



The YMCA's diabetes prevention program will include: (i) identification of individuals with prediabetes through prediabetes screening, including a hemoglobin A1C test; and (ii) participation in a number of educational sessions over a period of time and will be facilitated by a trained YMCA Lifestyle Coach covering nutrition, physical activity, and behavior modification. Currently, almost 40% of diabetic adult patients in Clinic Services have an HbA1c score >9, which is 10% more than the national average, so offering a Program available to patients on-site will be beneficial.

Approval of the recommended action will (1) allow the YMCA to begin offering health educational sessions directly to our at-risk patient population in locations that are familiar and accessible to them and (2) directly affect County of Monterey's efforts to prevent and reduce diabetes in our community.

This work supports the Monterey County Health Department 2011 - 2015 Strategic Plan initiative: 3) Ensure access to culturally and linguistically appropriate, customer-friendly, quality health services. It also supports one or more of the ten essential public health services, specifically: 3) Inform, educate and empower people about health issues, 4) Mobilize community partnerships and action to identify and solve health problems, and 7) Link people to needed personal health services and assure the provision of health care when otherwise unavailable.

OTHER AGENCY INVOLVEMENT:

County Counsel and the Auditor-Controller have reviewed and approved the Agreement. Risk has reviewed and accepts the non-standard provisions.

FINANCING:

There are no fiscal provisions included as part of this Agreement.

Prepared by: Sheena Morales, Management Analyst III, x1393

Approved by: Elsa M. Jimenez, Director of Health, x4526

Attachments:

Agreement is on file with the Clerk of the Board