



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BUILDING HEALTHIER COMMUNITIES

Community Health Programs  
2024 Report

Prisma Health  
Tuomey Hospital

PRISMA  
HEALTH™

Dear Friends of the Y and Sumter Community,

The Y has a long history of transforming itself to meet the pressing social needs of the time. In the U.S. today, a rapidly growing epidemic of chronic diseases (such as diabetes, heart disease, and arthritis) is proving detrimental to our nation's health, economy, and quality of life.

In response, the Y is embracing its unique position as one of the largest nonprofits with a health and wellness mission to actively join the fight against chronic disease. Y-USA and YMCAs across the country are hard at work spreading programs and policies that help to decrease risk factors for chronic diseases (primary prevention), prevent the onset of chronic diseases for those at high risk (secondary prevention), and help those who already have a chronic disease to reclaim their health (tertiary prevention).

We live our healthiest lives when we have access to nutritious food, affordable housing and health care, quality education, clean air, and safe communities where we can actively live, work, and play. We are most grateful for Prisma Health and Prisma Health Tuomey Hospital's support of our community health programs which allows individuals and families to attend programs at no cost, removing any financial barriers to enhance their potential for creating positive wellness. Our staff are committed to providing a meaningful experience for all participants, regardless of their health or financial circumstances.

In 2024, we offered 7 different programs and served 224 community members - 77% were referred by their physicians. We recruited and trained 4 new instructors and 7 new healthy heart ambassadors to assist with leading these programs. Our YMCA staff attended 4 months of training to prepare to re-launch Healthy Weight and Your Child in 2025.

We value your partnership as our reach has been able to extend far beyond our walls. Our journey's direction is clear, that this is just the beginning and there is much more work to be done. Together, through collaborative work, we can carry this momentum into the future.

Respectfully,

Missy Corrigan, CEO  
YMCA of Sumter

### Community Health Team

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# TAKE ACTION TO IMPROVE HEART HEALTH

## Blood Pressure Self-Monitoring

### PROGRAM OVERVIEW

This evidence-based self-monitoring program aims to help participants better manage their blood pressure. The program emphasizes that self-monitoring and tracking of an individual's blood pressure can play a significant role in reducing one's blood pressure and improving his or her quality of life.

### HOW THE PROGRAM WORKS

Your patients will work with trained Healthy Heart Ambassadors for the duration of the four-month program. Participants will:

- Take their own blood pressure at least two times per month
- Attend two consultations a month with a YMCA Healthy Heart Ambassador - no appointment necessary
- Attend monthly nutrition education seminars

### WHO QUALIFIES

- Adults 18 years old or older
- Diagnosed with High Blood Pressure
- Not have experienced a recent cardiac event
- Not have atrial fibrillation or other arrhythmias
- Not be at risk of lymphedema

### PARTICIPANT SATISFACTION

Over 91% of participants say they would recommend this program.

### PARTICIPANT OUTCOMES

- 22% of participants saw a reduction in blood pressure
- 54% reported better blood pressure management
- 70% reported increased awareness of triggers that elevate blood pressure
- 72% reported enhanced knowledge to develop healthier eating habits

The Blood Pressure Self-Monitoring Program can help keep your patients focused on monitoring their blood pressure. It will increase their awareness of triggers that elevate blood pressure and teach them practices that can lead to lower blood pressure. By tracking their blood pressure, your patients will have valuable information about their health they can share with you.

### PROGRAM STATISTICS

Number of participants enrolled	<b>33</b>
Number of males/females	<b>2/31</b>
% age 55 and older	<b>72%</b>
% African American	<b>80%</b>
% Caucasian	<b>17%</b>

# FUEL YOUR BODY TRAIN FOR LIFE



## YFIT

### PROGRAM OVERVIEW

YFIT is a health and wellness education program designed to support individuals who are taking control of their personal well-being. It is designed to help prevent and/or manage health risks by preparing individuals to make the best decision to improve overall health. The program empowers individuals by providing the tools needed to create positive wellness.

### IN EACH CLASS, PARTICIPANTS EXPERIENCE:

- A certified instructor who introduces a new topic each week
- Discussion and learnings to apply in daily life
- Support and encouragement in a group setting

### WHO QUALIFIES

- Adults 18 years old or older
- Youth ages 10-17 can attend with an adult
- Optional: Physician referral to reduce or eliminate program cost

### PARTICIPANT SATISFACTION

Over 90% of participants say they would recommend YFIT

### PARTICIPANT OUTCOMES

- 85% making healthier food choices
- 76% decreased blood pressure
- 72% increased activity levels
- 65% improved energy levels
- 62% improved body composition

Get back to the basics of the human body with this 12-week lifestyle behavior change program intended for meaningful and permanent impact. YFIT topics include: Nutrition, Exercise, Time Management, Heart Health, Food Label Reading, The Role of Fat Cells, and Body Composition.

