



PINNACLEHEALTH

HAP Policy Committee Hearing
Wednesday, May 13, 2015

I. PinnacleHealth Eat Smart, Play Smart Initiatives

PinnacleHealth Eat Smart Play Smart (ESPS) initiatives provide obese and overweight children and parents in our community with evidence based behavioral and targets school aged children ages 6-18, especially Hispanic and African American students with higher incidences of heart disease and diabetes. ESPS initiatives include:

- School based weight management and nutrition education programs, ages 6-14, since 2009, touching 5,000 kids.
- Healthy fruit and vegetable options at lunch and taste experiences at elementary schools since 2009, touching 4,000 kids annually.
- Energy Pack (power pack) program, implemented Dec. 2011; Over 21,000 energy packs distributed during the 2014-2015 school year.
- Two “interactive” health kiosks implemented 2012 at Marshall Elementary and Ben Franklin Elementary Schools; 1000 hits/month; Updated 2014 to include advanced nutrition education, weight management practices, activities to promote active lifestyles, dental health, preventing bullying, smoking prevention and cessation
- ESPS (formerly KidShape) classes to help overweight children and their families live healthier lives through interactive games, physical activity, cooking demonstrations and incentives that keep families motivated and returning to classes.

ESPS program outcomes are increased self-esteem, healthier eating habits, a more physically active lifestyle, improved ability to deal with teasing, weight stabilization, decreased rate of weight gain, decreased Body Mass Index (BMI) for age by 2%, lowered blood pressure, increased stamina, and increased family unity. ESPS has touched nearly 400 kids with a 70% program retention rate. Other outcomes include reduced TV/Video/Media time and increased water intake.

II. The PinnacleHealth Faith Community Health Connection (FCHC)

The FCHC is a patient navigation model based on the idea that the body, mind, spirit, and community are inextricably connected. The FCHC is a unique network that incorporates a large social support structure into the provision of healthcare services and focuses on:

- Strengthening relationships between leaders of faith and health communities
- Connecting people with education and services that will enable them to maintain optimal levels of health and well-being
- Providing access to quality healthcare and guiding individuals through the healthcare system
- Providing advocacy to empower individual members of FCHC in healthcare decision-making
- Connecting faith communities to a network of support following illness, injury, and hospitalization

The PinnacleHealth Faith Community Health Connection (FCHC) enhances quality and continuity of care and partners with **nearly 60 faith-based organizations** throughout the community to promote healthy living, provide access to the care and connects both individuals and congregations to available community resources.