



VIDANT HEALTH™

Healthy Weight and Healthy Communities

About our Health System

- System of 10 hospitals, 70+ physician practices, home health, hospice, wellness centers
- 12,000 employees
- Population impact is 1.5 million
- Formerly University Health Systems of Eastern Carolina – January 2012 rebranded
- Mission: Enhance the quality of life for the communities we serve, touch and support

Community Settings

- Health Care
- Child Care
- Schools
- Work Sites
- Faith-based and other community organizations



Health Care

- Baby Friendly
- Physician Practices
Screening for Obesity
- Vidant Health Healthy
Food Environment
Policy
- Nutrition Clinic
- Operate three
Wellness Centers





- Operate onsite child care - Opportunities for physical activity built into the day
- Operate After-School and Summer Programs for school aged children at Vidant Wellness Center

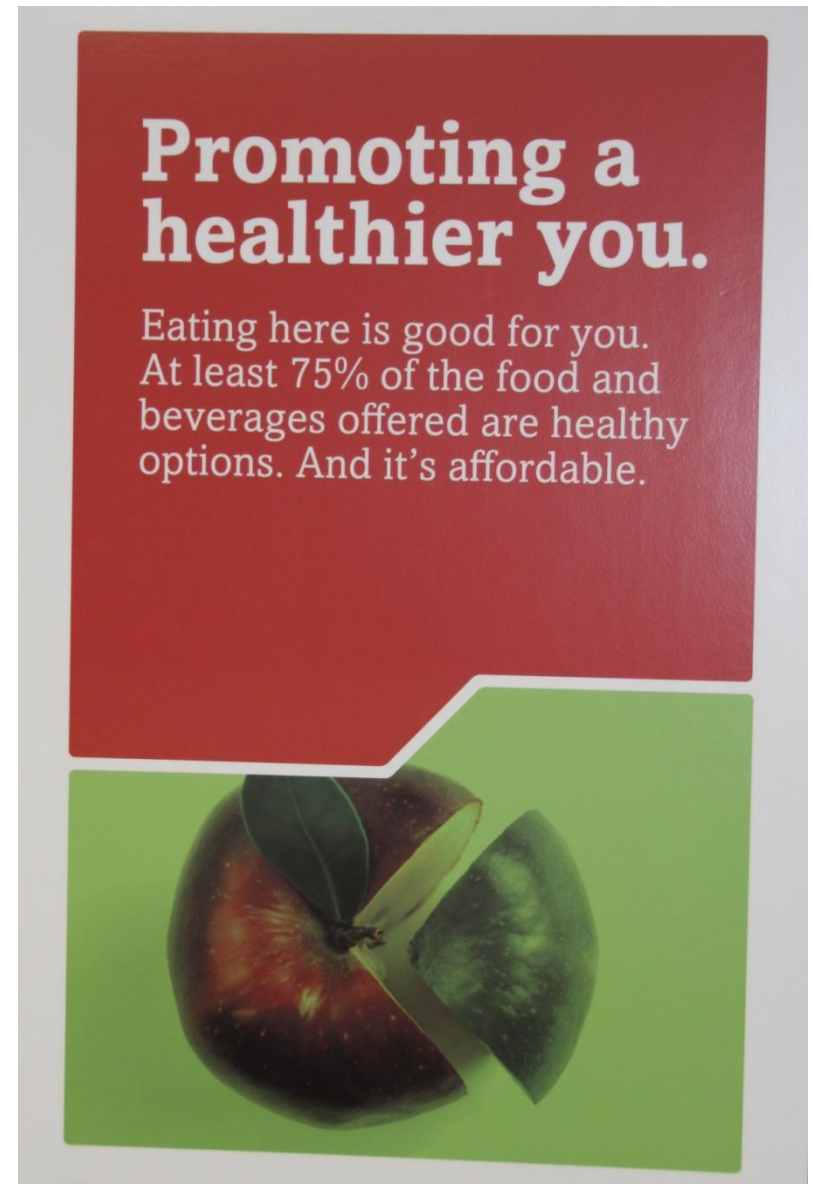
School

- Vidant Medical Center provides school health nurses within Pitt County
- Biometric /stroke screenings for Teachers and Staff (PCS, Edenton, Chowan Schools)
- Chowan Hospital Foundation –
 - Nutrition Education programs in Terrell County, Chowan & Edenton Schools
- Vidant Health Foundation in Pitt County
 - School RD in Pitt County
 - Taste Explorers program in K-5
 - Club Fit-Tastic program in K-5



Work sites

- Participate in LPAN and oversee Pitt Partners for Health
- WellScreen
- Healthy Food Environment Policy
- Walking Trails available
- Reduced Rate to Vidant Wellness Centers
- Arrangements with other fitness centers



Work sites continued



- Access to Farmers Market onsite or convenient to site
- Offer health coaching for known disease processes and those meeting MeS criteria
- Offer MNT through medical plan- 6 visits per year

Work sites Continued

- NEW- offer cognitive behavior therapy as part of our internal Employee Assistance Program.
- New – Sponsor NCPP Prevention Academy for 12 employers in eastern NC- access to Work Healthy America

Faith-based and other organizations



- Foundation grants include:
 - Chowan County Cooperative Extension Service – Youth Expanded Food & Nutrition Program
 - Pitt County Health Department: Farmers Market education program and in-home breast feeding kits.
 - Pitt County Connectivity Project
 - ECU



Contact Information
Rose Ann Simmons, MPH
Director, Employee Wellness & Disease Management
252-847-6282
rsimmons@vidanthealth.com