



Community Wellness Collaboration



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Overview



Wellness Programs are ...

- **Solution Focused**
- **Guided by the CHA and CHIP**
- **Identify and reduce barriers**
- **Incentives**
- **Sustainability**
- **Next steps**

Healthy Living Challenge



- 12-Week Outcome-Based Health & Wellness Program
- 3 Main Components
 - Fitness Assessments
 - Weekly Group Fitness Classes
 - Semi-Monthly Nutritional Motivational Workshops
- First 12-Week Class: Nov 17, 2014 – Feb 9, 2015
- Second 12-Week Class: Mar 2, 2015 – May 26, 2015

Lessons Learned



- **Additional Outreach for Summer Wellness Program**
 - Roseburg is not Douglas County
- **Name the Goal and Keep it Positive**
 - “Healthy Living Challenge” vs. “Weight Loss Challenge”
- **Providers Key to Success**
 - Allow ample lead time
 - Provide tools and resources to make referral process easy
- **Analyze and Improve**
 - Lowered age limit and increased YMCA access
 - Offer multiple locations for classes and workshops



2033

Number of Participants

54,328

Estimated Calories
Burned



“I don’t know if I’ll be able to keep up with them, but it’s worth a try. It’s better than sitting on the couch ...” Zumba participant



Healthy Living Challenge

3 — 13

Range of weight loss
over 12-Week Challenge

1.75%

Average Body Fat
% Reduction

1-2.6%

Average BMI Reduction

Lifestyle Improvements

- Increased water intake
- Significant reduction in soda and fast food consumption
- Increased vegetable intake
- Improved eating schedule (not skipping means, eating too late, etc.)
- Increased energy
- Improved sleep
- Increased regular physical activity

“The fitness classes are remarkable and the nutrition workshops are very beneficial. This program is helping people focus on living longer and better lives. It’s giving me my life back.” UHA Member and Healthy Living Challenge participant

YOYO versus WITT

Collaboration



Questions ?



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