

Care, Comfort and Hope

Wisconsin Hospitals Community Benefits

Overweight, Obesity and Lack of Physical Exercise

The increasing rates of obesity among adults and children are raising concerns because of the dire implications on American's health. In communities across Wisconsin, hospitals are dedicating resources and doing what they can to encourage people of all ages to lose weight and stay active.

Upland Hills Health's open hallway keeps community fit & safe

More than 60 community members found a safe place to stay mobile in 2008. Upland Hills Health's Fitness Walking program, which began in 2002, allows community members to walk a designated route inside the building during all times of the year, at no charge.

Community members are asked to read over and sign a set of rules, which includes no rollerblades or "heelys" and that stroller wheels be wiped clean before rolling down the hallways. They are then issued an ID badge so staff can see at a glance if they belong in the hallways or if they need help.

Leonard Pishion is a longtime walker with the program. Leonard began using the hallway after a knee surgery in 2005, on the advice of his physical therapist. His wife Elaine began accompanying him in December 2008 after completing cardiac therapy. The Pishions walk the halls at Upland Hills Health often, in an effort to keep themselves healthy and mobile.

Upland Hills Health is proud to offer the Fitness Walking program as a way to ensure that community members have a safe, warm and free place to exercise for their health.



Upland Hills Health, Dodgeville

Affinity NurseDirect - HUGS

More than a quarter of Wisconsin residents are overweight. Affinity Health System is targeting this important issue by providing the program HUGS, a non-diet lifestyle program which focuses on helping men and women make positive lifestyle choices in the areas of healthy eating, physical activity, and positive self-esteem and body image.

"This program isn't about a temporary fix or a diet," says Lori Deering, RD, CD, CEDS, community health educator. "HUGS is about an entire lifestyle change and beginning a completely different approach to lifestyle change."

Even after the eight-week program is completed, participants continue to have support available in the form of online Web support. Some insurance companies provide full or partial reimbursement upon program completion.

Affinity Health System, Inc.

Healthy habits for life



Trudy Kapaun, RD

"The program changed my life in the way I look at food. Eating isn't a daily EVENT. I am now getting the right exercise and feel like I can do anything. I'm a grandmother of seven, just took up flute lessons, and when I walk into a room and everyone goes "Wow" – well, that feels great. Thanks Trudy for showing me the way!"

"This class came along at just the right time for me and I'm so glad I was involved with the program. It gave me the tools I needed to improve my health. My friends and family have noticed a difference, and more importantly, I have. I look and feel better and have more energy to do the things I love. Thanks Trudy for providing positive encouragement."

"With high cholesterol and a family history of heart disease, Trudy was my last chance prior to giving into medication. Through consultation and program coursework, I discovered a person can lower their cholesterol without drugs with proper diet and exercise. This experience became a "family affair" with my wife and kids getting involved. We found healthy alternatives for food items we already enjoyed. Thanks Trudy for sharing your product knowledge. It opened our eyes to reading labels."

(continued on next page)

Wisconsin Hospitals Community Benefits (continued)

“If someone would have told me how easy this whole process would be, I would have made changes sooner. Diet and exercise modification is a life-long learning and must be intentional for it to be successful. You can’t imagine how wonderful it feels to see your grandkids talk about you with pride, express their affections more openly in front of others, and suddenly love to show you off... ‘Grandpa you don’t have a big butt anymore!’ Kids say the darndest things...”

Trudy Kapaun, a registered dietitian and certified weight management specialist with Hudson Hospital & Clinics Nutrition Care, counsels people on losing weight and developing healthy eating habits. “For many, it’s easy to recognize the need to do something about being overweight and non-active. For some, it’s not.”

Contrary to popular opinion, she is not the “big bad food police.” “I love food,” she says and it’s evident she’s passionate about her work.

“Take baby steps. Learn to enjoy the process. If you slip up, you can recover; forgive yourself,” says Trudy.

Because the hospital believes healthy nutrition is so important, it offers educational and support resources (for little or no cost) in addition to its fee-for-service class series including:

- Community nutrition seminars – The Secret of Portion Control, Feel Full on Fewer Calories, or An Evening of Zen: Three Natural Ways to Lower Blood Pressure (Eating Right...)
- Community health events – A Better Weigh to Cook & Dine Out
- Community health information – nutrition helplines, books and online resources
- Education and support groups – Weight & Wellness, Celiac Disease to bring people together who share common health concerns.

Hudson Hospital & Clinics, Hudson

‘The Smartest Loser’ challenge leads to big weight loss success

With the help of Gundersen Lutheran Health System, more than 200 people at Rockwell Automation in Richland Center, Wis., got smart about losing weight. They participated in an employee challenge, “The Smartest Loser,” and their results were impressive. After 12 weeks, the 44 teams of five lost 1,435 pounds.

