



Geaux Lite Louisiana Hospital Weight Loss Challenge Sign-up Sheet

On Oct. 1, the LHA launched a statewide hospital weight loss challenge that is focused on fighting obesity and improving wellness in our state. This is a fun, 6-month challenge that runs until April 1. Our goal is to lose 200 tons (400,000 pounds) statewide! Each hospital can recruit employees, family members, individuals and local businesses to join its team.

We are asking hospital CEOs who plan to participate to assign a Team Leader for their facilities. Please complete this form and return it to mclement@lhaonline.org. After you enroll, LHA AVP of Communications Michelle Clement will contact your Team Leader to train him/her on implementation, outreach and tracking.

Name of Hospital: _____

Team Leader (Contact Person): _____

Title: _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Phone: _____

Email: _____

Return to:

Michelle S. Clement, APR

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A Program of the Louisiana Hospital Association



***Geaux Lite Louisiana* Hospital Weight Loss Challenge Fact Sheet**

Hospitals Working Together to Fight Obesity & Improve Wellness in Our State

What is *Geaux Lite Louisiana*?

- *Geaux Lite Louisiana* is an initiative created by the LHA to address our state's challenge with obesity.
- It is a fun, free 6-month competition in which hospital teams, made up of staff, family members, individuals and Community Partners (businesses and organizations), compete to get healthy.
- The goal is to lose 200 tons (400,000 pounds) statewide.
- This is not a typical six week challenge; six months allows time for real change.
- This challenge is sponsored by the LHA and its member hospitals.

Why Hospitals Think This Is Important

- Louisiana is the most obese state in the nation, according to a study released by Trust for America's Health and the Robert Wood Johnson Foundation.
- Obesity is costing our state lives and healthcare dollars.
- Obesity leads to other health issues: diabetes, hypertension, heart disease, stroke & even some cancers.
- According to the CDC, a 5 -15% loss of total body weight reduces some risk factors.
- The estimated annual medical cost of obesity in the U.S. was \$147 billion in 2008, according to the CDC.
- The medical costs for people who are obese were \$1,429 higher than those of a healthy weight.

Key Dates:

- Hospital Registration: Began Sept. 1
- Orientation of Team Leaders (Site Coordinators): Held Sept. 19 and Sept. 24
- Statewide Kickoff: Oct. 1
- Team Member Registration: Oct. 1 (Ongoing)
- Initial Weigh-ins: Begin Oct. 1
- Final Weigh-ins: Held March 1 - April 1
- Winners Announced in April
- Prizes Awarded in May 2014 during National Hospital Week

How It Works:

- This is a 6-month program, emphasizing healthy eating and exercise.
- Each hospital is a separate team, and individuals compete on hospital teams to try to lose weight in a healthy manner.
- Each hospital will have one site coordinator called the "Team Leader."
- Each Team Leader will form a Challenge Crew to help with weigh-ins and ongoing motivation.
- This is a grassroots program run by local Team Leaders and their Challenge Crew members.
- Hospitals and individuals can participate for free.
- Prizes are offered through the LHA Research & Education Foundation to encourage participation.
- Healthy tips will be provided along the way.
- GeauxLite.org is a one-stop website for resources, tracking and materials.

Rules:

- Team members/individuals cannot be on more than one team.
- Team members will be asked to weigh-in at their hospital's weigh-in site or a satellite site set up by the hospital or a Community Partner.
- Weekly or bi-weekly weigh-ins are encouraged to keep team members motivated, but are not required.
- Hospitals are asked to host monthly weigh-ins and report the data collected by the hospital to the LHA. This allows the LHA to post stats on how teams are doing.
- To qualify for a prize, an initial weigh-in and final weigh-in are required for individuals.
- Final weigh-ins must be completed from March 1 to midnight on April 1.
- Team Leaders have until April 4 to enter final weights into the Geaux Lite Website.
- Weigh-in sites will be required to keep a record of team members' beginning and ending weights as backup to the data system.
- Official Rules, which are provided on the website, include weigh-in details and requirements.

Ineligible to Compete:

- No one under the age of 18 (This program is intended for adults.)
- Those who are pregnant or who become pregnant
- Individuals with a BMI under 20

Prizes:

- **Grand Prizes for Individuals (4 Individuals):** Prizes will be awarded to the female and male who lose the most weight by pounds and the female and male who lose the most weight based on percentage of body weight lost.
 - These four will each win a \$1,000 VISA gift card and a Geaux Lite shirt. They will also receive a VIP invitation to the Geaux Lite Louisiana Celebration.
- **Achievement Prize/Local Winners (1 Individual Per Hospital Team):** Each hospital that registers a team will have one winner. This is the individual on the hospital's team who loses the most weight based on percentage of body weight lost.
 - These individuals will each receive a \$500 VISA gift card and a Geaux Lite shirt. They will also receive an invitation to the Geaux Lite Louisiana Celebration.
- **Hospital Grand Prize (4 Hospitals):** Four hospital grand prizes of \$4,000 each will be awarded to the hospitals (one in each of four bed size categories) that have the greatest overall team weight loss based on percentage of body weight lost.
 - Bed Size Categories: Less Than 50 Beds; 51-100 Beds; 101-250 Beds; and 251 and More Beds
 - Each of the four hospitals will receive an invitation for one individual to represent the hospital at the Geaux Lite Louisiana Celebration.
- **Community Outreach Prize (1 Hospital):** A \$1,000 prize will be awarded to the hospital whose Community Partners (local businesses and organizations) have the greatest overall weight loss based on percentage of body weight lost.
 - The hospital will receive an invitation for one individual to represent the hospital at the Geaux Lite Louisiana Celebration.
- In case of a tie in any category, the names of the tied individuals or hospitals will go into a drawing, and one winner will be selected.