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## UINTAH BASIN HEALTHCARE

FOR IMMEDIATE RELEASE

# PRESS RELEASE

## UBH Partners with Centennial Elementary for Healthy Fundraiser

**October 12, 2018:** Uintah Basin Healthcare reached out to elementary schools in Duchesne County School District to offer incentives for healthy fundraisers this year. The idea behind the program was to fight two top health concerns from UBH's recent Community Health Needs Assessment: obesity and diabetes.

According to the CDC, only 19.7% of adolescents are physically active at least 60 minutes per day and 11% of adolescents are overweight. The CDC also reports that 9.4% of the U.S. population have been diagnosed with diabetes. The results of UBH's CHNA survey showed that 39% rate diabetes as a top health concern, and 30% rate obesity as a top health concern.

As a locally owned not-for-profit hospital, Uintah Basin Healthcare is invested in the health of our community. We are aware of our region's top concerns and are actively involved in creating solutions, no matter how small, to create change. In summary, UBH challenged local elementary schools to replace their traditional "cookie dough fundraisers" with a walk-a-thon fundraiser. UBH would add some incentives by partnering with the schools to encourage healthy fundraisers that encourage youth to get active.

The first school to accept the challenge was Centennial Elementary, led by Principal Bruce Guymon. From September 24<sup>th</sup> through September 29<sup>th</sup>, students at Centennial Elementary participated in a Walk-a-Thon sponsored by Uintah Basin Healthcare. Students had 6 days to walk as many laps (4 laps equal 1 mile) as they could to raise money for their school. Students could gather pledges in .25 increments up to \$1, or a flat rate could be donated. The students in each grade who walked the most laps received a bike and helmet donated by Uintah Basin Healthcare. In addition, UBH matched 10% of the amount raised (up to \$1,000 of the school's \$10,000 goal).

In just 6 days, students walked more than 5,000 laps or 1250 miles. One student walked 27 miles (verified on a fit bit) on their own in one week. The school raised \$6,019.25 in just 6 days. Uintah Basin Healthcare came in with an additional \$602.00, as promised, bringing the total to \$6621.25.

"It is enough to support the programs that we provide our students such as our field trips and after school clubs. We will definitely plan on working with UBH in the future to make this an annual tradition for our CES community" said Bruce Guymon, Principal at Centennial Elementary School.

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Uintah Basin Healthcare is a community not-for-profit healthcare system, serving the Uintah Basin since 1944. Today, Uintah Basin Healthcare is the largest and most comprehensive independent rural-based healthcare system in the state of Utah.



Pictured (L to R):  
Mia Guzman (1<sup>st</sup> grade), Emily Bowlin (2<sup>nd</sup> grade), Jaydelyn Labrum (Kindergarten),  
Maddie Wells (3<sup>rd</sup> grade), Natalya Kunz (5<sup>th</sup> grade) Kaden Womack (4<sup>th</sup> grade)