

A SALUTE TO:

REYNOLDS ARMY COMMUNITY HOSPITAL PROMOTES C.H.A.N.G.E.S.



CAPT Reid, Chief NCD, gives nutrition tips

Over 30% of Oklahomans are obese, which places them at a much greater risk for diabetes, high blood pressure, coronary artery disease, and numerous other diseases. Reynolds Army Community Hospital (RACH) recently implemented a new program called C.H.A.N.G.E.S. to play an active role in confronting this epidemic.

The goal of C.H.A.N.G.E.S. is to promote a life style and behavioral transformation through sustainable and incremental achievements. The group does not focus on just physical changes, but more on behavioral modification that is sustainable. The program name, C.H.A.N.G.E.S., is an acronym. "C" stands for courage, "H" is for health, "A" is for attitude, "N" is for nutrition, "G" is for get moving, "E" is for evolve, and "S" is for sustain.

The idea for this innovative program began with a group of Family Medicine providers who wanted an alternative to weight loss medications and bariatric surgery in their effort to help their obese patients. The Family Medicine providers began their initiative with an extensive review of literature to determine what elements a successful weight loss program should include. The providers concluded that a successful program must incorporate a multidisciplinary team effort, peer support, frequent and regular follow-up, and exercise instruction. The team briefed the hospital

leaders and received enthusiastic approval and support from the commander and his deputies. The RACH weight loss program includes professionals from Primary Care, Nutrition Care, Behavioral Health, Physical therapy, and the Fort Sill certified physical trainers.

The participants meet in a small group weekly for one month, then bimonthly for 3 months. Patients are referred to the program by their primary care managers, who assess the participants willingness to participate in group meetings on a consistent basis. The first class, consisted of 10 patients and was very successful. The second iteration of the program started in October.



Sharon Hubbard and Dr. Dodd, Behavioral Health Chief

The program participants receive initial instruction and reinforcement on nutrition, exercise, and behavioral change. Each participant meets with a physical trainer and receives a personalized exercise program. In addition to receiving instruction from health professionals, the patients gain support and insight from their peer group. A behavioral health professional guides each group visit to maximize peer interaction and support.

The C.H.A.N.G.E.S. program focuses on key tools to help the participants embrace a new life style. All patients set several goals to measure their own level of success. Goals are broken down into Fitness, Behavior, and Nutrition. This way the patient is less focused on only weight and losing pounds, but more in-tuned to positive behavior changes and a balanced lifestyle.

Mrs. Courtney Griggs, a local newspaper reporter asked to join the 2nd group and stated she learned a lot about exercising and weight management. Mrs. Griggs shared her C.H.A.N.G.E.S. experience weekly in the Fort Sill newspaper. The exposure increased awareness in the community and prompted others to make a CHANGE in their lives.



Sharon Hubbard assists with C.H.A.N.G.E.S