### PROGRAM STATISTICS

Number of participants enrolled	29
Number of males/females	4/25
% age 55 or older	57%
% African American	55%
% Caucasian	41%

# HEALTHY HEART HEART MATTERS



## STRONGHEART

### PROGRAM OVERVIEW

This 12-WEEK program is designed for cardiovascular disease and stroke survivors, as well as for individuals who are at high risk. In partnership with PRISMA Health Tuomey, the American Heart Association, and Palmetto Health USC Medical Group, the Sumter YMCA is offering an education and physical activity based program to promote healthier hearts.

### IN EACH CLASS, PARTICIPANTS EXPERIENCE:

- 30 minutes of education
- 45 minutes of supervised exercises focusing on cardiovascular endurance, strength, flexibility, and balance

### WHO QUALIFIES:

- Adults 18 years old or older
- Have had a heart or stroke event or be at high risk
- Referral/clearance from a provider to participate in physical activity

### PARTICIPANT SATISFACTION

Over 98% of participants say they would recommend STRONGHEART

### PARTICIPANT OUTCOMES

- 88% making health food choices
- 85% increased activity levels
- 62% decreased blood pressure
- 70% lowered resting heart rate
- 79% reported better eating habits

Each class session includes education and fellowship, cardiovascular and strength training exercises. Participants log their Blood Pressure in the American Heart Association's Check.Change.Control site.

### PROGRAM STATISTICS

Number of participants enrolled	32
Number of males/females	6/26
% age 55 or older	87%
% African American	53%
% Caucasian	38%

# EMPOWER THE MIND BY USING THE BODY



## StrongMIND

### PROGRAM OVERVIEW

StrongMIND is a 12-week program that will take participants through 3 levels of exercise. The goal is to promote positive thinking habits by focusing on the present during mindful exercises.

### THE 3 LEVELS

**Level one:** This level focuses on breathing and yoga. These practices are beneficial for focusing your thoughts on the present and relaxing the muscles.

**Level two:** This level focuses on aerobic fitness; primarily walking and cycling. This trains the mind and body on how to adapt certain bodily sensations experienced during exercise.

**Level three:** This level focuses on strength and cardio training. These exercises promote the release of endorphins in order to improve overall well being.

### WHO QUALIFIES

- Adults 18 years old or older
- Referral/clearance from a provider to participate in physical activity
- Referral/Clearance from a mental health professional

### PARTICIPANT SATISFACTION

Over 92% of participants say they would recommend this program.

### PARTICIPANT OUTCOMES

- 92% increased physical activity
- 89% reduced resting heart rate
- 84% improved blood pressure
- 82% increased energy levels
- 77% decreased anxiety
- 30% improved perceived mental health

This program is beneficial for those who are living with PTSD, anxiety, depression, or other mental health barriers. Each class session includes yoga, relaxation, cardiovascular or strength training exercises and the fostering of strong social relationships between participants.

### PROGRAM STATISTICS

Number of participants enrolled	<b>33</b>
Number of males/females	<b>9/24</b>
% age 55 and older	<b>45%</b>
% African American	<b>60%</b>
% Caucasian	<b>38%</b>

# PRESCRIPTION FOR LIFE GET THE RIGHT DOSE



## Exercise Is Medicine®

### PROGRAM OVERVIEW

This 4 week physical activity access program allows individuals to transition out of a physical therapy clinical setting into a community setting. Participants are encouraged to continue with their therapy exercises and try new classes.

### IN THE PROGRAM, PARTICIPANTS EXPERIENCE:

- Meeting with a certified trainer to discuss needs and concerns
- Exercise prescriptions for improving their overall physical well-being
- YMCA tour and fitness center orientation
- Detailed description and suggestions for next steps

### WHO QUALIFIES

- Adults 18 years old or older
- Referral/clearance from a provider to participate in physical activity



### PARTICIPANT OUTCOMES

- 92% increased physical activity levels
- 64% attended a new exercise class
- 58% joined another Y health program upon completion
- 33% reported improvements in mobility

The vision of Exercise Is Medicine is to make physical activity assessment and promotion a standard in clinical care, connecting health care with evidence-based resources for people everywhere and of all abilities.

### PROGRAM STATISTICS

Number of participants enrolled	41
Number of males/females	13/28
% over age 55	85%
% African American	77%
% Caucasian	23%

# LiveWell With Diabetes



## Diabetes Exercise Program

### PROGRAM OVERVIEW

LiveWell is an evidence-based fitness intervention designed to help manage diabetes and track changes in glucose levels and fitness parameters. This 12-week program will meet twice a week for 90 minutes. This program strives to help improve each participant's health while giving them the tools to be successful.

