



A Community-based approach to the integration of healthcare, fitness and wellness

Cardio Index & NDPP

Our base of operations

MITCHELL

REC CENTER



Family. Fitness. Fun.

Cardio Index



**An innovative way
to monitor and control
your blood pressure.**

- Take a cuff home (for free)
- Measure your BP for 7 days (out of 10)
- Return your results (and the cuff)
- Talk to your doc (send the results)
- Receive 1/2 price Rec Membership (1 month)
- Train for free with Adam Fosness (6 sessions)

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- Funded through the SD DOH Heart Disease/Stroke Prevention SMBP grant
- Utilizes lifestyle modification, fitness training and accountability as the intervention pieces
- Structure: loan cuff, obtain logs, set weekly sessions, follow up, send cuff, obtain log, document
- Cog in the wheel-necessary

What do the sessions look like?



- Personalized to fit needs of each client
- Focused on appropriate cardio exercises first
- Added appropriate strength training exercises when safe
- Featured multiple core moves
- Stretch! Foam Roll!

What do the sessions look like?



- 1-2 sessions a week for 3-6 weeks
- Homework would always ask for a minimum of 150 minutes of moderate to vigorous PA
- Would touch on lifestyle modification sessions from NDPP

National Diabetes Prevention Program



- CDC curriculum
- 16 weekly sessions
- 6 monthly sessions
- Dual program participants
- Results!

