

LESSONS LEARNED FROM THE LOS ANGELES CHRONIC DISEASE MANAGEMENT CONSORTIUM

August 23, 2009
CityMatCH Conference
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TODAY'S PRESENTATION

- Introduce the Los Angeles Chronic Disease Management Consortium (CDMC).
- Review the CDMC collaborative model.
- Discuss lessons learned.



NATIONAL HEALTH FOUNDATION

- An independent non-profit agency based in Los Angeles dedicated to improving and enhancing the health of the underserved by developing and supporting innovative projects.
- Facilitates various collaborative projects between government, public & private sectors.
- Chronic disease prevention and management is a strategic initiative.



CDMC BACKGROUND



- **Mission: To provide communities with free, culturally appropriate chronic disease prevention, intervention and management programs and services.**
- **Programs developed and implemented by a multidisciplinary team.**
 - Including physicians, registered dietitians, hospital administrators and *promotoras* or lay health educators.
- **Funding provided by the Good Hope Medical Foundation (one of the founders), Unihealth Foundation and the Watts Health Foundation.**



CDMC MEMBERS

- National Health Foundation
- Hospitals located in Los Angeles County
- Community partners



NHF ROLE



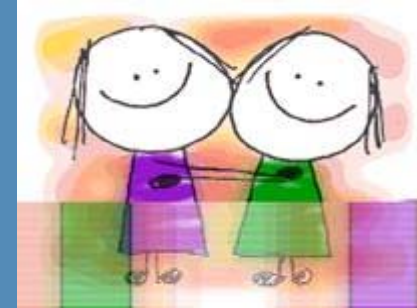
- **Grant administrator:**
 - Researches and writes grants.
 - Prepares reports and distributes funding.

- **Facilitate the consortium:**
 - Organize and facilitate meetings.

- **Evaluator:**
 - Develop & maintain web-based data collection systems.
 - Analyze outcomes & develop reports for publication.



CDMC HOSPITALS



5 Hospitals in Los Angeles County:

- Huntington Hospital
- California Hospital Medical Center
- Good Samaritan Hospital
- Childrens Hospital, Los Angeles
- Harbor-UCLA Medical Center



COMMUNITY PARTNERS

- **Community Clinics**
- **County medical facilities**
- **Local YMCAs**
- **Departments of parks and recreation**
- **Various social service agencies**



CDMC PROGRAMS

Pasadena Community Asthma Project : *1997-Present*

Healthy Eating Lifestyles Program (HELP): *2004-Present*

Type 2 Diabetes Program: *2005-Present*

Heart HELP, cardiovascular disease program: *current*



PROGRAM RESULTS & ACCOMPLISHMENTS

- *Cumulatively reached approximately 10,000 individuals through outreach & workshops.*
- Asthma program: Huntington Hospital showed a 30% decrease in pediatric inpatient admissions related to asthma.
- HELP: Child participants experienced significant BMI z-score reductions.
- Type 2: 65% of participants increased confidence in managing their diabetes.

