



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Carrie Gschwind  
Porter County Health Department  
155 Indiana Ave. Suite 104  
Valparaiso, IN 46383

Dear Carrie,

### Proposal for Collaborative Partnership to Support Community Health Programs

I trust this letter finds you well. I am writing on behalf of the Portage Township YMCA to propose a collaborative partnership with the Porter County Health Department to enhance the health and well-being of our community through the implementation of three evidence-based CDC programs. We are seeking financial support to sustain and expand these initiatives, which have proven success in improving the lives of our residents.

#### Program 1: EnhanceFitness

EnhanceFitness is a program specifically designed to address the needs of adults with arthritis, older adults, individuals interested in increasing physical activity, and those with disabilities. The program focuses on arthritis-appropriate exercises with the following objectives:

1. Decrease the risk for falls
2. Increase social connections
3. Increase strength

Portage Township YMCA  
3100 Willowcreek Rd.  
Portage, IN 46368



4. Improve flexibility and balance
5. Boost activity levels
6. Elevate mood

#### Proven Benefits:

- Improves physical function
- Decreases depression
- Protects against falls and fall-related injuries
- Provides a social benefit
- Promotes a physically active lifestyle
- Reduces medical care utilization costs
- Decreases unplanned hospitalizations
- Decreases mortality rates

#### Program 2: Diabetes Prevention Program (DPP)

The Diabetes Prevention Program aims to prevent or delay type 2 diabetes by making evidence-based lifestyle change programs more accessible to individuals at risk. This program focuses on educating participants about healthier lifestyle choices to reduce their risk of developing type 2 diabetes. More detailed information is attached.

#### Program 3: Blood Pressure Self-Monitoring Program

Developed with support from the CDC's Division for Heart Disease and Stroke Prevention, the YMCA's Blood Pressure Self-Monitoring program empowers adults with high blood pressure to take control of their health. The program encourages regular blood pressure self-monitoring and incorporates other heart-healthy activities to help participants better manage their blood pressure. More detailed information is attached.



### Financial Support Request:

We are seeking financial support from the Porter County Health Department to ensure the successful implementation and sustainability of these programs. The funds will be allocated towards program administration, participant outreach, training of program facilitators, and resources required for monitoring and evaluation.

1. \$24,000 - This amount will cover half of the salary for a dedicated Wellness Coach to implement all 3 programs intended to change health outcomes.
2. \$2500 - Dollars spent on shared marketing, outreach, and public awareness messaging.
3. \$1500 - Supplies for monitoring and evaluation. Participants will share in this cost.
4. \$1800 - Shared cost for the evaluation and baseline of participants entering the programs. A 3-d body scan performed by our staff will give us valuable data to monitor progress toward goals.
5. \$800 - Training and recertification for staff.

### Benefits of Partnership:

Improved Community Health: These evidence-based programs align with the health goals of Porter County Health Department, contributing to overall community well-being.

Enhanced Prevention Efforts: The Diabetes Prevention Program and Blood Pressure Self-Monitoring Program target key health issues, supporting preventive measures at the grassroots level.



Collaboration for Impact: By working together, we can amplify the impact of these programs, reaching a wider audience and making a meaningful difference in the lives of our residents.

Next Steps:

We will be ready to launch and/or expand the programs by 2nd quarter of 2024. A planning and implementation meeting will be necessary to discuss this proposal further, address any questions, and map out the details of the collaboration. We are eager to combine our efforts to create a healthier and more resilient community. Thank you for considering our proposal. We look forward to creating positive health outcomes for our community with you.

Sincerely,

Shannon Burhans  
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