

# HERO HEALTH & WELLNESS

A SERVICE FOR THOSE WHO SERVED

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Healthcare District

# THERE ARE MORE THAN **14,000** VETERANS IN TULARE COUNTY

According to the 2022 Tulare County Census Report

## Higher likelihood of suffering from MCC (compared to nonveteran citizens)

- Men aged 25-64: **11.8%**
- Men 65 and older: **7.1%**
- Women aged 25-64: **5.5%**
- Women 65 and older: **12%**

Statistics indicate that **980-1,820** (7%-13%) of those veterans could suffer from PTSD

Studies have also shown that veterans are **5.5%-12% more likely** to suffer from two or more chronic health conditions, such as diabetes, and hypertension, than nonveteran citizens.

[National Health Statistics Reports, Number 153, February 23, 2021 \(va.gov\)](#) ; [How Common is PTSD in Veterans? - PTSD: National Center for PTSD \(va.gov\)](#)

# COMMON MEDICAL CONDITIONS IN VETERANS

- Arthritis
- Diabetes
- Hypertension
- Cancer
- Chronic obstructive pulmonary disorder (COPD)

# OTHER CHALLENGES COMMONLY FACED BY VETERANS

- Anxiety
- Depression
- Isolation
- Difficulty Joining or Creating a Community
- Difficulty Creating Structure
- Mental health issues such as posttraumatic stress disorder (PTSD)

*The suicide rate for Veterans is 1.5 times higher than that of the general population.*

# EXERCISE MAY BE USEFUL TREATMENT OPTION FOR VETERANS



Dr. Daniel Reis (Photo by Rachel Warden)

*“Exercise has the potential to protect the health and well-being of Veterans by simultaneously enhancing physical and mental health.” - Dr. Daniel Reis, clinical psychologist at the VA Rocky Mountain Mental Illness Research Education and Clinical Center (MIRECC) for Suicide Prevention*

[Exercise may be useful treatment option for Veterans with PTSD \(va.gov\)](#)

# PHYSICAL ACTIVITY AND EXERCISE FOR CHRONIC DISEASE PREVENTION

## The Implementation of Daily Physical Activity and Exercise Support:

- An **80%** reduction in Cardiovascular Disease Risk
- A **90%** reduction in T2 Diabetes Risk
- A **33%** reduction in Cancer Risk

*According to one study published by the National Library of Medicine*

[Physical activity, exercise, and chronic diseases: A brief review - PMC \(nih.gov\)](#)

# PHYSICAL ACTIVITY AND EXERCISE FOR MENTAL HEALTH

- Among those who exercise, the number of poor mental health days **dropped** by more than **40%**
- **89% of 1,158 studies** found a statistically significant, positive association between PA or exercise and mental health
- Physical activity is linked to **greater emotional well-being** and **lower levels of stress and anxiety**



# WARRIOR WELLNESS: A RANDOMIZED CONTROLLED PILOT TRIAL OF THE EFFECTS OF EXERCISE ON PHYSICAL FUNCTION AND CLINICAL HEALTH RISK FACTORS IN OLDER MILITARY VETERANS WITH PTSD



Dr. Katherine Hall helps a Vet with his workout at the Durham VA Medical Center. (Photo by Linnie Skidmore)

*“Participation in supervised exercise improved aerobic endurance, physical performance, and health-related clinical factors in older veterans with PTSD”*

*\*Excerpt from controlled pilot trial “Conclusion” as published by the National Library of Medicine*

Warrior wellness

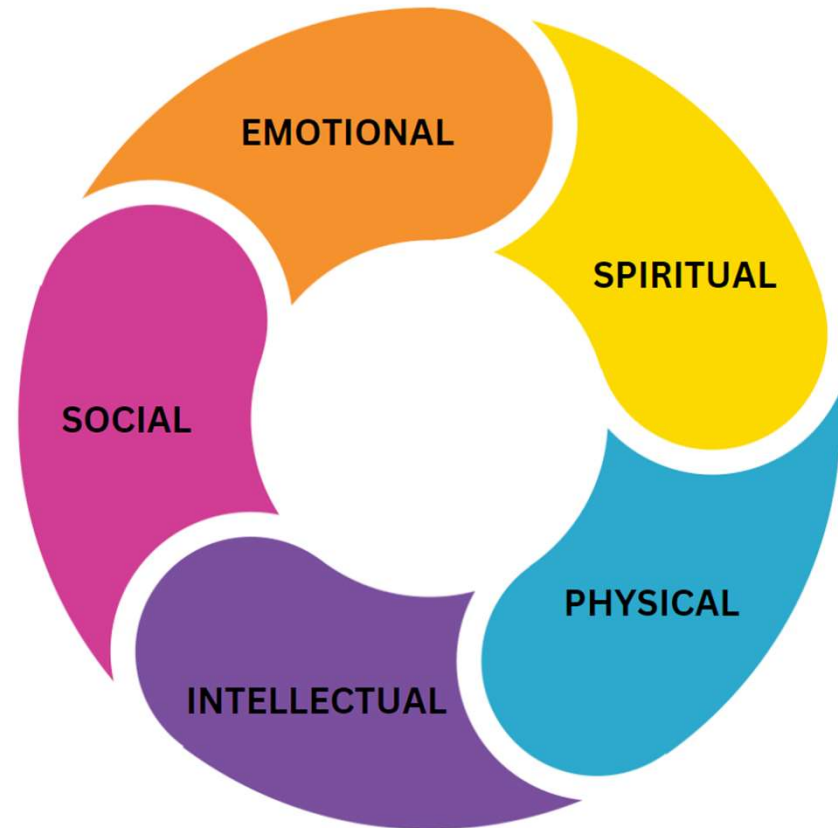




# THE HERO HEALTH & WELLNESS VISION:

*To provide resources and host activities that facilitate the improvement of the mental, physical and overall well-being of veterans in our community.*

# 5 DIMENSIONS OF WELLNESS






## A PROGRAM DESIGNED AROUND THE FIVE DIMENSIONS OF WELLNESS

Physical Wellness	Intellectual Wellness	Emotional Wellness	Social Wellness	Spiritual Wellness
Exercise classes designed around the specific needs of veterans	Offering “Wellness Workshops” and educational resources	Mindfulness and gratitude practices integrated into each class; Conclude each class with an inspirational video; provide resources.	Hosting veteran “Social Hour” in the atrium to promote comradery and community	Integrating yoga, meditation, breathwork and opportunity for silent prayer into the exercise classes



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- Phase 1 ————— Plan, organize and launch exercise classes free to veterans – Twice a week at the Evolutions Center
  
  - Phase 2 ————— Plan, organize and launch “Wellness Workshops” and “Social Hour”
  
  - Phase 3 ————— Develop strategic network to partner with other potential program contributors (*V.A. Clinic, Workshop Hosts, etc.*)
  
  - Phase 4 ————— Explore possible integration/collaboration with V.A.

## PHASE SUMMARY

# PHASE 1 BUDGET PROPOSAL

Plan, organize and launch exercise classes free to veterans – Twice a week at the Evolutions Center

## Estimated Monthly Cost

- Class instructor fee - **\$350**
- Calendly Booking Software – **Free**

## Initial Investment

- Marketing/Advertisement - **\$250**



The willingness  
of America's veterans  
to sacrifice for our  
country has earned them  
our lasting gratitude.  
-Jeff Miller

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