

# DELRAN TOWNSHIP SCHOOLS WELLNESS COUNCIL UPDATE 2018-2020



**In Collaboration with the  
Wellness Council, Delran Green Team & Delran Schools  
Green Teams**

# AGENDA

- Who makes up the team?
- What is Wellness Coaches USA?
- History & Executive Summary
- Wellness Council- School Health Index
- Low Hanging Fruit to Success
- Teacher Wellness Coaches
- Creating a schedule for the year
- Sustainability Policy



## KNOW YOUR NUMBERS

### BLOOD PRESSURE

Knowing your blood pressure is very important to your heart health. Elevated blood pressure, over time, can damage the heart muscle, organs, and arterial walls.

### KNOW YOUR NUMBERS

A person with high blood pressure is almost six times more likely to have a stroke. The combination of uncontrolled high blood pressure and diabetes wreaks havoc on all organ systems. African-Americans are more susceptible to high blood pressure, stroke, heart disease, and kidney disease. Diet and exercise are the best ways to control blood pressure. However some individuals may need additional help with one or more medications.

### MANAGEMENT TIPS

- Adopt healthy nutritional habits
- Maintain a healthy weight
- Exercise regularly
- Stop smoking
- Limit alcohol consumption
- Take your medicine
- Get medical care

When was the last time you had your blood pressure checked? Have your blood pressure checked regularly by your physician, Wellness Coach, or any automated blood pressure cuff found in most pharmacies.

### WAIST CIRCUMFERENCE:

Is the distance around your waist just above your navel. Individuals who have excess body fat, especially if it is around the midsection or belly, are at greater risk for cardiovascular diseases and diabetes. It is recommended that men have a waist circumference less than 40 inches and women have a waist circumference less than 35 inches.

### BODY MASS INDEX (BMI):

Is a numerical representation of weight in relation to your height. Generally, BMI is a quick way to indicate healthy or unhealthy weights for adult men and women, regardless of individual body composition. Typically, the ratio is found by dividing your weight (kg) by your height in meters squared (kg/m<sup>2</sup>). The National Center for Health Statistics sets the following BMI guidelines (see table below).

### HEALTHY RANGES FOR BODY FAT AND BMI

Men's Body Fat	
20 - 39 years old	8.0% - 19.4%
40 - 59 years old	10.6% - 22.0%
60 - 79 years old	13.2% - 24.6%

Women's Body Fat	
20 - 39 years old	21.0% - 33.0%
40 - 59 years old	22.6% - 34.5%
60 - 79 years old	24.2% - 36.1%

Body Mass Index (BMI)	
Underweight	Below 18.5
Normal	18.5 - 24.9
Overweight	25.0 - 29.9
Obese	30 or greater

Source: Consistent with U.S. Dietary Guidelines for Americans and the World Health Organization

MILLBRIDGE  
TEAM

JENN LOWE  
LAUREL SCATTERGOOD  
KATIE KROWICKI  
LESLIE KAHN  
NOELLE MARINI  
KELSEA ARCAINI

DIS  
TEAM

KIM HICKSON  
BRIAN GREGSON  
JACKIE BROWN  
SHARON KERNAN

DMS  
TEAM

ERIN GUPTA  
LYNN BIEHN

DHS  
TEAM

MICHELLE RUBANO  
AARON FIORDIMONDO

COMMUNITY  
TEAM

ERICA DEMICHELE  
DEBRA HAMMOND  
ALEX GIAMPAPA

# Our Teammates



# WHAT IS WELLNESS COACHES USA?

- A program offered by the district, through our health care provider
- Healthy lifestyles are individually assessed and programs created by a coach
- Group opportunities offered for health and wellness ideas (mindfulness techniques, lowering blood pressure, smoking cessation, etc...)



**\$1,399**  
No Coaching

**\$1,017**  
With Coaching

Coached population  
cut medical claims  
**by 27%**

# HISTORY & EXECUTIVE SUMMARY

Data driven approach

Showing progress in our district staff attendance and overall health since the inception of the program

Our coach, Alex Giampapa is a certified personal trainer.



