

IMPROVING HEALTH OUTCOMES

YFIT Clinical Trial

January 5, 2015 - April 6, 2015

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Purpose: measure the statistical effectiveness of the YFIT program for improving body composition and reducing health risks through lifestyle and behavior changes.

Method: 31 Sumter Family Health Center employees (physicians, nurses, administrators) were chosen at random to participate in one of the following groups:

- 1) 11 participants complete Commit To Be YFIT (Jan. 5 - Feb. 16)
- 2) 10 participants complete YFIT Camp (Feb. 23 - April 6)
- 3) 10 participants complete Commit To Be YFIT & YFIT Camp (Jan. 5 - April 6)

Vitals and labs taken at weeks 1, 6 & 12 at Sumter Family Health Center

Weekly educational meetings held at the Sumter YMCA. Weight and Body Fat % recorded at each meeting.

Participants granted full access to the YMCA during their trial.

Results: Data confirmed statistical improvements in vitals, labs, weight, and body fat. (See chart on next page)

Conclusion: The YFIT programs are effective in fostering and supporting lifestyle and behavior changes that statistically lead to improved overall health and body composition; therefore, reducing health risks.

Translation to Health Education Practice: Health programs that promote and support individuals in total health and well-being are effective in supporting the health and health needs of a community.

Additional Findings:

- Weight loss is not required for improved labs, vitals or body composition
- Nutrition plays an equal or even greater role than exercise in improved body composition and health status
- Weight loss does not guarantee fat loss
- Fat loss does not guarantee weight loss

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RESULTS

Commit To Be YFIT January 5 - February 16

Vitals-9 participants*	Weight	Pulse	BP	Waist Circumference	BMI	Body Fat %		
% of who improved	56%	33%	44%	67%	56%	73%		
Labs-9 participants*	Glucose	A1C	Total Cholesterol	Triglycerides	HDL	LDL/HDL	VLDL	LDL
% of who improved	88%	44%	78%	44%	33%	55%	55%	78%

YFIT Camp February 23 - April 6

Vitals-9 participants*	Weight	Pulse	BP	Waist Circumference	BMI	Body Fat %		
% of who improved	89%	67%	67%	78%	89%	78%		
Labs-9 participants*	Glucose	A1C	Total Cholesterol	Triglycerides	HDL	LDL/HDL	VLDL	LDL
% of who improved	67%	67%	89%	78%	22%	33%	78%	67%

Commit To Be YFIT & YFIT Camp January 5 - April 6

Vitals-9 participants*	Weight	Pulse	BP	Waist Circumference	BMI	Body Fat %		
% of who improved	78%	67%	67%	67%	78%	50%		
Labs-9 participants*	Glucose	A1C	Total Cholesterol	Triglycerides	HDL	LDL/HDL	VLDL	LDL
% of who improved	78%	33%	100%	44%	0%	22%	56%	67%

*9 participants from each group completed all labs and vitals

ADDITIONAL STATISTICS

Average Age - 43.5 years
 Youngest participant - 26 years
 Oldest participant - 66 years
 30 females; 1 male

Most Weight Loss in 6 weeks - 8.2lbs
 Most Weight Loss in 12 weeks - 19.4lbs

Most Body Fat lost in 6 weeks - 3.4%
 Most Body Fat lost in 12 weeks - 3.9%

94.5% participant program satisfaction rate

50% of participants completed the full 12 weeks:
 Average weight loss - 9.9lbs
 Average body fat loss - 2.46%

LEADING WITH PURPOSE

YFIT programs are intended for permanent and meaningful impact. From serving the needs of our members to those in the medical community, the YFIT programs have established our YMCA as the leader in health and wellness programs in and around our community.

HISTORY

2012 - program introduced at Sumter YMCA
 2013 - \$5,000 grant for physician referrals
 2014 - \$25,000 grant for physician referrals
 2015 - formal partnership & clinical trial with SFHC