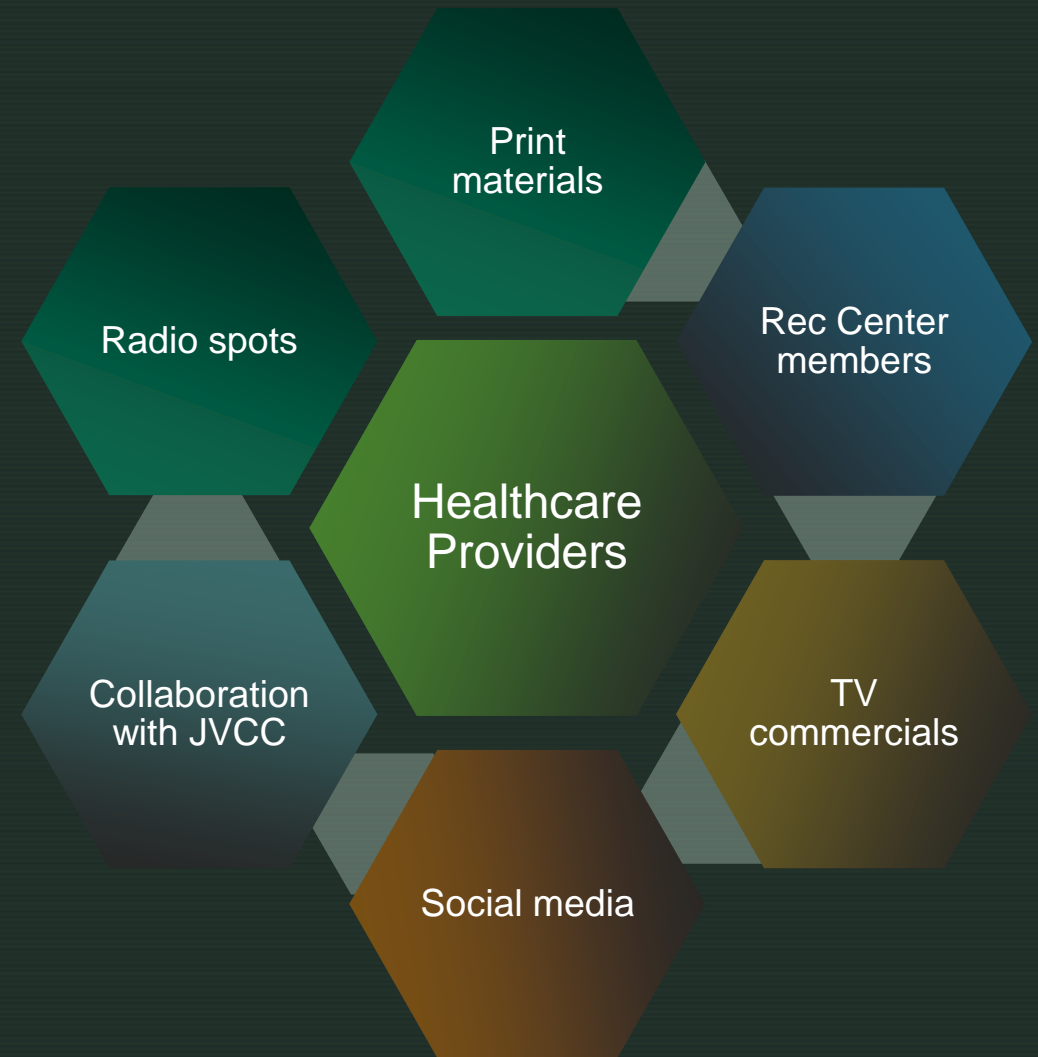
Cardio Index Stats

- Started in December 2020
- 79 Community members enrolled
- 33 have fully completed the program
- 15 never participated in training sessions
- The rest are still involved
- Of the 33, 27 showed marked improvements in overall 7-day average
- 2 participants showed increases in 7-day average
- Reasons for participation gaps

NDPP stats

- 9 participants completed, started March 15th
- 7 of the 9 lost between 2% and 13% of their starting weight
- 7 of the 9 reported PA minutes that were steady or increasing weekly
- On average, the group lost 5.6% of their initial body weight
- One participant was a fellow city of Mitchell employee, who was recognized by a co-worker for walking on his 2 breaks

How we generated participants



Success Story- RO (SMBP)



Success Story-RO (SMBP)

- Lost 45 lbs
- Increased functional capacity for ADL'S
- Started at 0 PA minutes per week, ended at 300
- "My Physician was blown away by my lab results. My blood pressure meds got cut in half and my A1C was no longer in the pre-diabetic range"



How we can improve Cardio Index

- More trainers
- Delegate jobs
- Follow up system
- Enhance referral system
- Promote better
- Simplify the explanation



Success Story-DE (NDPP)

- “I haven’t seen this weight since 1989”
- “My Doctor told me he was astonished by my blood work”
- “My daily motivation, I have lost 24 pounds and can still drink beer, have a great day!”

How we can improve the delivery of the NDPP

- Running both programs simultaneously (staffing)
- Organization
- Data collection and submission
- Marketing tools
- Referral base

Success Story-TK (Both programs)

- Lost 76 pounds in 8 months
- Exercise progression rapidly changed
- “When my Doctor told me he was proud of me and what I have done, it motivated me to move even more”
- “The tips and tricks I learned in the NDPP were reminders weekly that I need to stay at my journey”



What's Next? NDPP

- Ongoing monthly sessions with cohort #1
- New cohort starting January 6th
- Actively recruiting participants now- lessons learned!
 - Building better connections with healthcare providers
 - Engaging potential participants through social media
 - Print ads at local pharmacies
 - Using success stories to show relevance of program in Mitchell

What's Next? (Cardio Index)

- Reaching out to finished participants at 6 months to obtain another week of BP stats from them
- Will also have a brief survey asking relevant questions about their current PA and lifestyle choices
- Still actively pursuing participants through:
 - Social media
 - TV
 - Radio
 - Service groups

What's Next? (Combined programs)

- Transition our delivery to be relevant for a worksite wellness program
 - Pilot group: City of Mitchell Employees
 - Engage with HR Director to target employees in the most appropriate way
 - Offer sessions on breaks, lunches, before and after work
 - Incentivize program to boost participation
 - Easy sell to other worksites as it addresses two main chronic conditions

Thank You

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