

In October 2010, the City of West Plains completed its second full year of the Wellness Program through Physical Therapy Specialists Clinic, and in just two years showed these great improvements.

RISK CATEGORY	INITIAL (2008)	FOLLOW UP (2010)	IMPROVED BY
CORONARY RISK – percent of participants with moderate to high risk for coronary disease	79%	54%	↓25%
CANCER RISK – percent of participants at high risk for cancer	77%	46%	↓31%
FITNESS – percent of group needing to improve fitness level	54%	38%	↓16%
NUTRITION – percent of group needing to improve nutrition	75%	62%	↓13%
CHOLESTEROL – percent of group with cholesterol over the recommended level <i>Also, Triglycerides decreased 30% initially, then another 10% over the last 6 months</i>	53%	23%	↓30%
BLOOD PRESSURE – percent of participants with BP over 140/90	46%	15%	↓36% Diastolic-↓15%
QUALITY OF LIFE – compared to national average	1% below avg	2.5% above avg	↑3.5%
MENTAL HEALTH – compared to national average	Males-.07% below avg Females-.5% below avg	Males-3% above avg Females-7.25% above avg	Males-↑3.03% Females-↑6.75%
REAL AGE VS HEALTH AGE – average chronological age compared to average health age (based on habits and risks – i.e. good habits can increase the health age, adding more years of life)	Real age 44.8 Health age 45.2 <i>The health risks made the group older than they actually were</i>	Real age 46.5 (after 2 years) Health age 44.3 <i>The improvements made the health age younger than the actual age</i>	The group added an average of two years to their life

COMPONENTS FOR SUCCESS

- HRA** – Initial measurements are taken to assess the high risk areas. This gives each individual a snapshot of their health status. A wellness coach meets with each participant and helps them set goals, and develop a plan to meet the goals. Follow up checks are done annually (or as requested).
- Education** – Education classes are provided to teach participants on all aspects of health, from physical fitness to nutrition, from social to financial wellness. Professionals trained in the particular subject teach a live course. Some instructors include Dr. Sheehan-Medical Director, Beth Thompson-Cooking Coach, Regina Gleghorn-Edward Jones financial advisor, Matt Green-mental health coach, and wellness coaches.
- Challenges** – Throughout the year, activities and challenges are organized to keep participants engaged in the wellness program. These may range from group activities, like the walk/run in the spring, or individual challenges like the 100 mile cardio challenge.
- Wellness Coaching** – Every participant is accountable to a personal wellness coach. The coaches are a resource the participants can access with questions or concerns. This personal component of the program is essential to success.
- Communication** – Weekly wellness tips, wellness newsletter, website, 1-800 number, and posters are some of the ways we stay in contact with all of our participants. Communication is key for success.