



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

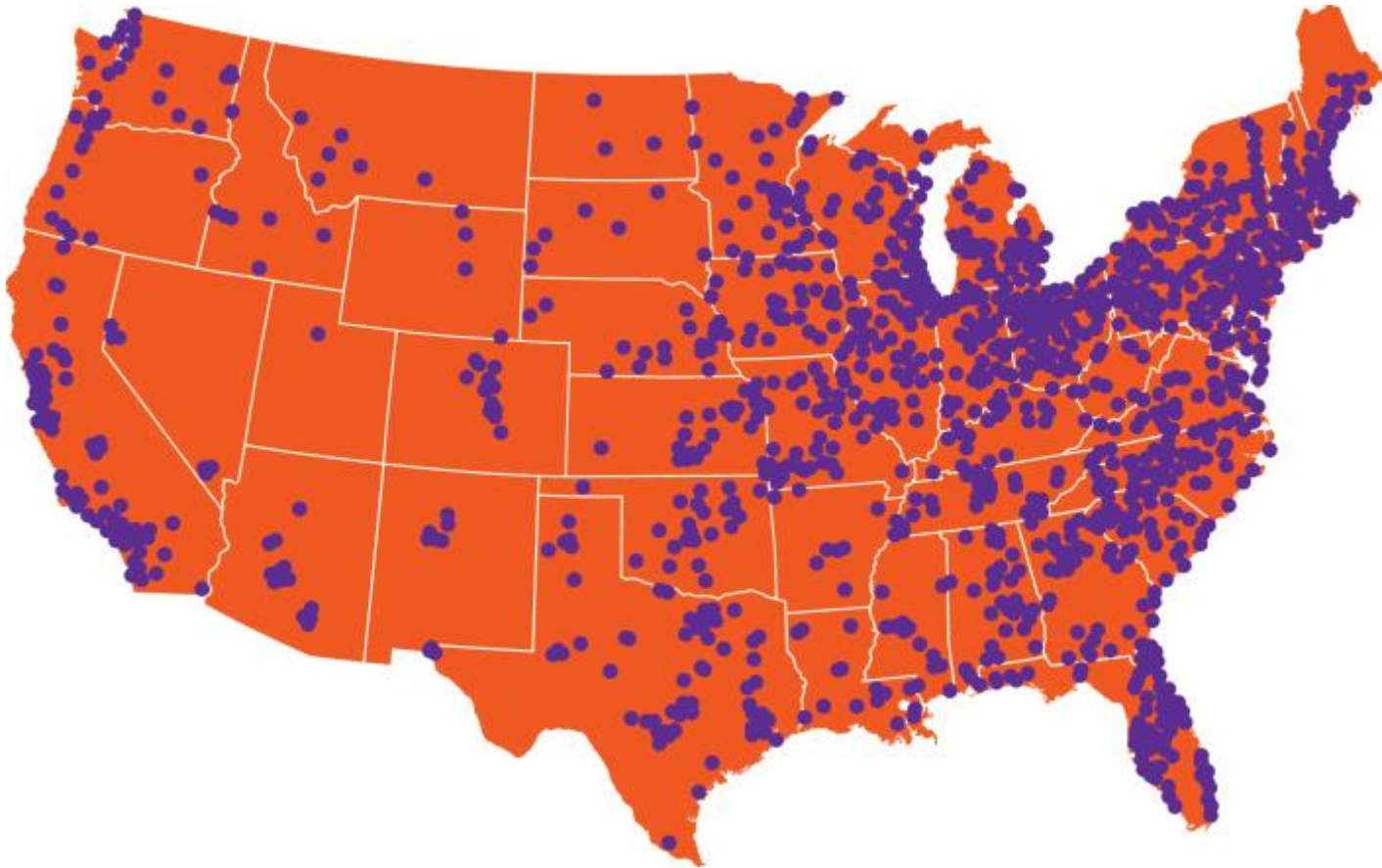
# TRANSFORMING HEALTH

## THE Y'S ROLE

MATT LONGJOHN, MD MPH  
VP AND NATIONAL HEALTH OFFICER  
YMCA OF THE USA

May 23, 2017



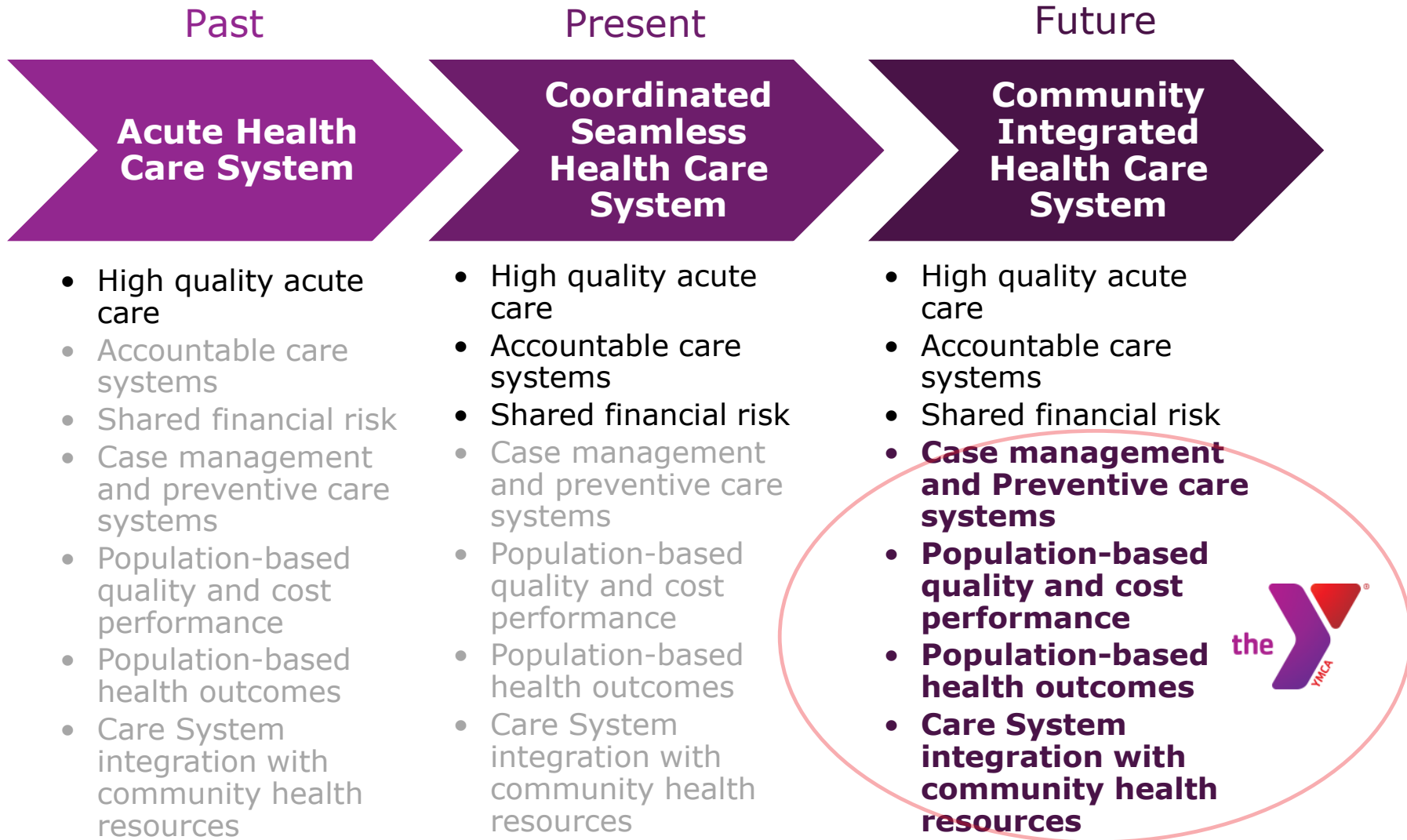


# OUR REACH

**FACTS**

YMCAs	COMMUNITIES SERVED
<b>2,700</b>	<b>10,000</b>
YMCAs IN COMMUNITIES WHERE HOUSEHOLD INCOME IS BELOW THE NATIONAL AVERAGE	STATES
<b>58%</b>	<b>50 plus</b> District of Columbia and Puerto Rico

# THE Y'S OPPORTUNITY IN A CHANGING HEALTHCARE LANDSCAPE



# COMMUNITY INTEGRATED HEALTH





# NATIONAL EVIDENCE-BASED PROGRAMS

## DISCOVERY

Efficacy

Validation

## DEVELOPMENT

Translation

Scaling

Dissemination

YMCA's Diabetes Prevention Program

Enhance Fitness (Arthritis Self-Management)

LIVESTRONG at the YMCA (Cancer Survivorship)

