



# City of San Antonio

## Agenda Memorandum

**File Number:**18-5281

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**Agenda Item Number:** 18.

**Agenda Date:** 10/4/2018

**In Control:** City Council A Session

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**DEPARTMENT:** Health

**DEPARTMENT HEAD:** Colleen M. Bridger, MPH, PhD

**COUNCIL DISTRICTS IMPACTED:** Citywide

### **SUBJECT:**

Authorizing an Agreement with the YMCA of Greater San Antonio

### **SUMMARY:**

An ordinance authorizing an agreement with the Young Men's Christian Association of Greater San Antonio (YMCA) to administer diabetes prevention programs in an amount up to \$276,500.00 for a period beginning October 1, 2018 and ending September 30, 2019 with options to renew for two additional one-year periods. This agreement will allow Metro Health to continue offering the YMCA Diabetes Prevention Program.

### **BACKGROUND INFORMATION:**

Metro Health established a partnership with the YMCA to increase access to evidence-based diabetes prevention programming in San Antonio. The YMCA administers the YMCA Diabetes Prevention Program (DPP) for Metro Health's Diabetes Program using a proprietary web-based technology through YMCA USA. The purpose of the DPP is to increase awareness and take measures to prevent diabetes and its complications among individuals who have confirmed diagnoses or indications of pre-diabetes by promoting an effective lifestyle change. The YMCA has trained and certified Metro Health staff to deliver the DPP program in order to increase the reach of the program to more individuals across San Antonio. The YMCA also conducts a health and wellness program called "Y Living". The "Y Living" program is designed to provide wellness activities and education for families who are dealing with diabetes or at risk for chronic disease.

**ISSUE:**

Metro Health is requesting City Council approve an agreement with the YMCA to provide diabetes prevention and health and wellness programming to residents of San Antonio and Bexar County. The YMCA will provide diabetes prevention programs for Metro Health's Diabetes Program as well as provide training and technical assistance to Metro Health staff on the implementation of DPP.

**ALTERNATIVES:**

Should this agreement not be authorized, Metro Health will be unable to contract with the YMCA to provide health and wellness programming and the Diabetes Prevention Program (DPP). Additionally, the YMCA will not be able to conduct the Diabetes Prevention Program in San Antonio thus reducing the number of individuals at high risk for developing diabetes served by 350.

**FISCAL IMPACT:**

Funding for the agreement is available and budgeted in the Medicaid 1115 Waiver. There is no impact to the General Fund.

**RECOMMENDATION:**

Staff recommends approval of an agreement with the YMCA to administer diabetes prevention programs in an amount up to \$276,500.00 for the period beginning October 1, 2018 and ending September 30, 2019 with options to renew for two additional one-year periods.