Gundersen Lutheran provides the wellness services for Rockwell Automation’s nearly 700 employees at the Richland Center facility, so it was a natural fit for the business to work with Gundersen Lutheran to develop the challenge. Rockwell Automation’s management team recognized obesity and a lack of physical activity were risk factors within their employee population. They also know that a little bit of competitive spirit can get more people to participate. Gundersen Lutheran worked with them to develop a program that would not only help employees lose weight in the short-term, but also make healthy lifestyle changes to keep it off.

While “The Smartest Loser” has a weight loss component, it’s not the only thing that weighs in. “We didn’t want ‘The Smartest Loser’ to just be about losing pounds. It’s about making changes to sustain their weight loss and improve their physical fitness and nutrition,” explains Amanda Miller, employee health and safety services, Rockwell Automation.

After seeing the enthusiasm of the team at Rockwell Automation, Gundersen Lutheran Business Health Services adapted the program to use with other business partners. So far, the Smartest Loser program has been conducted at 15 different work sites, including Gundersen Lutheran, with a total weight loss of more than 4,000 pounds.

Gundersen Lutheran Health System, La Crosse

Community weight loss program changes lives

At the age of 62 and at 335 pounds, Diana knew that her health was in jeopardy and she needed to do something to lose weight. She also knew that losing weight wasn’t going to be easy.

After a serious accident 18 years earlier, Diana had been told she would eventually become wheelchair bound. But Diana was determined not to let that happen. In January 2006, she joined Weigh to Win, UW Health Partners Watertown Regional Medical Center’s free community weight loss challenge, which turned out to be a lifesaving decision.

Diana attended the weekly educational sessions and implemented the recommended lifestyle changes. She began an exercise program with a local health club and still works out seven days per week.

To date, Diana has lost an amazing 170 pounds, gained confidence and improved mental health. She is proud to be an annual Weigh to Win participant and has been able to fend off being wheelchair bound.

Offered free of charge to all community members, Weigh to Win provides education and motivation to help participants meet weight loss goals. This year’s 10-week program helped 815 community members lose more than 2,557 pounds.



Here, Diana is pictured with the dress she wore to Weigh to Win kickoff in 2006, before losing 170 pounds.

UW Health Partners Watertown Regional Medical Center, Watertown
(continued on next page)

Wisconsin Hospitals Community Benefits (continued)

Healthy Weight, Healthy Life event teaches area women about choices

75 area women participated in Healthy Weight, Healthy Life at Upland Hills Health in September, ready to learn some things and have some fun. After each woman was weighed and measured, the program kicked off in the Center Café with



Dr. Barbara Hostetler, OB/GYN with Upland Hills Health, setting the tone.

“We all have choices,” she explained. Some of those choices are harder to make than others, especially when it comes to taking care of ourselves. Christine Tsubokura of Uplands Counseling elaborated on this point, stressing to the group that each of the women in attendance needs to make time for themselves—to relax, to exercise, to just center themselves. She explained that this time can contribute to curbing the need for comfort food that comes along with chronic stress.

The group split up to learn about Eating Healthy on a Budget, Making Good Grocery Store Choices and Back to Basics Cooking Class, taught by Upland Hills Health Registered Dietitians and Cecile McManus, Registered Dietitian with the Iowa County SUN program.

The group also got to try different exercises after listening to Cecile’s presentation about how your body uses the calories you feed it. The group tried aerobics, yoga and learned how to use stretch tubing bands, which they got to take home.

During the event, students from Dodgeville High School, along with Dr. Jodi McGraw, provided a children’s program that focused on keeping kids active and taught them about good foods. Eighteen children attended while their moms learned techniques for healthy living. Dr. McGraw and Jaime Austin, Clinical Nutrition Supervisor at Upland Hills Health, did a presentation for the kids’ group from the book *Deceptively Delicious*, which concentrated on showing kids that healthy foods can be yummy foods, by “hiding” these foods in their favorites.

“Our goal was to give women in our community practical tools they can use to make the choices that will keep them and their families healthier,” explained Administrator Phyllis Fritsch. “The positive feedback we got from the participants tells us that we met that goal—but we aren’t done supporting these women. We plan follow up activities as well to keep them motivated and healthy.”

Upland Hills Health, Dodgeville

Submit community benefit stories to Mary Kay Grasmick, editor, at mgrasmick@wha.org.



Read more about hospitals connecting with their communities at www.WiServePoint.org.