



Foundation for
Complex Healthcare
Solutions

energy krazed

impact study of
foundation support

The Foundation for Complex Healthcare Solutions (FCHS) supports the mission and vision of Energy Krazed dedicated to reducing childhood obesity in Central Indiana by empowering youth to take charge of their minds, bodies, and ultimately their futures.

In 2015, a handful of health-focused individuals came together to assist in the energizing Hoosier healthcare. In 2016, FCHS provided a \$10,000 grant that allowed the newly created 501c3, Energy Krazed, to advance the innovative initiatives they have branded as **Right Mind, Right Meals, Right Moves**. Their mission is to be a catalyst for change by driving superior health habits in our local youth and their families resulting in an enhanced health status ranking of our community.

Countless research studies tie the cause of life-threatening diseases to nutrition and lifestyle. Nutrition, mindfulness, and exercise are well-documented in numerous medical publications for their recognized effectiveness in disease recovery. Despite these innumerable studies, most of the public is unaware of the significant connection that proper diet, positive thinking, and exercise have with life-threatening disease conditions. Our local community is still largely reliant on an expensive and largely ineffective medical system. The current healthcare delivery system emphasizes the use of expensive tests and medications that unfortunately fail to fully address and correct the poor nutrition and lifestyle habits that are poisoning Marion and surrounding counties – that is the gap Energy Krazed is trying to fill.

In addition to a cash grant, FCHS has made a further commitment to dedicate resources over the next 3 year period to assist Energy Krazed in the development of a sustainability model and completing an impact analysis on the following indicators:

- Individual Quality of Life
- Individual Reduction of Stress
- Healthcare Utilization and Cost
- Healthcare Cost Avoidance

Energy Krazed currently provides community-based, school-based, and teen / family -based health transformation programs. The programs incorporate the **Right Mind, Right Meals, Right Moves** concepts and are further defined below:

School-based programs: As adolescents spend a great amount of time and consume between 35-50% of their calories in schools, these institutions are the point of confluence for holistic, healthy, and ecological models of physical and nutritional education. With the number of students congregated into one location, the ability to impact larger results can occur through the school-based programs. Energy Krazed currently has a 9 week after school **Right Mind, Right Meals, Right Moves** programs in place with Pike Township (just renewed for a second 9 weeks). Additionally schools where Energy Krazed has partnerships and does guest speaking to health students include: Franklin Township, Geist Montessori, and IPS.



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Community-based Programs: Energy Krazed works with the Chase Boner Legacy Center and the Patachou Foundation to staff and teach summer camps utilizing the same **Right Mind, Right Meals, Right Moves** curriculum that they utilize in schools and for their family health program with modifications to fit into camp sessions.

In-Home Program: Providers, parents, students, or people involved in our school and community programs refer students into our in-home teen / family health transformation program. We utilize health coaches to work one-on-one with obese and overweight children and their families. The same **Right Mind, Right Meals, Right Moves** curriculum model is individualized and includes:

- personal trainers / coaches, proven motivation techniques through one-on-one coaching
- focus on a family transformation inside the home environment
- 9-week curriculum of right mind, movement, meals and modifying to fit each family's needs

The home is a primary source of nutrition and activity for children, and parents act as effective role models for youth as they understand more about the major factors contributing to their obese condition. Home visits occur 2 times per week for 9 weeks and include accountability groups for 6 months.

Right Mind, Right Meals, Right Moves Web Portal: A web portal is Energy Krazed most recent project initiative. It is an innovative new project that will allow them to expand and enhance all Energy Krazed programs described in the primary programs and services section immediately above. The project Right Moves, Right Meals, Right Mind web portal is an on-demand health and wellness web / mobile portal created by teens, led by teens, developed by teens, and is focused on impacting teens and their families.

The web portal segments are described below:

- **Right Moves** contains exercise videos that include teens, adults, and younger children class participants. Workouts would be sorted by time, difficulty, and type (strength, stretching, cardio).
- **Right Meals** includes online cooking demonstrations simplified for teens and younger kids to demonstrate snack prep, easy / healthy "on the go" recipes, and "red, yellow, green light" food training programs.
- **Right Mind** includes positive thinking videos and family meditation series that have audio and video meditations focused on younger children, teens, and adults with weekly conversation starters and topics for families to discuss.



