THE UNIVERSITY OF TEXAS AT SAN ANTONIO
KINESIOLOGY AND HEALTH INTERNSHIP

Agency Information Sheet

Today’s Date: May 28, 2012

Agency Name: San Antonio Medical Foundation/Wellness Coalition of San Antonio
Address: 8300 Floyd Curl, Suite 802.25, San Antonio, TX, 78229
Phone Number: 210-323-3080 Email address: steve@samedfoundation.org
Fax Number: 210-614-3726

1. Please briefly describe the scope of your agency’s work. Printed brochures or fact sheets explaining your organizational goals may be attached.

The San Antonio Medical Foundation was formed in 1947 with a primary purpose of obtaining a medical school for South Texas. In 1959 the State Legislature approved a bill authorizing and directing the University of Texas Board of Regents to establish a medical branch or department within the County of Bexar. The San Antonio Medical Foundation provided land for the school and held additional land for long term expansion and other facilities.

In 1961 the voters of Bexar County approved a $6,500,000 bond issue for the construction of a teaching hospital, an essential element for the success of a medical school. Requests for land by major health care facilities followed. The San Antonio Medical Foundation Trustees evaluate all requests, research the need and land required, and arrange leases to benefit the facility and the future development of the Medical Center. Priority is given to institutions providing medically related services, research, and/or education.

The SAMF board is comprised of 50 civic, professional, business, and medical leaders who serve as volunteers and are not compensated. Financial support of the San Antonio Medical Foundation comes from the Trustees and public and private contributions that are tax-deductible under 501 (C) (3).
In 2009, focusing on the Mayor’s Health & Wellness Initiatives, we designed a city-wide wellness initiative to serve our corporate clients in San Antonio. Please see page 2.
"Our mission is to provide leadership and active stewardship of our land and other assets to improve health care, advance biomedical science and enhance community well-being."

Vision
Facilitate city-wide employee wellbeing and health risk reduction, and control participating employer health care expenses, via the implementation of comprehensive and scalable Body Mass Index (BMI)/Weight reduction initiative in San Antonio.

Background
San Antonio, Texas currently has one of the highest obesity rates in the U.S. Obesity is related to many chronic diseases (i.e.: diabetes, certain cancers, and heart disease), increased mortality, lower quality of life, reduced productivity, and escalating health care costs. Regular physical activity and proper nutritional intake effectively reduces BMI/weight,
health risk, and health care cost related to obesity.

The Wellness Coalition of San Antonio; under the direction of the San Antonio Medical Foundation, and comprised of the Food Bank, Metro Health District, Kronkosky Foundation, Y.M.C.A., and H-E-B will guide the development and delivery of the components of a city-wide BMI/Weight loss initiative to support employer efforts in controlling health care expense growth, improving productivity, and supporting employee wellness.

Scope
The Wellness Coalition of San Antonio’s BMI/Weight-loss initiative is a comprehensive, 12-week cost effective process, providing a wellness platform that an organization of any size can replicate, scale, and build from. Within the scope of this initiative the Wellness Coalition provides the following:
- Program strategy and structure
- Promotions and materials
- Expert guidance and consultation
- Confidential data collection and risk management
- Community networks and resources

During this 12-week intervention, participating employees (and their spouses) will be provided with educational and promotional information, expert professional instruction, convenient physical activity resources, motivating incentives, and ongoing support to help them successfully achieve healthy BMI/Weight-loss. Employers will be provided with ongoing resources and a network that will support their efforts to build an organization wide wellness culture, with associated long-term returns in the areas of attracting and retaining employees, productivity, absenteeism, and health care cost control.

As the greater percentage of employees and their spouses achieve healthy and effective BMI/Weight-loss, an organization can demonstrate significant long-term impact to their culture and bottom-line.

2. Indicate the most appropriate person(s) to contact within your agency regarding internship possibilities.

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<tr>
<th>NAME</th>
<th>TITLE/RESPONSIBILITY</th>
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<tr>
<td>Steven Antunes</td>
<td>Director of Wellness</td>
<td>210-323-3080</td>
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3. Briefly describe the internship experiences available with your agency.

Offering paid and unpaid internship opportunities 400 – 480 hrs. Under the direction of our Wellness Director, having over 25 years of corporate wellness experience, students will receive hands-on industry experience planning, delivering, and evaluating wellness initiatives at our corporate clients.

4. Are there any restrictions to an internship that the student or university should be aware of?
   Will this be a paid position?
   We have the potential of working with 2 or more interns at one time, and “yes” the position is a paid position. All interns must be in Junior or Senior year of undergraduate studies in a health, wellness, nutrition, kinesiology, exercise science, or related discipline.