### IN EACH CLASS, PARTICIPANTS EXPERIENCE:

- Diabetes specific education and learnings to apply in daily life
- Support and encouragement in a group setting
- Guided physical activity with a personal trainer

### WHO QUALIFIES

- Adults 18 years old or older
- Individuals with diabetes OR
- Individuals who are pre-diabetic
- Physician referral/clearance required for participation in physical activity

### PARTICIPANT SATISFACTION

Over 93% of participants say they would recommend LiveWell Program

### PARTICIPANT OUTCOMES

- 30% improvement in lower body strength
- 27% improvement in upper body strength
- 25% improvement in cardiovascular fitness
- 52% reported healthier eating habits

Designed for implementation in community centers, this program adheres to the American College of Sports Medicine and American Diabetes Association exercise guidelines for people with diabetes. The program is suitable for individuals who have a clinical diagnosis of type 2 diabetes mellitus or those at risk for developing diabetes.

### PROGRAM STATISTICS

Number of participants enrolled	18
Number of males/females	4/14
% age 55 or older	68%
% African American	62%
% Caucasian	30%



# MODIFIED MOVES MAXIMUM RESULTS



## EnhanceFitness

### PROGRAM OVERVIEW

EnhanceFitness is a proven community based senior fitness and arthritis management program. It helps older adults become more active, energized, and empowered for independent living.

### IN EACH ENHANCE FITNESS CLASS, PARTICIPANTS EXPERIENCE:

- A certified instructor with special training.
- Exercises focusing on strength, cardiovascular endurance, flexibility, and balance which can help reduce the severity of arthritis symptoms.
- An atmosphere that encourages social interaction, which is a vital part of health and well-being for older adults

### WHO QUALIFIES

The program is especially beneficial for older adults living with arthritis, but is open for all who could benefit from physical activity.

Physician referral/clearance required.



### PARTICIPANT OUTCOMES

- 87% increased upper body strength
- 79% increased lower body strength
- 83% increased cardiovascular endurance
- 67% improved Balance
- 52% increased Flexibility

EnhanceFitness has been nationally recognized by the Centers for Disease Control and Prevention, US Department of Health and Human Services, US Department on Aging, and the National Council on Aging.

### PROGRAM STATISTICS

Number of participants enrolled	32
Number of males/females	3/29
% age 55 or older	62%
% African American	59%
% Caucasian	31%

### Success Story:

Wanda has been a heart patient at Prisma and was encouraged by her doctor to participate in Enhance Fitness, that her arthritis doctor had also recommended.

By participating in the program, she has seen improvements in her strength, balance, and endurance. She has even lost 40lbs!!

Her doctors are very supportive and encourage her take this program and 'continue doing what she's doing'.

Participating in a group helps hold her accountable and is something positive to look forward to.



"I am pleased with my progress and both of my doctors are really happy with my participation and the results I am getting from exercising in the Enhance Fitness program."

- Wanda B.



"Our lives will forever be changed from our experiences at the YMCA of Sumter. We are thankful for the support, friendship and guidance of the YMCA team members."

- ROSIE and ALBERT S.

### Success Story:

When Rosie was diagnosed with congestive heart failure, she joined the STRONGHEART program. During the 12 weeks she learned about healthy eating and the importance of exercise, recognizing the signs of a heart attack, being an advocate for her health and what types of questions to ask the doctor, especially when it comes to medication.

In April 2023, Albert had collapsed in his bedroom clapping his chest. Rosie recognized the signs of a heart attack, called 911 immediately and started CPR. Albert spent 9 days in the hospital on life support. 6 months later Albert and Rosie attended the STRONGHEART program together to continue their journey of better heart health.

### Success Story:

Participating in StrongMIND has made me more self-aware. Participating in the classes helped me get to know myself better. Women feel guilty for taking time for themselves. There is no need to be hesitant. Nobody can know you or take care of yourself better than you.

The instructor was so patient and kind and I made a lot of new friends in the program. I have a busy schedule now and I am more excited to participate in group activities, where I was hesitant to leave the house before. Being at the Y, I hear my name called so much, and it feels good to be seen.



“Don’t be afraid to explore something in yourself that would be helpful to see. You don’t have anything to lose. Get to know yourself better!”

- Muriel B.



“The Y gave me my strength back and has given me a place to go so I am not housebound, which is my worst fear.”

-Sandra S.

### Success Story:

After Sandra’s cancer diagnosis, she was determined to get healthier and stronger. Not only did she need exercise, but she needed some education, friends, and activities so she had a place to go daily.

She enrolled in the YFIT program to learn about healthy eating and the importance of exercise and social connections.

Staying active at the Y helped her regain her strength and gives her a great reason to leave the house every day. Sandra is grateful for the number of activities provided to stay engaged with others and fight social isolation.



**Prisma Health  
Tuomey Hospital**

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