## DELTRAN SCHOOL DISTRICT SERVICE REPORT

SEPTEMBER 1, 2018 – MARCH 12, 2018



We are the pioneer, largest, and most experienced national provider of onsite wellness coaching. Our remarkable outcomes demonstrate the unique power of our onsite coaching delivery methodology to improve the health and lives of entire employee populations. In fact, our outcomes far outpace those achieved by other workplace wellness vendors (including those vendors who provide newer technology-dependent resources), and truly set a new, higher standard for the very definition of workplace wellness success.

Meet

**Alexandra Giampapa** BS, CPT

Your Wellness Coach

Bachelors of Science in Exercise Science -  
Bloomsburg University  
Certified Personal Trainer - American Council on Exercise

Alexandra has worked in corporate fitness and wellness, where she coached others to reach their health and wellness goals. She also created and ran health promotion programs, and was a personal trainer and group exercise instructor. Outside of work, Alexandra stays active by running, hiking, and being outdoors. She also enjoys spending time with family and friends, knitting, and baking.

**Alexandra believes that it's never too early or too late to work towards being the healthiest you.**

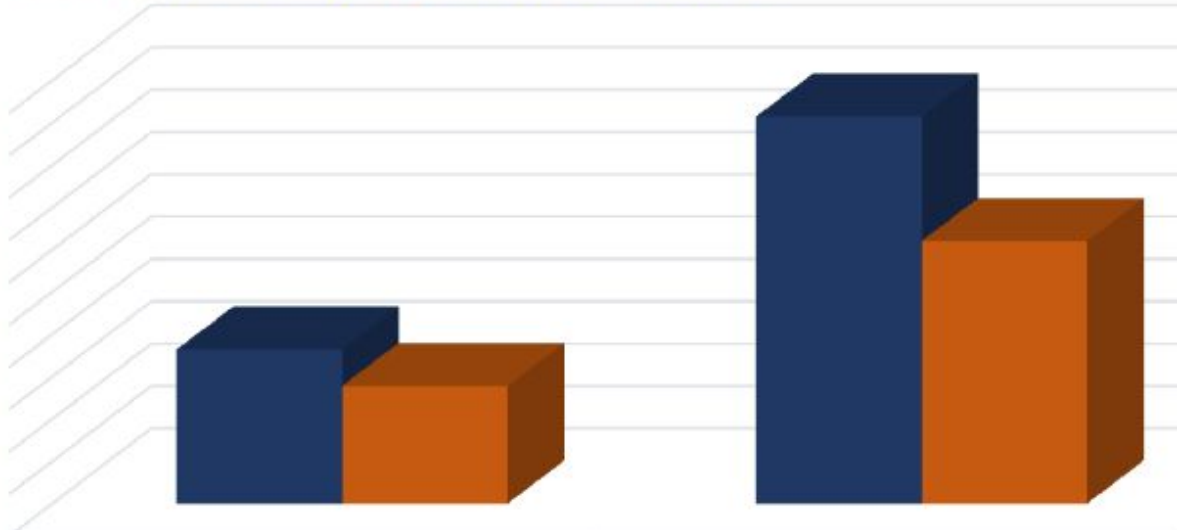


# HISTORY & EXECUTIVE SUMMARY



## Employee Engagement Analysis

500  
450  
400  
350  
300  
250  
200  
150  
100  
50  
0



■ Sept. 1, 2017 - Aug. 31, 2018

182

139

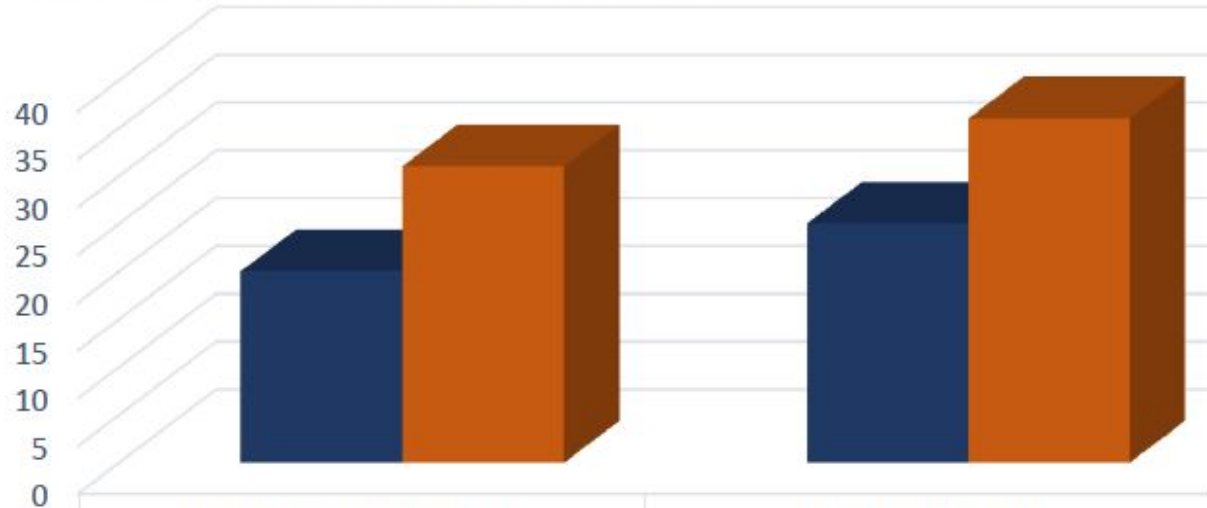
■ Sept. 1, 2018 - March 12, 2019

457

310

# HISTORY & EXECUTIVE SUMMARY

## Health Risk Improvements Analysis



■ Sept. 1, 2017 - Aug. 31, 2018

20

25

■ Sept. 1, 2018 - March 12, 2019

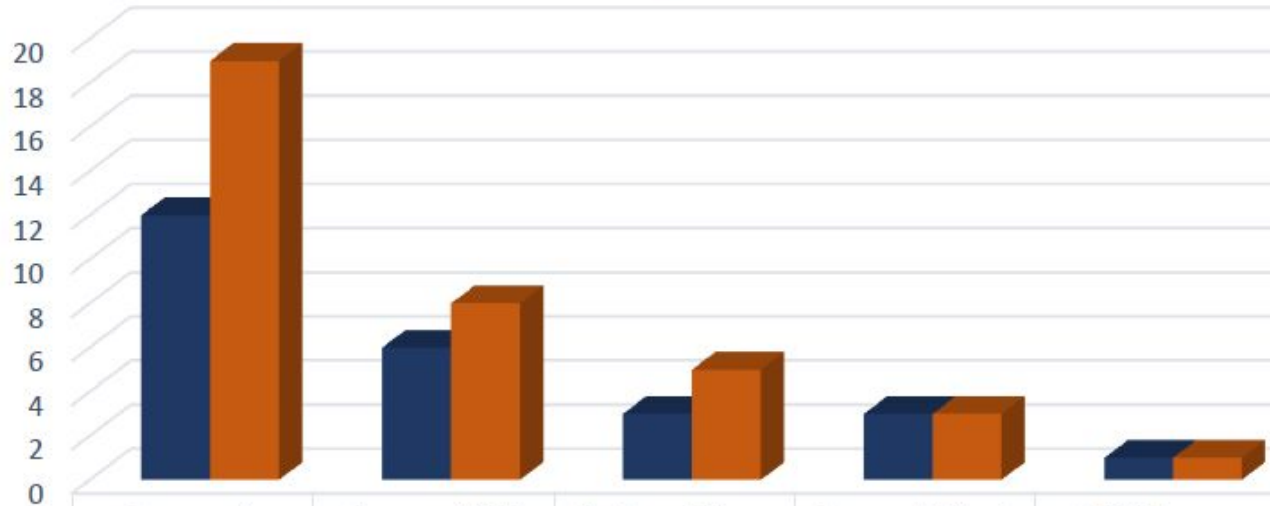
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# HISTORY & EXECUTIVE SUMMARY

