

Camillus House and Community partnership for Homeless have implemented a worksite wellness program for their employees. For the last 3 years, Florida Heart Research Institute has acted as a consultant to both programs participating in their monthly wellness committee meetings and providing ongoing programs and services in weight management, health coaching, and physical activity contests. FHRI has participated in their annual health fair by conducting a cardiovascular screening and providing health risk assessments. The following are some of the health/lifestyle improvements made by the employees since the implementation of the wellness programs.



Community Partnership for Homeless Wellness Program

The wellness profile of CPH employees that attended the health fair events in 2009 displayed an improvement in cardiovascular risk factors relative to 2008 in the following ways:

- A decrease from 37% to 23% of employees with elevated blood pressure numbers.
- A decrease from 13% to 3% of employees with elevated total cholesterol.
- A decrease from 92% to 82% of employees with excess body weight.
- A decrease from 23% to 15% of employees with elevated blood sugar numbers.
- A decrease from 27% to 18% of employees who smoke.
- A decrease from 52% to 45% of employees with overall high coronary risk.



Camillus House Wellness Program

The wellness profile of Camillus House employees that attended the health fair events in 2009 displayed an improvement in cardiovascular risk factors relative to 2008 in the following ways:

- A decrease from 27% to 13% of employees with elevated blood pressure numbers.
- A decrease from 44% to 36% of employees with elevated total cholesterol.
- A decrease from 77% to 69% of employees with excess body weight.
- A decrease from 54% to 13% of employees with elevated blood sugar levels.
- A decrease from 38% to 28% of employees with overall high coronary risk.

Employees from Camillus House and Community Partnership for Homeless, who attended all 3 health fairs (2007, 2008, 2009) showed the following overall improvements:

- Reduced total cholesterol values
- Improved blood pressure
- Reduced Body Mass Index (BMI)

Weight management Sessions: Employees at Camillus house were offered to participate in weight management sessions. The participants were counseled on nutrition, behavior change, healthy lifestyle choices and physical activity. There were 16 participants who attended 6 sessions of 45 minutes each. At the end of the 6 sessions, an average of 6 pounds was lost, the average BMI went from 34" to 32", and waist circumference from 43" to 40". The person that lost the most weight lost 25 pounds. Overall all participants reported positive changes in eating habits, physical activity and lifestyle choices. The following is a testimonial from one of the participants:

"Nutrition plays an important role in everyone's life. And depending on the foods you eat it can affect your life. Since starting my sessions, I have implemented more fruits and vegetables into my daily diet. I also exercise at least 3 times a week to enhance my physical activity. I learned how to choose meals when I order food at restaurants and I don't skip any meals. Over all by choosing the right foods in addition to exercising you can prevent many diseases."