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This solution is filling a current void in online fitness and wellness focused on the entire family. After analyzing 2016 data, funding, and program costs, Energy Krazed has realized the need for a recurring stream of revenue beyond their current fundraising cycle that would enhance awareness while exponentially increasing the number of families impacted. The obesity epidemic is only getting worse; therefore, the time is now to develop an intergenerational health movement. The team of Energy Krazed experts in various disciplines of healthcare as well as their teenage Jr. Board of Directors have discussed what community health efforts have been successful and which have not. Through this research, they have recognized a lack of web-based family wellness portals. As today's youth spends a significant amount of time online, Energy Krazed sees great opportunity to affect more families by expanding our efforts in this domain.

INITIAL SUCCESS

Community-Based Program 2016 Results:

2016 Summer Camp Programs did not include physical health measures, but the teen Cohen stress test was provided before and after the 7 week Chase Legacy Boner Center Energy Krazed summer camp and results of the camp attendees are as follows.

 COMMUNITY PROGRAM	Middle School Students Participated in 7-Week Program	Mind, Body, & Nutrition
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+90

Number of Students that Participated in the Energy Krazed Summer Program at the Chase Legacy Center



Participants Met Weekly for an Hour Session with EK Trained Teen Ambassadors.



Energy Krazed Graduate of In-Home Program was Trained as a Camp Counselor and Taught the Summer Camp



EK will be Working with the Boner Center Again in 2017.

For 2017, we have discussed utilizing the Chase Legacy Center Bod Pod and Fitness Center to capture health and quality of life statistics before and after the 7 week camp.



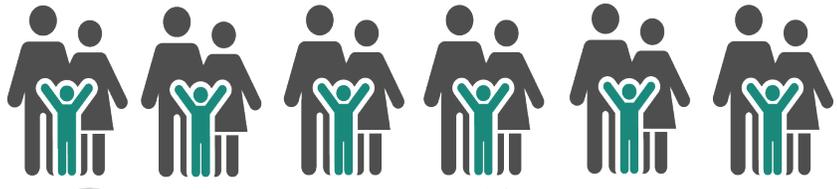
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In-Home Current Status / Results

 <p>In-Home PROGRAM</p>	<p>Six Teens/Families have Completed the 9-Week Program</p>	<p>Mind, Body, & Nutrition</p>
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85lbs
Total Weight Loss During 9 Week (6 Participants)



100%
of Participants had Decreased Stress After Completion of the Program.

100lbs



EK Coach was a Former Participant and Lost 35lbs in the 9-Week Program and Another 65lbs on His Own.

Participant Reported No Longer Needing Sleep Apnea Machine.

Participant's Doctor Reported Reduction of Glucose Under Pre-Diabetic Level. Glucose Level was 100 prior to EK and Measured 80 After the 9 Week Program.

Participant Graduated from EK Program and High School. He is Now an EK Coach Helping Other Families.

Since Completing the 9-Week Program with EK, Participant's and Their Families Regularly Volunteer at EK Fundraising Events.

School-Based Current Status / Results

 <p>HIGH-SCHOOL PROGRAM</p>	<p>Nine Students Enrolled and Completed the 9-Week Program</p>	<p>Mind, Body, & Nutrition</p>
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9 weeks

EK Completed a 9 Week Program

6 out of 9
Decreased Stress (Assessment)



Participants Meet After School for a Two-Hour Session, Two Days a Week.



60.8lbs
Total Weight Loss Calculated



12.3
Total BMI Decrease

15.1%
Decrease in Body Fat

After Seeing Results with Current Participants, Pike High School Asked EK if They Would Offer a Second 9-Week Program to a New Set of Students.

The After-School Program was Developed to have a Larger Impact on Kids in the High School Setting.



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2017 Initiatives:

- Sponsorships and partnerships with Healthplans, Carriers, ACOs
- Review of potential for insurance reimbursement for in-home program (CPT coding, provider status set up)
- Dedicated pilot with provider / carrier to target 50 families for in-home program to complete impact analysis
- **Right Minds, Right Meals, Right Moves** web portal roll out