

Sid Peterson Memorial Hospital Takes The LoneStart Challenge



And they're taking it again.
And they're taking it into the community.

For 58 years Sid Peterson Memorial Hospital (SPMH) has been the primary provider for the service area consisting of Kerr, Kimble, Bandera and Real Counties, with a combined population base of more than 80,000. The secondary service area includes Gillespie and Kendall Counties. Keeping in touch with community needs has been important to the hospital since its beginning, and both services and buildings have expanded to meet the demands of the thriving Hill Country communities surrounding the medical center. Today, SPMH continues to expand and plan for the future healthcare needs of the communities it serves. To this end, a part of the hospital's mission statement sums up its goal to become the premier rural hospital in the southwest: *"To improve the **wellness** of the communities we serve. To **support** related organizations in the communities we serve."*



In February SPMH began their first LoneStart Team Esteem Challenge. The hospital was split into two groups with a total of 15 teams. Of the 158 total participants, 96 returned for the final weigh-in at the end of the 63-day challenge period, with a total weight loss of 694 pounds. Forty-six of those participants lost at least one full BMI point.

In June, SPMH offered the LoneStart Initiative to new employees, employees who didn't participate the first time, and those who just wanted to continue their efforts in a team environment. "We know the program works," says Jo Ann Hagemeier, MS, RD, LD, Human Resources / Employee Wellness, and program facilitator. "We saw a LoneStart presentation, liked what we saw and decided now was the time to take action. Also, the fact that this is a universal program that is easily adapted to individual needs is a very attractive point for us."

Hagemeier says LoneStart worked for SPMH in part because of the increased awareness of moment-by-moment choices that we all face every day, and that it acted as a catalyst for many employees who had been discouraged in the past but wanted direction and achievable success. "As a result of the program, we have seen an increased awareness in our employees that SPMH cares about them and wants to help them reach their health and wellness goals."

Now, SPMH is preparing to take the LoneStart Wellness Initiative Challenge into its community. "We want to be known as the 'experts in health and wellness,' not just where you go when you're sick. We want to support our community. We know weight loss, physical activity, health and wellness are struggles for so many—and we know this is a successful program that can make a difference in our lives."