The Greater San Francisco population is aging, and therefore, experiencing accelerated physical and mental health declines. The current strain on our public healthcare system is reaching a breaking point, because the 45 and older age segment of the San Francisco population will nearly double by 2030.

Recognizing many opportunities to positively affect these trends, the YMCA of San Francisco endeavored to improve its members’ "whole health" including physical, mental and emotional well-being. Ten years ago, we began partnering with local healthcare providers, university researchers and YMCA of the USA, to create and deliver evidence-based wellness programs focused on chronic disease prevention.

Whole Person Health

- 1 person dies every 33 seconds due to cardiovascular disease
- 10% of U.S. adults ages 65 and older have dementia, while another 22% have mild cognitive impairment.
- 46% of California residents have prediabetes symptoms
- Nearly one-fourth of adults aged 65 and older are socially isolated

Diabetes Prevention Program (DPP)

The YMCA is the country’s largest in-person provider of Diabetes Prevention Programs. Over the last 10 years, the YMCA of San Francisco has supported over 100 different Diabetes Prevention Cohorts and positively improved the health and reduced the risk of diabetes in over 1,000 people. On average, after completing one-year of Diabetes Prevention Programming, participants experience:

- 4% of total body weight loss
- 106 activity minutes per week

Brain Health Program

This year, we partnered with Posit Science, the creators of the BrainHQ brain training program, brain health experts at UCSF, US Against Alzheimer’s, and the National Institute on Aging to deliver the Brain Health Program - a behavioral modification program aimed at improving brain health and cognitive functioning in a community group setting.

The results from our first Brain Health Program cohort surpassed our expectations!

- 40 people participated, continue to meet for lunch, and exercise and walk together
- 100% program retention
- 100% report reduced anxiety due to the fear of dementia

Health & Wellness Program Impact

Our Whole Health Initiatives are examples of our many Health and Wellness programs.

This year, nearly 33,500 community members participated in Health & Wellness programming at the YMCA of San Francisco.