

Legislative Committee on Health Subcommittee to Study Obesity

January 14, 2004

Sierra Health Services Education & Wellness

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EXHIBIT L Committee Name **OBESITY** Document consists of **20 SLIDES**

☒ Entire document provided.


☐ Due to size limitations, pages _____ provided. A
copy of the complete document is available through the Research Library
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Meeting Date: 1-14-




Our Goal

To prevent illness and to help people manage their existing health concerns. Participants are given the knowledge and tools needed to make self-care decisions to improve their quality of life.






Populations Served

- Adult members of Health Plan of Nevada and Senior Dimensions and non-members
 - Children of Health Plan of Nevada and non-members
 - Employer groups
 - Employees of Sierra Health Services
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How Patients Reach Us

- Referral System (SMA and Network)
 - Self-referrals
 - Case management referrals
 - The Positive Patient Experience
 - Disease Management Targeting
 - Member Newsletters/Communication
 - Employer Groups
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Programs Offered

- Arthritis
- Asthma – Adult & Child
- Back Care
- Carpal Tunnel Syndrome
- Cholesterol Reduction
- COPD
- Congestive Heart Failure
- Diabetes
- Hypertension
- Nutrition & Fitness
- Pregnancy
- Smoking Cessation
- Stress Management
- Weight Management – Adults & Children/Adolescents
- Women's Issues




Programs Specifically Developed for Childhood Obesity, Nutrition & Fitness

Camp LEAN

A 4-week nutrition and fitness program including exercise, games, crafts and behavior modification for kids 6-16 and their families.


KidFit

A 2-hour class for parents and their kids on nutrition and fitness covering the basics of eating right and exercise.

- A total of 70 children and their families attended our programs in 2003.
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What Makes Our Program Unique

- We include friends and family.
 - We make it a fun learning environment, modeling the class after a “camp” experience.
 - We include exercise in every class.
 - The final class includes a party, so kids experience a healthy celebration.
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Camp LEAN & KidFit Success Story

One child was reluctant to attend the class since he did not want to be with a bunch of “fat” kids. He was encouraged to stay since it would help his baseball game. At the end of the class he had made such positive changes that he hit two home runs in one game and presented us with the game ball.

Received the 2002 Leadership in Healthcare Award from Biotech Medical Management Association for the Camp LEAN program.



This is a 6-week weight loss class including behavior modification, nutrition, exercise and lifestyle modification aimed at our adult population.

A total of 250 adults and their supportive others attended our programs in 2003.



What Makes Our Program Unique

- We include exercise in every class.
- We provide support groups once the class has been completed.
- Along with classes at Southwest Medical Associates, we provide classes at the YMCA and local parks and recreation facilities.



Lean On Me Success Story


One participant usually dresses as Santa for Christmas. However, this year after losing 35 pounds, he had to go out and get more padding for his suit!

Another participant was so happy with his results of a 33 pound weight loss that he is encouraging all the other people who need weight loss in his senior living community.




Employee Wellness Program

- Various quarterly incentive programs offered to Sierra Health employees to improve their health. Participants receive pedometers, gym bags, gift certificates, and cash prizes, among other incentives.



Employee Wellness Success Story

Our Sizzlin' Summer Shape Up recently concluded with 1,670 pounds lost by 245 employees in 3 months. Ten employees lost at least 25 pounds. Currently there is a "Holiday Challenge" to keep the weight off or maintain it during the holidays.




Fit For Life Club

- An exercise program in which Senior Dimensions has partnered with 27 facilities including city and county Parks and Recreation departments, YMCA of Southern Nevada and First Move Fitness in Pahrump to provide members with health and fitness opportunities throughout the valley.
- Number of people currently participating = 2009




What Makes Our Program Unique

- Partnership between Sierra Health, public and non-profit organizations.
 - Free added benefit for Senior Dimensions members.
 - Largest network of fitness providers in the valley.
 - In 2004: Physicians will refer patients to Fit For Life Club for exercise.
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Fit For Life Club Success Story


After retirement, one participant was sedentary and bored with her life, while she watched her weight continue to increase. A friend asked her to join a Fit For Life aerobics class. Through this, she lost weight, decreased her cholesterol and triglycerides and improved her whole demeanor. Now, she is one of our biggest fans!






Employer Groups

Service Options

- Health Assessments
 - Health Education Programs
 - Health Educators on-site
 - Referral System
 - Health Educator/Health Coach
 - Customized Care Plans
 - Rewards for Healthy Lifestyles
 - Health Communication Options
 - Monthly Special Events
 - Safety Information
 - Wellness Certification Program
 - Nicotine Dependence
 - Exercise Programs
 - Health Incentive Programs
 - Annual Health Fairs
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What Makes Our Program Unique

- “Eyeball to Eyeball” delivery of programs
 - Internally developed curriculum and workbook for each program.
 - A passionate, credentialed and qualified Health Educators who believe in prevention and health promotion.
 - Wellness/Prevention focused Medical Director
 - Evaluation model
 - Customized program options
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Employer Group Success Story

Park Place Entertainment – LifeStrides Wellness Centers

Currently staff and manage 8 wellness centers within Park Place Entertainment properties:

- Bally's, Caesars, Hilton – Atlantic City, NJ (3 centers)

- Bally's/Grand/Sheraton – Tunica, MS (1 center)

- Caesars Indiana – New Albany, IN (1 center)

- * LV Flamingo, LV Hilton – Las Vegas, NV (2 centers)

- Reno Hilton – Reno, NV (1 center)

- * Caesars Palace and Bally's/Paris to open Wellness Centers in March, 2004



Future Plans

- Disabled weight management class
- Sisters Together Move More Eat Better
- Nutrition classes for parents of infants and toddlers
- Senior fitness and nutrition expo
- Nicotine Dependence Clinic
- Weight Management Program options for patients