



The Collaborative

Working Together to Improve the Health Status of the Community
The Health Collaborative

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Prevention Is The Key To Controlling The Economic Impact Of Health Care



Every man, woman and child in Bexar County pays \$415 a year as a result of obesity. And it's not the only condition that's tugging on the purse strings of Bexar County residents.

Diabetes, so prevalent in Bexar County, costs residents \$348 a year.

These figures include direct costs, such as the services of physicians and other health professionals, hospital and nursing home services, medications, and home health care, and the indirect costs of lost productivity from death and disability.

"With a population that is aging and increasingly overweight, the

economic impact of health care amounts to millions of dollars in Bexar County and trillions on the national level," said Joan Miller, executive director of The Health Collaborative. Here's a look at the economic impact of some of the diseases prevalent among Bexar County residents. This data has been extrapolated from research conducted by the Centers for Disease Control and Prevention and compiled by The Health Collaborative.

"In managing the economic impact of health care—just as with staying healthy—prevention pays," said Miller.

"In most cases, reducing major risk factors for conditions like heart disease, diabetes and obesity, also will reduce the millions of dollars spent on treatment each year. The business community can play an important role in this through their investment in employee wellness."

"We all pay for health care, whether it's through medications and insurance premiums or taxes that fund charity care," added Miller. "It's time that we realize that we can do something about it."

Condition	Annual US Cost	Per Capita Cost	Estimated Cost In Bexar County
Heart Disease and Stroke	\$351 billion	\$1,250.08	\$1.7 billion
Diabetes	\$98 billion	\$348.23	\$481 million
Cancer	\$170 billion	\$604.08	\$835 million
Obesity and Chronic Illnesses	\$117 billion	\$415.75	\$574 million
Intimate Partner Violence	\$5.8 billion	\$20.61	\$28 million
Tobacco Use	\$155 billion	\$550.77	\$761 million
Uninsured Health Care	\$99 billion	\$351.78	\$486 million
Mental Illness and Addictive Disorders	\$113 billion	\$401.53	\$555 million

A joint community effort sponsored by:

Alex Garcia

Baptist Health System

Bexar County Medical Society

CHRISTUS Santa Rosa Health Care

Community First Health Plans

Methodist Healthcare

Methodist Healthcare Ministries of South Texas

San Antonio Metropolitan Health District

Southwest General Hospital

University Health System

Friends of The Health Collaborative

The Centers for Disease Control and Prevention

Humana

Gold's Gym

The Junior League of San Antonio, Inc.

Kronkosky Charitable Foundation

The SBC Foundation/Excelerator Grant Program

Texas Beef Council

United Way of San Antonio and Bexar County

U.S. Department of Health and Human Services

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The Health Collaborative Elects New Officers

The Health Collaborative has elected new officers.



Theresa De La Haya, RN, MPH,
vice president, University Center for
Community Health, is president.

Raymond Wei, MHA, CHE,
manager of strategic planning and social accountability
at CHRISTUS Santa Rosa Health Care,
is the new secretary-treasurer.



In addition to the officers, board members are Geoffrey W. Crabtree, Methodist Healthcare; Steve Fitzner, Bexar County Medical Society; Alex Garcia; Richard D. Gonzalez, Southwest General Hospital; Charles

Kight, Community First Health Plans; Pilar Oates, Methodist Healthcare Ministries; Charlie Pruski, San Antonio Metropolitan Health District; and Graham Reeve, Baptist Health System. Joan M. Miller is executive director.



Miller Wins Prestigious Bluebonnet Award

Joan Miller, executive director of The Health Collaborative, has been named the winner of the 2004 Bluebonnet Award given by the Texas Dietetic Association.

The award recognizes an individual who is not a dietitian and who has contributed significantly to the advancement of nutrition and dietetics in Texas.