Moving for Better Balance (Falls Prevention)

Blood Pressure Self-Monitoring

Early Childhood Healthy Behaviors

Childhood Obesity  
Intervention

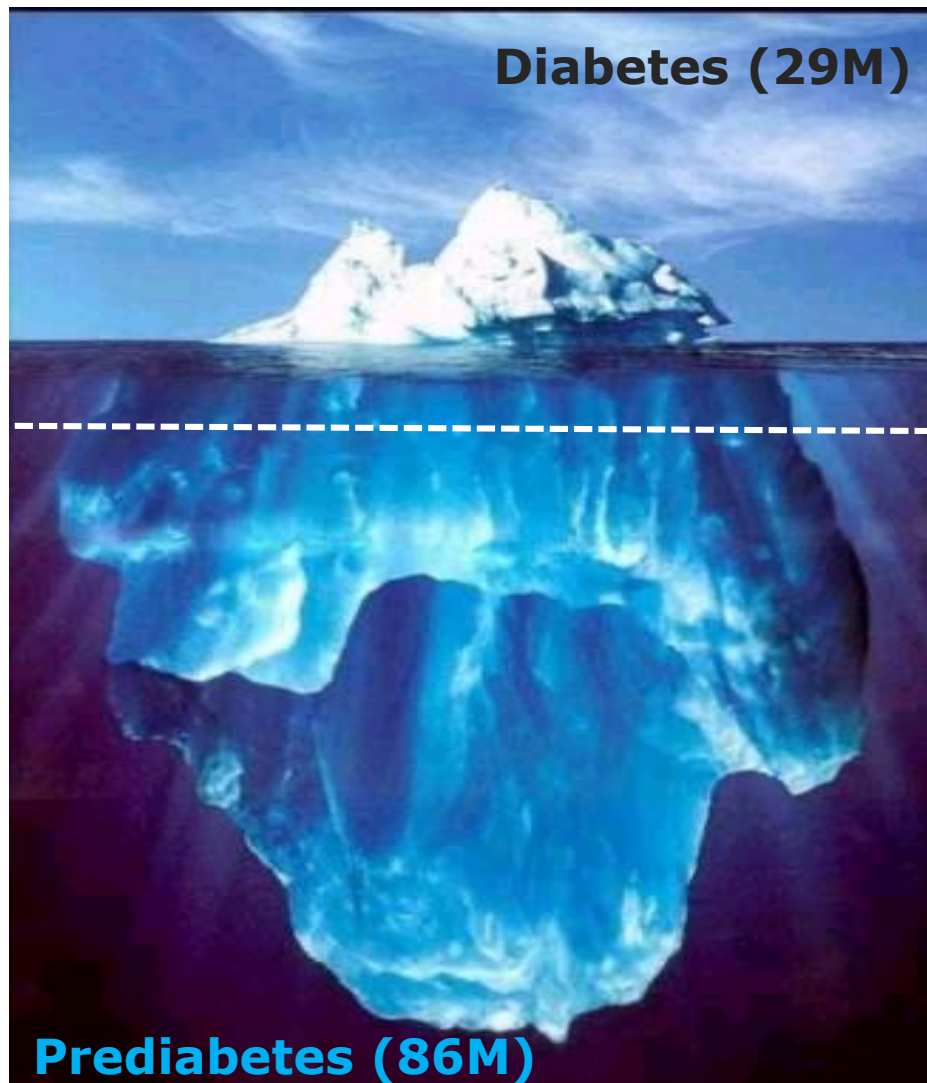
Brain Health

Parkinson's

Tobacco  
Cessation

**Building the pool  
of the 21<sup>st</sup> century**

# DELIVERING OUTCOMES AT SCALE: THE YMCA'S DPP



## By The Numbers

Participants attending at least one session	51,164
Completer's average year-end weight loss	5.5%
Average physical activity minutes per week	162.5
Y associations delivering program	249
States where the program is available	47
Total program sites	1,699
Trained Lifestyle Coaches	4,334
Low income participants*	21.9%

