their health. By setting aside

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\$750,000 per year from an existing line item in the Department of Health, we can reach at least 40 new communities each year with the Diabetes Prevention Program.

Thank you for your time and consideration. I am happy to answer any questions.

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