

WHOLE PERSON HEALTH

The Greater San Francisco population is aging, and therefore, experiencing accelerated physical and mental health declines. The current strain on our public healthcare system is reaching a breaking point, because the 45 and older age segment of the San Francisco population will nearly double by 2030.



1 person dies every **33 seconds** due to cardiovascular disease



46% of California residents have prediabetes symptoms



10% of U.S. adults ages 65 and older have dementia, while another **22%** have mild cognitive impairment.



Nearly **one-fourth** of adults aged 65 and older are socially isolated

Recognizing many opportunities to positively affect these trends, the YMCA of San Francisco endeavored to improve its members' "whole health" including physical, mental and emotional well-being. Ten years ago, we began partnering with local healthcare providers, university researchers and YMCA of the USA, to create and deliver evidence-based wellness programs focused on chronic disease prevention.

DIABETES PREVENTION PROGRAM (DPP)

The YMCA is the country's largest in-person provider of Diabetes Prevention Programs. Over the last 10 years, the YMCA of San Francisco has supported over 100 different Diabetes Prevention Cohorts and positively improved the health and reduced the risk of diabetes in over 1,000 people. On average, after completing one-year of Diabetes Prevention Programming, participants experience:



4% OF TOTAL BODY WEIGHT LOSS



106 ACTIVITY MINUTES PER WEEK

BRAIN HEALTH PROGRAM

This year, we partnered with **Posit Science**, the creators of the **BrainHQ brain training program**, brain health experts at **UCSF, US Against Alzheimer's**, and the **National Institute on Aging** to deliver the Brain Health Program - a behavioral modification program aimed at improving brain health and cognitive functioning in a community group setting.

THE RESULTS FROM OUR FIRST BRAIN HEALTH PROGRAM COHORT SURPASSED OUR EXPECTATIONS!



40 PEOPLE PARTICIPATED, CONTINUE TO MEET FOR LUNCH, AND EXERCISE AND WALK TOGETHER



100% PROGRAM RETENTION



100% REPORT REDUCED ANXIETY DUE TO THE FEAR OF DEMENTIA



HEALTH & WELLNESS PROGRAM IMPACT

Our Whole Health Initiatives are examples of our many Health and Wellness programs.



This year, nearly **33,500 community members** participated in Health & Wellness programming at the YMCA of San Francisco.