**PROJECT TITLE:** THE Y LIVING CENTER OPERATIONS

**GRANT DESCRIPTION:** A program grant in support of providing diabetes and obesity prevention programs at its Y Living Center in the Southside of San Antonio.

**GRANT AMOUNT:** $100,000  
**APPROVED:** May 15, 2014

**PROJECT START DATE:** January 1, 2014  
**PROJECT END DATE:** December 31, 2014

**CHARITABLE PURPOSE:** Health & Human Services\Illnesses\Diabetes - Obesity Prevention

**GRANT TYPE:** Project/Program Costs

**GRANT OBJECTIVES:** Participants will engage in physical activities; develop healthy eating habits and families will have the knowledge and tools to support one another in living healthier lifestyles.

**SUMMARY OF REPORTED FINDINGS:**

During the reporting period for this grant the YMCA of San Antonio & the Hill Country served 2,446 participants through medically based wellness programs (74% increase from previous year):

**Y Living Program**
- 12-16 week sessions
- Additional three-month sustaining program
- Each participant was engaged 24-36 weeks at Y Living Center
- General program outcomes (based on pre and spot surveys) included
  - 85% increased knowledge regarding health risk factors, prevention, and screening
  - 76% increased their engagement in 30 minutes of moderate to vigorous physical activity three or more times per week
  - 47% increased their consumption to five or more servings of fruits & vegetables each day
  - 61% increased their frequency of participation in outdoor physical activity
  - 453 total pounds shed
  - 357.3 total inches lost

**YMCA Diabetes Prevention Program**
- 34% achieved 5-7% weight loss by week 16 of core sessions
- 47% achieved 5-7% weight loss by end of 12 month program (note: not all of the data for this outcome was available at the time of the report – the Y expects this outcome to be much higher)
- 81% increased physical activity to 150 per week by end of 12 month program
- 2,270 total pounds shed
Y Living Center general information included:

- 16,876 individuals received the healthy living newsletter and text messages
- 17 program sites throughout the city
- 83 community partners
- $488,134 awarded in program and membership financial assistance

Participant Testimonials

“Participating in the Fall 2014 Y Living Wellness Program is nothing short of a miracle...my husband and I BOTH needed a lifestyle change!...Through lessons on reading food labels, quick and healthy recipes and cooking, stress, goal setting, budgets and making sound financial decisions, we’ve grown...throughout the 12 weeks, folks from the American Heart Association were coming to our classes and taking blood pressure reading. While we knew that [husband’s] blood pressure had been a bit higher than normal, seeing it recorded made it real. Not only was his blood pressure high, he was in a range high enough to result in a stroke! He’s on a blood pressure medication and on track to getting it to a normal range. One again, we are grateful for this program. It has been a miracle and a lifesaver!”

“I joined the YMCA Diabetes Prevention Program looking for a quick fix and wanted an easy way out of my weight problems. I soon learned the program was not easy and required me to have focused efforts on eating less and moving more. So far, I have lost 5.5% of my body weight. While I am proud of my weight loss, I have found success in so many other ways. I truly enjoy working out and find my day is not complete if I don’t exercise. My energy levels are at an all-time high and I am physically able to do more. I have pushed myself to try new classes and make physical activity a priority. I also pay more attention to what I am consuming and get my family involved in making healthier choices. Overall, the program has been amazing and I’m looking forward to continued success during the maintenance phase.”

Administrative Accomplishments/Challenges

The Salsa, Sabor y Salud program attracted only six participants despite all efforts to advertise the program throughout the year. The Y will discontinue offering this program in order to focus the two programs where it is able to make more of an impact on participant’s health and wellness.