## Health Risk Improvements Analysis As of 2018



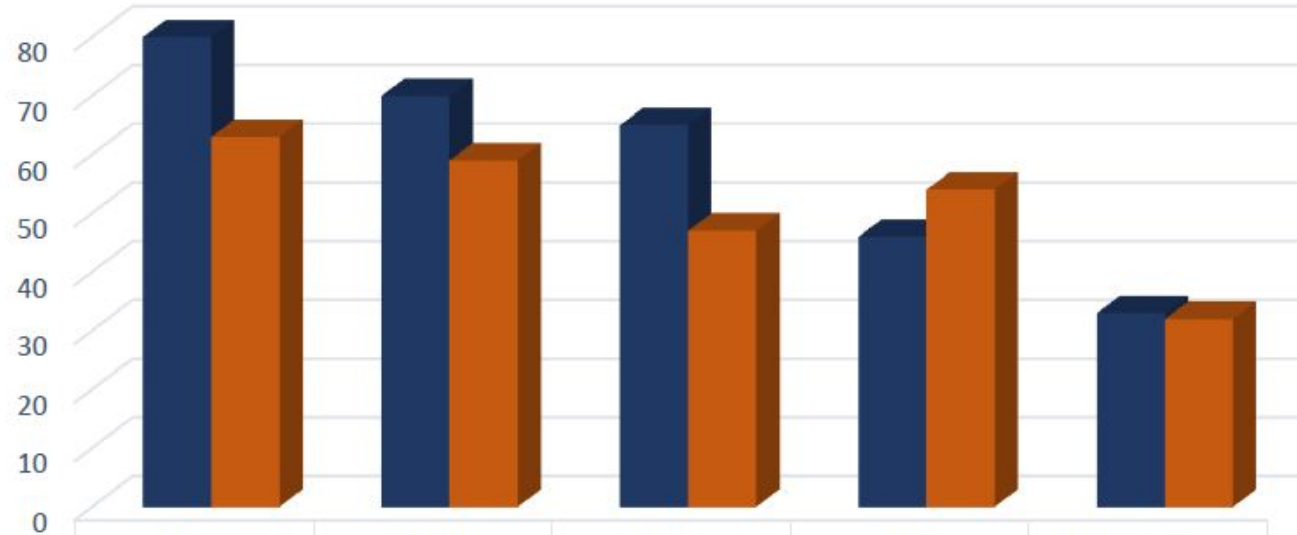
■ Sept. 1, 2017 - Aug. 31, 2018  
■ Sept. 1, 2018 - March 12, 2019

Category	Sept. 1, 2017 - Aug. 31, 2018	Sept. 1, 2018 - March 12, 2019
Increased Exercise	12	19
Lowered BMI (BMI + Weight)	6	8
Reduced Stress	3	5
Lowered Blood Pressure	3	3
Quit Tobacco	1	1



# HISTORY & EXECUTIVE SUMMARY

## Top 5 Health Topics



■ Sept. 1, 2017 - Aug. 31, 2018

■ Sept. 1, 2018 - March 12, 2019

Cond./Exercise

Nutrition

Weight  
Management

Stress

Body Comp.

80

70

65

46

33

63

59

47

54

32

# DELRAN SCHOOLS WELLNESS COUNCIL- SHI MODULES STRENGTH AND WEAKNESS REPORT 2018-2019

- Additional to Wellness Coaches
- To assess our thoughts on each school
- Our teachers have worked in four sessions to calculate, using the CDC's School Health Index
- 

## School Health Index Modules Strength and Weakness Report 2018-2019

### Directions:

Thank you for taking the time to review the data for your school, in each of your school's modules.

- Identify the strengths and weaknesses for each module, based on the data collected for your school.
- List some pieces of evidence, or contributing factors that your school's committee can discuss.
- To begin, click on the following bookmark to find your section in this document:
  - [Millbridge](#)
  - [DIS](#)
  - [DMS](#)
  - [DHS](#)
- For each Module, click on the link, which acts like a bookmark to the specific data section.
- If you'd like to see the actual report, the hyperlink is embedded in the title for each school (SHI Modules).



# LOW HANGING FRUIT FROM THE SCHOOL HEALTH INDEX

- Lactation spaces
- Teacher stipends to run classes for teachers, by teachers
- Green Spaces/Student Outdoor Learning Activity Center for Everyone
  - DIS SOLACE
  - DHS Back to Eden Garden
  - DMS Butterfly Garden
  - Millbridge Rain gardens and Koi Pond
- Lunch and Learn activities for teachers sponsored by Wellness Coaches US
- Budget for 4 positions, 5 hours each
- Creating a schedule for the year (Walking Clubs and Teacher Coach Opportunities)

