

# Community Health Challenge, 2008



## Sponsored by:

**Johnson Co. Community Health Services(JCCHS)**

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**660-747-6121 EXT. 254**

**Warrensburg Parks and Recreation**

**Contact: Amy Epple – Recreation Supervisor 660-747-7178 EXT 309**

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**Western Missouri Medical Center**

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**Community Health Partners**

**Contact: Jill Madison, Patient Ed. Cord.**

**660-747-1111**

**KOKO:**

**Contact: James Sales**

**660-747-9191**

## **Important dates to remember in 2008:**

**January 9th -6:00pm *Captains Meeting*** at the Wsbg. Community Center

**Jan 5- Jan. 11- *Health Assessment days*** – Call Community Center for appt only -660-747-7178. *Cholesterol screening, call, JCCHS @ 660-747-6121*

**January 12, 2008 – Official Start of the Challenge**

**April 5, 2008** – Official *Stop Day* of the challenge

**April 7-10 - *Post assessment days*** –Call for Appt.

**April 12 - *Awards Ceremony***, 9:30 am Warrensburg Community Center.

We are looking forward to an excellent year of improved health and wellness. If you have questions about the challenge, please call one of the



sponsors listed on top of this page.

*The following is information that will help you plan as you determine how best to participate*

## **Community Health Challenge - 2008**



**What Do I Do First????**

### **1. Get a “Team” Together.**

**\*Teams may consist of 1-10 people. Pick up Info packet from Warrensburg Community Center.**

### **2. Choose a “team Captain”**

**\*Each team should have a team captain that is willing to report to WPR or JCHS, or CHP, with the diet and /or exercise logs of their team members, and should be someone who helps motivate and hold accountable the people on your “team”. Be sure WPR has an active email address for your team captain.**

### **3. Make an appointment for a “pre-assessment”.**

**\*Teams will report individually or together to Warrensburg Community Center for pre-assessments at no charge. Pre-assessments will**

**include weight, percent body fat, Body mass Index (BMI) in addition to other fitness assessments. This will also include a 1/2 mile cardio assessment, and a waist line measurement. These assessments are used to determine your fitness level before you start, so you can compare the results at the end of the challenge. You must schedule appointments by calling the community center, at 660-747-7178, or for complete cholesterol screening, call JCCHS @ 660-747-6121. \*Some weekend and evening appointments are available.**

**\* As an option, you may participate in cholesterol and blood sugar screening. Call JCCHS at 660-747-6121 for an appointment. There will be no charge for blood sugar or total cholesterol screenings. (If you would like to receive the full lipid panel including HDL, LDL total cholesterol, Triglycerides, Non-HDL, and TC/HDL ratio JCCHS is asking for a fee of \$15.00 to cover cost of supplies). This screening will require fasting, so remember to ask when you make an appointment!**

**4. *Pick a “challenge* Here's how it works:**

**\*There are 5 challenges : the “Red” Challenge, “White” Challenge, “Blue” Challenge, “Teen” Challenge or “Kiddo” Challenge, including a “Bonus Points Section.**

**\*You may choose to do as few as one, or,\* choose to do all of the challenges in the guidelines. The more challenges you do, the more points your team will receive. Each challenge has certain “criteria” to meet. Each challenge will list how many you should meet to complete the challenge.**

**\* At the end of the challenge, we determine “team points” by adding your total points with each of your team members, and then dividing them by total number of team members to get a “total team score”.**

## **5. *Get Started!***

**\* You will track your progress by filling out paperwork, or reporting to your team captain, based on which challenge you choose (see packet).**

**\*The logs for diet and exercise may be turned in to the Warrensburg Community Center, weekly, or no less than once a month. (Team members & captains are encouraged to keep copies of their logs.)**

**\*The FINAL DATE paperwork will be accepted for consideration in the challenge will be Saturday, April 5, 2008. None will be accepted after that date.**

## **6. *When you’re done.....***

**\*At the end of the challenge, participants are to be reassessed (by appt. only) using the same equipment as in their starting assessment, i.e. if you measure your starting weight at WPR then, reassess your weight at WPR, or if you measure your blood pressure at JCHS, have your blood pressure reassessed at JCHS. (See important dates section). *Teams and individuals with the most and or equal team score will be entered for prize drawings to be awarded to the appropriate challenge (red, white or blue). An awards ceremony will be held on April 12<sup>th</sup>, and it is strongly recommended that you attend. The team with the highest points will win the traveling***

*plaque which is competed for annually.*