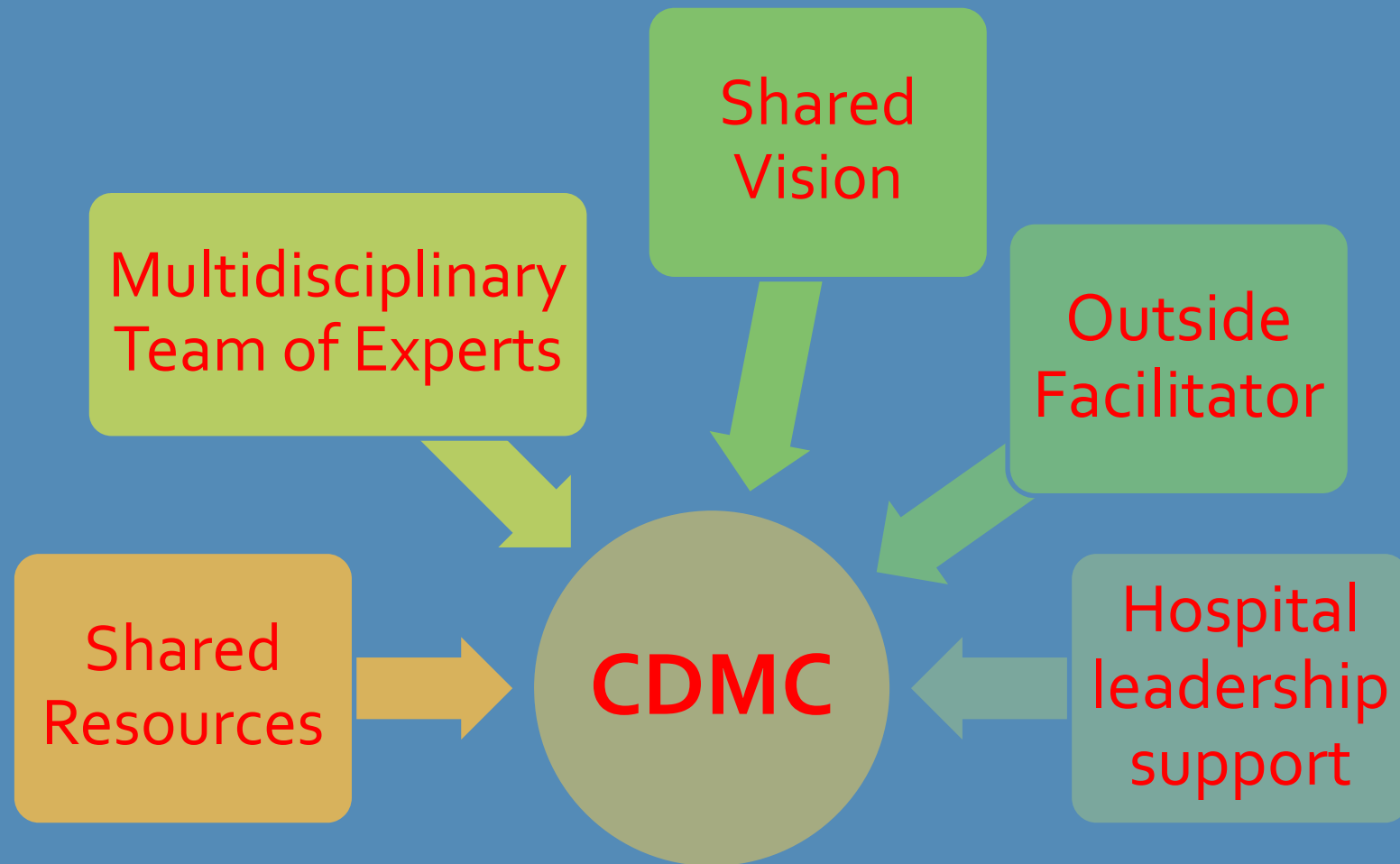


CDMC IMPACT

- Expands hospitals services to better serve communities.
- Promotes preventive care and health and wellness.
- Demonstrates successful practices for replication in other communities and medical settings.
- Increases screening for chronic disease.



OUR COLLABORATIVE MODEL



WHY IT WORKS



Initial Development

- Seed funding/financial backing.
- Shared need and recognized benefit.
- Leadership buy-in & physician champions.
- Dedicated time for planning process.
- Diversity of membership and cultural appropriateness.



BARRIERS ENCOUNTERED

- **Conflicting schedules of partners.**
- **Balancing competing priorities/interests.**
- **Sustaining programs once funding is completed.**
- **Understanding hospitals' unique internal structures and processes.**



...MORE CHALLENGES

- “If you build it, they will come” or NOT???
- Creating programs for multiple, diverse populations.
- “Burn Out!!!”



LESSONS LEARNED

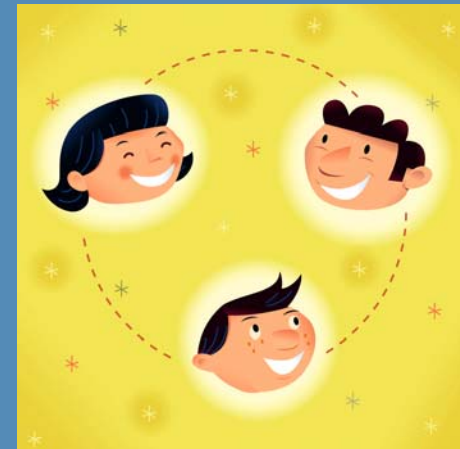
Measure Success

- Important to share “small-wins”...keeps participants engaged.
- Continuous quality improvement works!
- Important to demonstrate positive outcomes to funders and helps to secure additional funding.



LESSONS LEARNED

- Don't waste people's time...make meetings meaningful.
- Make sure ego's are checked at the door-important to erase hierarchy.
- Follow-up and then follow-up again.



SHARING SUCCESSES & LESSONS LEARNED

- **NHF responsible for disseminating program results & outcomes via conferences, academic journals and other public relations materials.**
- **Development of Replication Packages for successful programs.**
 - **HELP Replication Package currently available and being marketed.**



H.O.P.E. FOR HEALTH CAMPAIGN

- **“Hospitals Offering Prevention for Everyone”**
- **Campaign developed in partnership with the Hospital Association of Southern California (HASC) to promote preventive health through the replication of CDMC piloted programs.**
- **Will launch a region-wide chronic disease prevention and management effort starting with the HELP childhood obesity program.**



NEXT STEPS...

- Working to translate successes and accomplishments into policy changes and recommendations.
- Developing programs to incorporate best practices into after school programs in South Los Angeles.
- Providing hospitals an opportunity to join the prevention movement in health care.



THANK YOU

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