"Joan has been a champion for the dietetic profession in many ways," said Letty Holmbo, president of the San Antonio Dietetic Association. "She has sought the expertise of registered dietitians in developing the community-wide programs of The Health Collaborative, such as Walk San Antonio and the Healthy Vending Initiative. She recognizes and respects the skills and talents registered dietitians bring to the table and has been instrumental in marketing the profession."

DPT Employee Becomes 10,000th Participant in Walk San Antonio

When DPT Laboratories employee Jill Wilder (left) went to sign up for the Walk San Antonio program, she didn't know what she was walking into. Wilder helped Walk San Antonio reach a milestone by becoming the program's 10,000th participant. Joan Miller, executive director of The Health Collaborative, welcomed Wilder with a basket of Walk San Antonio merchandise.



Walk San Antonio is the city's largest public walking program, encouraging individuals to walk 30 minutes a day most days of the week.

DPT Laboratories participates in the Fit City Corporate Wellness Program, which includes a monthly Walk San Antonio check-in site for company employees. At DPT, more than 70 employees participate in WSA, and each employee has averaged 686 minutes of activity each month for the last two months.

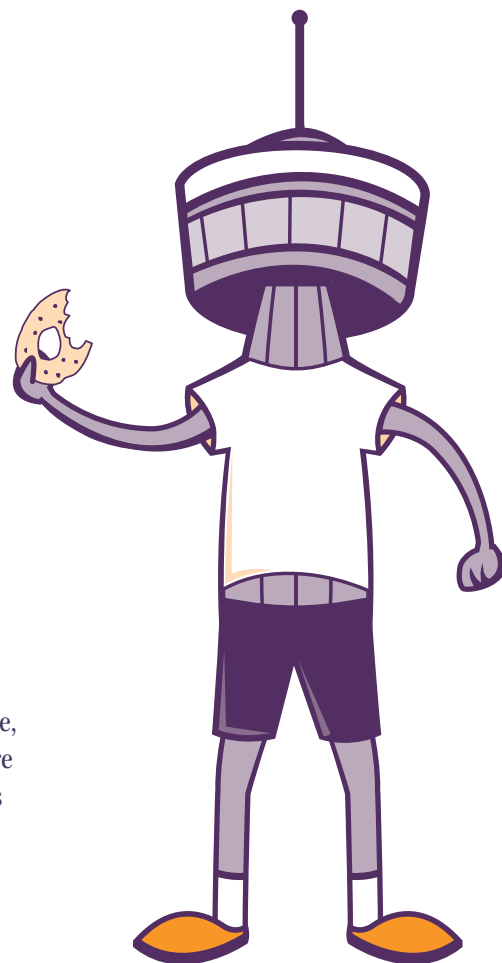
Walk San Antonio is an initiative of Fit City/Fit Schools. The Health Collaborative established Fit City/Fit Schools in 1999 and exclusively owns and manages it.

Beyond Hunger:

Using Food to Feed Your Emotional Needs

A Series of Two Seminars To Educate San Antonians About the Relationship Between Mental Health and Emotional Eating

In a society that's preoccupied with body image, it's not unusual for individuals to be concerned with food and weight. However, for some people, eating habits have little to do with counting calories. Instead these habits are linked to deeper, more complex mental health issues. This seminar series is designed to help the public and health care professionals better understand the mental health aspects of eating disorders.



Professional Seminar

May 10 from 6-8 p.m.

Southwest Mental Health Center, 8535 Tom Slick Road

FOCUS

Providing resource information for health care professionals, including mental health professionals, dietitians, nutritional counselors, physicians, community health educators, and nurses.

FORMAT AND SPEAKERS

Mary Kay Sawyer-Morse, Ph.D., L.D., R.D., will present an overview of eating disorders. She will join **Bonnie L. Blankmeyer, Ph.D., A.B.P.P.**, professor of psychiatry and director of the Eating Disorders Program at the UT Health Science Center at San Antonio, **Jana Orsinger, M.A., R.D.**, nutrition therapist and **Susan C. Mengden, Ph.D.**, in leading roundtable discussions on several topics, including men and eating disorders, disordered eating in the diabetic population, the binge eater with obesity, college women and eating disorders, and the mother-daughter legacy.

