

# HEALTHY LIVING OVERCOMING CHRONIC DISEASE



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



Many in our community struggle with conditions that affect mobility, confidence and daily life—and need access to support. To help people stay well, manage ongoing health conditions and reduce risk of chronic disease, the Y's evidence-based programs fill gaps in traditional care. From programs for people with arthritis, Parkinson's and cancer survivors, to fall-prevention, weight-loss and nutrition programs, the Y offers proven pathways to better health. We also work with partners to deliver programs and conduct research to help with a variety of chronic diseases. Participants experience better health not just physically, but also mentally and socially through the connections they make.

Arthritis

LIVESTRONG at the YMCA®  
for Cancer Survivors

Pedaling for Parkinson's™

Fall Prevention

Weight Loss and Nutrition

## YMCA OF GREATER KANSAS CITY'S VISION

To ensure everyone in our community has access to evidence-based programs that prevent and manage chronic disease, support resilience, and help people live stronger, healthier and more connected lives.



# OVERCOMING CHRONIC DISEASE



6 in 10 adults in the U.S. have a chronic disease and 4 in 10 adults in the U.S. have two or more chronic diseases



86% of health care spending is for patients with one or more chronic conditions



7 out of the 10 leading causes of death are related to chronic disease

## THE NEED:

To expand evidence-based programs to help more people prevent and manage chronic conditions, improving health, confidence and quality of life.



**The Y. Where Kansas City Connects.**

[KansasCityYMCA.org](http://KansasCityYMCA.org)