



SAUK PRAIRIE MEMORIAL  
HOSPITAL & CLINICS

# **FIT Program**

## ***A Vision Moving Toward Reality***

**Presented to:**

The National Advisory Committee on Rural Health  
Site Visit to Rural Wisconsin Health Cooperative

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# FIT Program: Pilot Study

## It all started . . .

- When the Chief of Police asked if the hospital had any CV equipment to spare.
- The conversation turned to how motivate employees toward good health.
- Police are in a stressful occupation often involving long periods of relative inactivity followed by bursts of high intensity or stressful events.
- “We don’t need Hans und Franz, but someone to help and advise would be nice.”
- SPMHC has a mission to fulfill and a vision to achieve.
- “Hey – let’s try a pilot project”



## The Need . . .

- A well-rounded fitness program
- Address Exercise and Nutrition
- Availability to officers
- Individual attention if necessary

## 1<sup>st</sup> Year Results . . .

- ✓ Improved BMI by 4.3%
- ✓ Improved Triglycerides by 21.6%
- ✓ Improve Systolic BP by 6.2%

# 2007-2008 Strong Rural Communities Grant (SRCI) Scope of Service

Assist residents in making positive health improvements by bringing healthy behavior training to workplaces

**Metric:** Add up to 30 employees to the program.

**Status:** Brought on board Universal Die and Stamping in Prairie du Sac totaling 20 of 30 employees.

# SRCI Deliverables

- Coordinate a community coalition to advise on project
- Hire staff and consultants, and purchase equipment as needed
- Offer on-site education and training to the participants, as well as individual consultation and support to identify and modify poor nutrition and exercise behaviors

# SRCI Deliverables

- Perform a follow-up assessment of health risks and readiness to change
- Participate in an evaluation component of the program co-designed with CHSRA
- Utilize community coalition to review evaluation data and make recommendations

# SRCI Deliverables

- Promote the work of the coalition to participating organizations
- Share the work and progress with the community via education for businesses and organizations and a community awareness campaign