



## MEDIA RELEASE

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### Six innovative hospital health programs receive recognition from Kansas Hospital Association

Topeka, Kan. – The Kansas Hospital Association has honored six innovative hospital programs with the Community Connections Award. These hospitals were selected because they have undertaken extraordinary efforts to improve the health and well-being of their communities.

Each hospital was recognized at a KHA-hosted media and award event in their community and received an award of \$1,000. Additionally, information about each program will appear in publications from both the KHA and the American Hospital Association.

Recipients of this year's Community Connections Award are:

#### **Dine-O-Might ~ Girard Medical Center**

Elementary-age students receive health screenings and tools to begin to adopt more healthy habits in their lives. They keep an exercise journal for four months, participate in activities as a part of their physical education in school and have the opportunity to win a bicycle at the conclusion of the program. This program instills healthy habits for life.

#### **Water Aerobic Program ~ Norton County Hospital**

Individuals of all ages can participate in an hour-long water aerobics course, which is one of the most effective and safe forms of exercise available. This program is taught at the community pool and has been viewed as very effective, especially for older participants who are not generally able to walk unassisted on dry land.

#### **Center for Children & Families ~ St. Catherine Hospital, Garden City**

At-risk families have this resource available to them where they can receive referrals for community services, education about life skills and healthy habits as well as programs designed to address risky youth behaviors. The center is a vital part of this community since more than 45 percent of the population is low-income.

**Annual Christmas Outreach ~ Cloud County Health Center, Concordia**

A friendly competition among hospital and Rural Health Clinic employees raises money for families that have had an especially difficult year. The program raises money annually and provides groceries and gifts to 10-14 families.

**Bicycle Safety & Fitness ~ Pratt Regional Medical Center**

Students at two local elementary schools have the opportunity to learn bicycle safety, the health benefits of physical activity and spend 30 minutes 2 times per week on a guided ride through Pratt. This program is intended to increase physical activity and reduce bicycle-related injuries.

**HealthWise 55 ~ Stormont-Vail HealthCare**

Individuals 55 and older can become members of this program where they have access to clinics on a variety of topics – such as blood pressure, the transition to Medicare, nutrition, and medication management. This program offers these services at the hospital and in the community along with Senior Suppers and other events at local retirement homes.

This year, KHA received 62 entries from 40 hospitals. The entries were judged on the following criteria: leadership, community need, community benefit, creativity and impact. Awards were given to one hospital from each hospital district in the state.

Community Connections annually recognizes hospital-based programs that provide a significant community benefit. This award program is a partnership between the Kansas Hospital Association and the American Hospital Association and is helping hospitals reaffirm their rightful place as a valuable and vital community resource.

The Kansas Hospital Association is a not-for-profit association of health care provider organizations and individuals that are committed to the health improvement of their communities. KHA membership includes 194 member facilities, of which 125 are full-service community hospitals. Founded in 1910, KHA maintains its vision of “an organization of hospitals working together to improve access, quality and the affordability of health care for all Kansans.”

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