Enhancing Attendance of the Greater Burlington YMCA Diabetes Fitness Program

Nicholas Antell
Michelle Cangiano
Jessica Deane
Chris Lin
Rebecca Martin

See next page for additional authors

Follow this and additional works at: https://scholarworks.uvm.edu/comphp_gallery

Part of the Community Health and Preventive Medicine Commons, and the Health Services Research Commons

Recommended Citation
Antell, Nicholas; Cangiano, Michelle; Deane, Jessica; Lin, Chris; Martin, Rebecca; Schlein, Sarah; Zinke, Richard; Farnham, Pam; and Hatin, Kevin, "Enhancing Attendance of the Greater Burlington YMCA Diabetes Fitness Program" (2008). Public Health Projects, 2008-present. 2. https://scholarworks.uvm.edu/comphp_gallery/2

This Article is brought to you for free and open access by the Public Health Projects, University of Vermont College of Medicine at UVM ScholarWorks. It has been accepted for inclusion in Public Health Projects, 2008-present by an authorized administrator of UVM ScholarWorks. For more information, please contact scholarworks@uvm.edu.
Authors
Nicholas Antell, Michelle Cangiano, Jessica Deane, Chris Lin, Rebecca Martin, Sarah Schlein, Richard Zinke, Pam Farnham, and Kevin Hatin

This article is available at UVM ScholarWorks: https://scholarworks.uvm.edu/comphp_gallery/2
ABSTRACT

Since 1999, the Burlington YMCA has offered a free exercise class to members of the community with diabetes. Additionally, the class regularly monitors participants’ health status. These data support the well-established benefit of exercise in diabetes.

OBJECTIVE

The enrolment and retention rates in the YMCA Diabetes Fitness Program have been disappointingly low. By surveying local primary care physicians, current and past Y.M.C.A. program participants, and non-participating diabetes patients, we hope to explore reasons behind this trend.

From our data we will formulate recommendations, from which the YMCA can better serve its population.

Consequently, we hope the full potential of this program may be fully realized.

METHODS

We surveyed 3 specific populations of interest:

- Physicians (through their doctor, family/friend, newspaper, or YMCA brochure).
- Current and Past Participants (potential participants).
- Potential Participants (surveyed at a local community center who were not part of the YMCA program). We would like to thank the Greater Burlington YMCA, University of Vermont, and Fletcher Allen Health Care for all their work and cooperation which allowed this project to be completed.

RESULTS

Only 57% of physicians had heard of the class however, 100% of physicians stated that they will refer patients to the program. We surveyed 3 specific populations of interest (physicians, current and past Y.M.C.A. program participants, non-participating diabetes patients) to explore reasons behind this trend.

In addition to attendance, retention is a problem: Of the participants that were questioned; only 43% were currently attending the program. The principal reasons for no longer participating were parking issues and finding an individual exercise. We would like to thank the Greater Burlington YMCA, University of Vermont, and Fletcher Allen Health Care for all their work and cooperation which allowed this project to be completed.

AWD Antell, Michelle Cangiano, Jessica Deane, Chris Lin, Rebecca Martin, Sarah Schlein, Richard Zinke, Pam Farnham, Kevin Hatin

University of Vermont, Fletcher Allen Health Care, Greater Burlington YMCA