



HCC

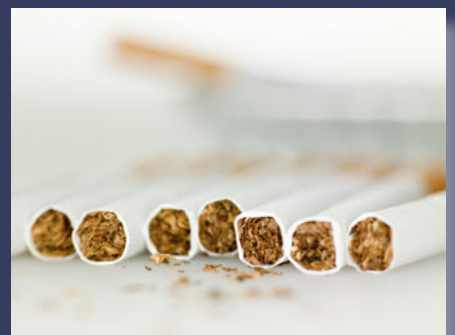
of Lafayette County

The Future is Here.

Annual Report 2010-2011

2010-2011: A Year In Review

- The HCC receives **Social Innovation for Missouri** grant to fund tobacco cessation and obesity prevention programs—University of Missouri Extension Council, Lafayette County and Lafayette County Health Department play integral role in program development and execution
- Pathways Community Behavioral Healthcare, Inc. offers **tele-health** in 34 different locations and covers 900 services per month
- HCC provides funding support for Lafayette Regional Health Center's new **emergency department information system (EDIS)** that automates the ER from triage to discharge
- HCC establishes Rural Health Information Technology (HIT) **workgroup**
- The HCC's **Rural Missouri Health Co-op**, in conjunction with Heritage Benefits and Grace Research Group, Inc., ramps-up employee benefits program with group health and workplace wellness programs
- HCC adds **Social Services Committee**
- HCC **expands membership benefits**
- **HCCNetwork.org** gets a facelift and promotes presence on **Facebook, Twitter** and **YouTube**
- **4everfit.hccnetwork.org** launches



Smoking Cessation



Obesity Prevention

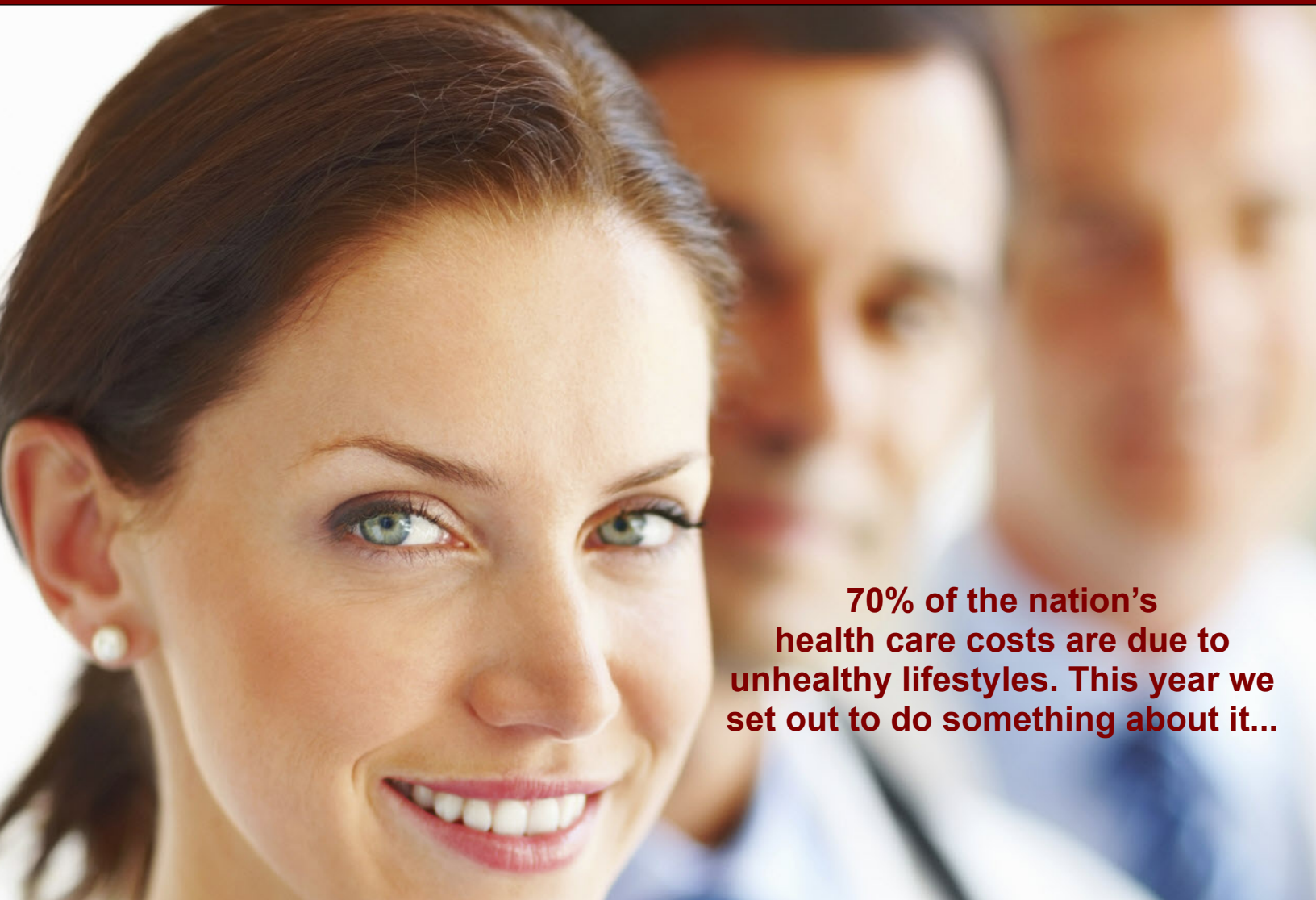
The journey has just begun...

The statistics tell the tale. Fifty percent of premature deaths in the U.S. are related to modifiable lifestyle factors. Chronic disease related to lifestyle account for 70% of the nation's medical costs.

Working with a WELCOA certified coach, the HCC embarked on a 6-month program with 3 area employers to inspire healthy lifestyles. Here are the cumulative results from the 44 individuals who completed the program:

- **200 pounds lost**
- **At least a 1 percent decrease in overall BMI**
- **796 hours of physical activity**

“What surprised me the most was the effect this program had on my cholesterol. I have a long family history of very high cholesterol and was basically told by family and my doctors that medication would be my only hope to keep it under control. Well, I am happy to report that my total cholesterol is below the recommended limits! I still have some work to do to get my good cholesterol up but considering where I started, I am extremely happy with my results.”



70% of the nation's health care costs are due to unhealthy lifestyles. This year we set out to do something about it...



About The HCC

The Health Care Coalition of Lafayette County collaborates with area agencies, businesses and other non-profits to advocate for the health and well being of Lafayette County and surrounding areas. Current efforts include a Rural Missouri Health Co-op—with a workplace wellness component—aimed at creating a healthier workforce and reducing insurance premiums; health information technology initiatives to equip health care providers with the resources needed to offer telemedicine; as well as a cadre of outreach programs that address everything from tobacco cessation to obesity prevention.

A Special Thanks to Our Funders:

Missouri Foundation for Health (MFFH) Social Innovation for Missouri (SIM) Grant	\$130,061
Health Care Foundation of Greater Kansas City SIM Matching Funds Applicant Defined Grant	\$200,000 \$ 65,000
Health Resources and Services Administration (HRSA) Rural Health Network Development Grant (RHND)	\$150,357
Blue Cross & Blue Shield of Kansas City SIM Matching Funds	\$ <u>27,471</u>
Grand Total:	\$573,429

Advocating for the health and well-being of the communities we serve.