COST AND REGISTRATION

Cost is \$25, which includes a resource packet and a healthy snack. Persons unable to attend may purchase the resource packet for \$10. To register, contact **Jessica Haviland** at jhaviland@mhasatx.org or at 614-7566.

Public Seminar

May 18 from 7-9 p.m.

San Antonio Garden Center, 3310 N. New Braunfels

FOCUS

Normal eating habits and the common signs and symptoms of abnormal eating.

SPEAKERS

Mary Kay Sawyer-Morse, Ph.D., L.D., R.D., will discuss, "Through the Looking Glass: A New Look at Eating Disorders," with questions and answers from participants. **Bonnie L. Blankmeyer, Ph.D., A.B.P.P.**, professor of psychiatry and director of the Eating Disorders Program at the UT Health Science Center at San Antonio, will discuss the mental health-eating disorder connection. Other participants include **Susan C. Mengden, Ph.D.**, and an individual who has dealt with an eating disorder.

REGISTRATION

The public seminar is FREE. Reservations are recommended and can be made by contacting **Jessica Haviland** at jhaviland@mhasatx.org or at 614-7566.



Presented by:

MENTAL HEALTH ASSOCIATION
in greater san antonio



San Antonio
Dietetic Association

Taking San Antonio from a Fat City to a Fit City

MEMBERS

The Health Collaborative invites businesses and organizations to become members and join efforts on improving the health status of the community.

Current members include public and private health-related organizations, such as hospitals, health systems, a health plan, a health philanthropy, the health department and a physician organization.

Membership is also open to other organizations that are not directly related to the healthcare field.

For information on membership benefits and dues, please contact Joan M. Miller, executive director of The Health Collaborative, at (210) 481-2573 or e-mail her at jmmiller@healthcollaborative.net

The Health Collaborative is a cutting-edge, public-private model for solving community health issues. It began informally in 1997 when several area health care organizations agreed to put aside their competitive business practices to conduct the first assessment. Our mission is to improve the health status of the community through collaborative means. Programs of The Health Collaborative include:

- The 2002 Health Assessment and Health Profiles, a comprehensive report of local health, guiding the community's

efforts toward prevention and health improvement.

- The Youth Depression Advisory Council, a group of community leaders working to identify unmet needs and develop interventions to mitigate the impact of youth depression.
- Fit City/Fit Schools, which promotes nutrition and fitness through six strategic initiatives, including healthy vending, Walk San Antonio, Fit City Monthly Fitness Messages, corporate wellness, the body mass index program, and nutrition and fitness programs in the schools.

From the 2002 Health Assessment and Health Profiles

These are among the indicators that measured behavioral health in Bexar County:	Indicator	Texas	Bexar	North West	North Central	North East	West	South East	South	HP 1010 Goal
	Percent reporting chronic drinking	4.8	7.7	8.7	4.8	7.4	7.4	8.8	6.2	
Percent reporting binge drinking	18.2	17.7	19.5	13.3	20.0	18.4	12.2	19.3	6.0	
Number of days of poor mental health in the past month	3.6	3.4	3.2	4.2	2.5	3.3	4.1	4.4		
Percent sought help for mental health	QNA	24.2	25.0	36.5	24.4	17.5	19.7	21.0		
Number of hospitalizations for affective disorders	29.8	43.6	30.2	30.2	34.0	31.2	40.1	31.7		
Suicide mortality rate	10.4	10.9	9.6	14.9	12.3	10.4	9.8	9.3	5.0	
Schizophrenia hospitalization rate	9.4	16.0	13.4	8.7	10.5	16.6	26.2	15.5		

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