



# Blue Cross & Blue Shield of Mississippi Foundation

A Subsidiary of Blue Cross & Blue Shield of Mississippi.



## Building a Healthy Mississippi

Spring 2018

### Wellness Coach Internship Pilot Program at Mississippi State

The Foundation and MSU Partner to Offer a New Academic Program to Improve Health Outcomes

### Blue Cross & Blue Shield of Mississippi Foundation



Above: Sheila Grogan, executive director of the Blue Cross & Blue Shield of Mississippi Foundation (far left) stands with Christina Thomas, director of health and wellness service and Jessica Fons, manager of health education and training, Blue Cross & Blue Shield of Mississippi (second from left and far right, respectively) in support of Dr. Will Evans, project director and MSU department head of food science, nutrition and health promotion (third from left) and other individuals participating in the wellness coach internship pilot program funded by the Foundation.

Funded by the Blue Cross & Blue Shield of Mississippi Foundation, a new graduate certificate program at Mississippi State University is promoting healthier lifestyles and wellness for Mississippians. The university's College of Agriculture and Life Sciences and the Division of Student Affairs are collaborating on the new initiative. The Graduate Certificate in Clinical Health Promotion and Wellness Coaching offered by the College of Agriculture and Life Sciences, includes hands-on learning and a field-based internship in a Blue Primary Care Home clinic.

The certificate includes three phases: classroom learning, in-clinic demonstration and wellness coach internships. During Phase 1, students will attend classes at MSU. Phase 2 allows students to work alongside health professionals to observe wellness coaching sessions conducted with patients of the health center. After completion of these two phases, students then will intern at a Blue Primary Care Home to conduct wellness coaching.

Blue Primary Care Home clinics deliver a best practice care model based upon a multidisciplinary healthcare team approach. Wellness coaches are a part of this team and add value in providing health education in support of patients and their health goals.

"Having a relationship with your network primary healthcare provider can help you manage your health and health risks," said Sheila Grogan, executive director of the Blue Cross & Blue Shield of Mississippi Foundation. "An important feature of our Blue Primary Care Home clinics in Mississippi is the interdisciplinary healthcare team that helps patients make realistic and effective lifestyle choices and decisions about their healthcare. Wellness coaches are proving to be a valuable asset in the Blue Primary Care Home setting."

Upon completion of the certificate program, students then will take steps to become certified as wellness coaches through an entity such as the International Consortium for Health and Wellness Coaching or Wellcoaches School of Coaching.

#### Vision

A Healthy Mississippi

#### Mission

Provide targeted grants to fund health programs and initiatives to improve the health of Mississippians

#### Strategic Focus

- Schools
- Colleges and Universities
- Communities
- Wellness Coaches

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# Meridian Community College Gets Smart, Well and Fit

**Meridian Community College (MCC)** students, faculty, staff and community residents are taking steps toward a healthier life with a new on-campus fitness path, fitness equipment and opportunities to participate in health and wellness activities, all funded by a grant award from the **Blue Cross & Blue Shield of Mississippi Foundation** to implement the **Smart, Well, Fit, Campus, Community** initiative.

The college already had in place a wellness initiative providing employees with three hours per week “on the clock” to engage in physical fitness activities, such as walking, water aerobics and yoga classes. By partnering with the Foundation, the initiative gained momentum and added free spin bike classes and adopted a tobacco-free campus policy.

“A healthier employee is a more productive employee for the State of Mississippi,” said Dr. Scott Elliott, MCC president. “We determined to up our game with a tobacco-free campus policy and actual credit classes for employees to establish an atmosphere of greater accountability on exercise regimens. MCC is endeavoring to develop a model wellness program that will have a positive impact on our campus community and greater community.”

Additional cardiovascular and strength-building equipment was purchased for the fitness center and made available to all members of the campus and community.

The Phi Theta Kappa chapter on campus promoted wellness as its annual project, bringing students on board to engage in fun fitness activities by providing incentives and naming individuals as “health champions.”



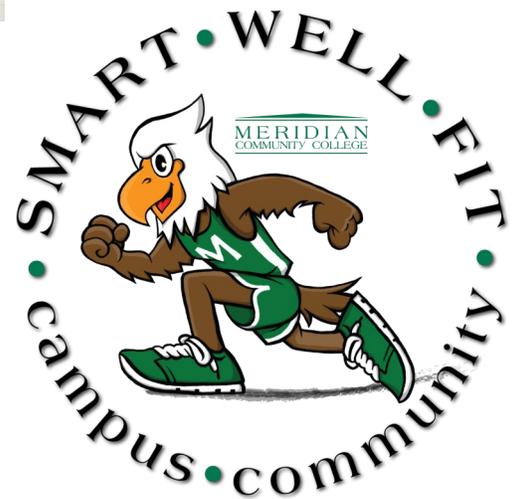
Above: Blue Cross & Blue Shield of Mississippi Foundation Executive Director, Sheila Grogan (left), MCC Dean of Student Services, Soraya Welden (center), and MCC President, Dr. Scott Elliott, lead a community walk on the Meridian campus.

Soraya Welden, dean for student services, said, “This school year, more than 80 percent of campus and community members saw a decrease in BMI as a result of their participation in healthy eating and exercise opportunities provided through the initiative.”

“We are excited to be a part of MCC’s wellness journey and its efforts to provide a healthy environment to learn, work and live in the Meridian community,” said Sheila Grogan, executive director of the Blue Cross & Blue Shield of Mississippi

Foundation. “These enhanced resources focused on health and well-being for students, staff and the community will help to shape a healthy future for Mississippi.”

The Smart, Well, Fit, Campus, Community initiative at Meridian Community College is in partnership with the Blue Cross & Blue Shield of Mississippi Foundation. The Blue Cross & Blue Shield of Mississippi Foundation is committed to supporting Mississippi’s universities and colleges in implementing healthy eating and exercise initiatives that extend from the campus to the local communities and schools. Learn more about the work of the Blue Cross & Blue Shield of Mississippi Foundation at [www.healthiermississippi.org](http://www.healthiermississippi.org).



# Cooking Healthy with Mississippi Valley State University

Students at **Mississippi Valley State University** are honing their culinary skills by participating in free healthy cooking classes and competitions with tasting opportunities held as part of the college’s **Valley in Motion** initiative in partnership with the **Blue Cross & Blue Shield of Mississippi Foundation**.

“Valley in Motion is making a difference. We have infused health and wellness in most all activities, engaging more than 1,000 individuals in our exercise and healthy cooking series.” - *Jannette Adams, project director, Valley in Motion*



# Healthy SCHOOL Awards

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## Congratulations to the 2018 Healthy School Award Winners!



**Ocean Springs High School**

“Mississippi’s Healthiest School 2018”  
\$50,000 Grant Award



**Poplarville Lower Elementary School**

“Mississippi Healthy School 2018”  
\$25,000 Grant Award



**Oxford Intermediate School**

“Mississippi Healthy School 2018”  
\$25,000 Grant Award

# Get Ready to Run

BlueCross BlueShield of Mississippi

It’s good to be Blue.



Above: Students participating in the Get Ready to Run School Program in the Golden Triangle Region dash from the start line in the Get Ready to Run Kids’ One-Mile Fun Run held on the campus of Mississippi State University in Starkville. Get Ready to Run schools compete to win award money up to \$2,000 for their physical education programs. More information about the Get Ready to Run School Program is available at [www.getreadytorunms.com](http://www.getreadytorunms.com).

For additional information about the Blue Cross & Blue Shield of Mississippi Foundation, please visit our website at [www.healthiermississippi.org](http://www.healthiermississippi.org).