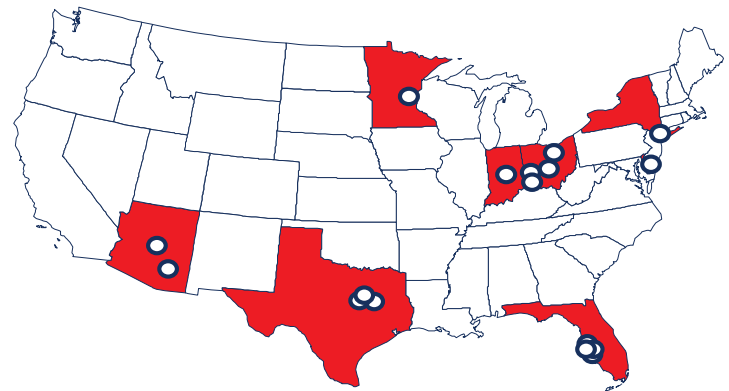
# Y-USA'S CMMI-FUNDED HEALTH CARE INNOVATION AWARD PROJECT



- In 2012, Centers for Medicare & Medicaid Innovation (CMMI) launched Health Care Innovation Awards
- Aim was to fund the country's most compelling ideas to spur better health, improved care and lower costs
- \$1 billion was set aside in funding
- 3,000+ organizations applied
- Rigorous expert panel review led to 107 awards in 2012

## The YMCA's award

- Goal: Demonstrate cost savings by delivering the YMCA's DPP to Medicare patients in 17 markets from 2013-2016



- \$11.8M award over 4 years
  - Y-USA Admin
  - TPA Reimburses local Ys
  - Ys recruit Medicare enrollees with community partners



# HISTORIC RESULTS



- When compared with similar beneficiaries not in the program, **Medicare estimated savings of \$2,650 for each enrollee in the Diabetes Prevention Program over a 15-month period, more than enough to cover the cost of the program.**

By Maria L. Alva, Thomas J. Hoerger, Ravikumar Jeyaraman, Peter Amico, and Lucia Rojas-Smith

# Impact Of The YMCA Of The USA Diabetes Prevention Program On Medicare Spending And Utilization

**ABSTRACT** The YMCA of the USA received a Health Care Innovation Award from the Centers for Medicare and Medicaid Services to provide a diabetes prevention program to Medicare beneficiaries with prediabetes in seventeen regional networks of participating YMCAs nationwide. The goal of the program is to help participants lose weight and increase physical activity. We tested whether the program reduced medical spending and utilization in the Medicare population. Using claims data to compute total medical costs for fee-for-service Medicare participants and a matched comparison group of nonparticipants, we found that the overall weighted average savings per member per quarter during the first three years of the intervention period was \$278. Total decreases in inpatient admissions and emergency department (ED) visits were significant, with nine fewer inpatient stays and nine fewer ED visits per 1,000 participants per quarter. These results justify continued support of the model.

# INTEGRATION WITH APMS

- Oncology Care Model
  - LIVE**STRONG**® at the YMCA
  - Improved incentives for improved outcomes for beneficiaries diagnosed with cancer
  - Support and Navigation activities
- Cardiac Care / Cardiac Rehab Bundled Payment
  - Cardiac Rehab Shared Space
  - Blood Pressure Self-Monitoring Program
- Comprehensive Joint Replacement Bundled Payment
  - Moving For Better Balance Program – supporting knee replacement beneficiaries during days 61 – 90 of a bundled payment episode

# Y-USA'S MSO: CAPTURING OPPORTUNITY


Authorized plan for Y-USA to **assume functions of a Management Services Organization ("MSO")** -- providing **administrative, business, and technology services** to local Ys to enable them to receive third party payment for the delivery of the YMCA's DPP and other chronic disease prevention programs.

## Existing Structure

Local Ys	Chronic Disease Prevention Program Team
<ul style="list-style-type: none"> <li>• Program delivery</li> <li>• Track participant outcomes in technology system</li> <li>• Raise funds to assist with sustainability in absence of 3<sup>rd</sup> party payors.</li> </ul>	<ul style="list-style-type: none"> <li>• Train Ys to deliver DPP</li> <li>• Management and administration support</li> <li>• Coordinate with existing TPA for technology support</li> <li>• Provide reporting technical assistance to Ys for reporting to partners, CDC, etc.</li> </ul>



## New Additional Structure

Healthy Living Department MSO	
Employs staffs for: <ul style="list-style-type: none"> <li>• Payor Engagement</li> <li>• Contracting</li> <li>• Account Management</li> <li>• Technology support</li> <li>• Compliance</li> <li>• Reporting</li> <li>• Finance</li> </ul>	Contracts with vendors for: <ul style="list-style-type: none"> <li>• Technology platform</li> <li>• Billing / revenue cycle management</li> </ul> 

"Build"

"Buy"



**THANK YOU**