



## A Hospital Gets Healthy

### Otto Kaiser Memorial Hospital Wraps-Up the LoneStar Team Esteem Challenge

*“Of the 49 employees who participated in the LoneStar Wellness Challenge, we experienced a total loss of 453.25 pounds, 895.75 inches and a total BMI reduction of 75.5 points. It amazes our employees how they essentially doubled the loss of inches compared to total weight loss. Now the majority of employees are talking about making this their lifestyle. I think this is remarkable.”*

— Nancy Kinkler, Administrator, Otto Kaiser Memorial Hospital

A total of 17 teams with between two and three employees per team completed the 63-Day LoneStar Team Esteem Wellness Challenge on November 12, 2006. Nancy Kinkler, Otto Kaiser Memorial Hospital Administrator, says the program was effective because it “was doable, promoted teamwork and team dynamics, and offered positive reinforcement. Rather than focusing on diet and exercise, the program was presented as a lifestyle behavioral change leading to long-term wellness.” Added bonuses were the cash incentives offered to the winning team, and the individual “winning loser.”



**OTTO KAISER  
MEMORIAL HOSPITAL**

In addition to the regular LoneStar program contents and recommendations, Otto Kaiser implemented several unique and effective elements of its own. The hospital asked the

County Extension Agent, Jenny Russell, to record and monitor the measurements. In addition to measuring BMI, which includes a weight measurement, Russell also measured inches and took before and after photos. And, rather than provide the LoneStar Program Kits at the hospital’s expense to all participants, the cost was divided between the hospital and each participant, with the understanding that if the participant lost or maintained BMI points, the hospital would reimburse the participants their half of the program cost. Kinkler says this financial and psychological buy-in helped motivate employees to make a real effort during the 63-day challenge.

Every team lost inches and weight—and in that regard, every team and team member was a winner. But, Yolanda Reyes was the individual “losing winner” with a reduction of 31.5 pounds, 21.5 inches and 5.8 BMI points.

“Thanks Otto Kaiser and Ms. Kinkler for helping me lose weight. The team was a great idea. Yolanda and Mary Ann kept me motivated to exercise and Yolanda made a great lunch for us every day,” says Beverly Montez, who lost 21 pounds, 31.5 inches and 3.6 BMI points herself.

With this success under its belt (and fewer inches and pounds) Otto Kaiser Memorial Hospital plans to keep the LoneStart program going, and to take it into the community in January.

## Taking Care of the Caregivers

*The following testimonial has been provided by Patricia Garcez, RN and Home Health Director at Otto Kaiser Memorial Hospital.*

"The LoneStart program has been a big eye-opener and changed not only my life but the lives of my team and their families. We have changed not only physically with a weight loss of 61.25 pounds and 109.5 inches, but also emotionally. As a team we have changed our food habits, incorporated T-Tapp exercise and see our self worth. I personally have been a diabetic since I was 24 years old. Diet and exercise have been an issue for me not so much because of food but because I am a busy health care professional with children. I did not think I had time to eat planned, balanced meals. And I especially didn't think I had time to exercise. Now, I have learned to make time for myself, to not only plan healthy meals that I cook for myself and family, but to make time to exercise.

"This is where I see the biggest change in my body—weight loss in combination with inches lost. My Hemoglobin A1c prior to the LoneStart Challenge was at 6.7, and after the 63-day Challenge, it was down to 5.9. My doctor was pleasantly surprised and very pleased with the changes in my daily routine. My blood sugar the start date of the challenge was RBS - 203 mg/dl, and by the end of the challenge, my blood sugar was 122 mg/dl. My entire team's diastolic blood pressure dropped more than 10 points for each of us.

"This overall has been such a positive program for personal growth. As health care professionals we are so busy taking care of our patients, their families, and our own families and friends that we put ourselves last. This program has made us put ourselves first and by doing this it may have just saved one of our lives. I know that it has changed my life forever, not just for 63 days. Thank you."

— Patricia Garcez, RN

## Sharing The Health

### It's A Family Thing

#### Father - Daughter Team Pave Way to Family's Future Success



“As an Administrative Assistant at Otto Kaiser Memorial Hospital, I work alongside my father who is a Pharmacy Tech / Supervisor. My dad is in his mid-fifties, and as I see patients on a daily basis with illnesses and disease, I can’t help but be concerned for his future health and well being—as well as for my own. Together we were part of the LoneStart Program that just concluded here at Otto Kaiser. I did well, but my dad did great! I saw his lifestyle totally change before my eyes. He went from eating out at his favorite restaurants, to eating out healthy at his favorite restaurants. He went from not exercising at all, to exercising 2 to 3 miles a day faithfully, and is now jogging 5 miles a day. During the 63-day LoneStart Challenge, he lost 17 pounds, 16.5 inches and 2.4 BMI points—and counting. He is my inspiration, yet again! Many times we don’t realize that our kids are following the same nutritional choices and exercise habits that we portray. I’m proud to say that together, my dad and I are paving the way for our family’s future generations by the steps that we are taking today.”

— *Christina Benavides, Administrative Assistant*