

# Los Angeles Chronic Disease Management Consortium Program Summaries

## Pasadena Community Asthma Project (PCAP) 1997-Present

- Description:** PCAP included medical screenings, educational workshops, home visits to assess and reduce allergen levels and the dissemination of best practices for decreasing morbidity of asthma to local pediatricians. In 2000, PCAP won the American Hospital Association's NOVA Award for its coordinated and community-wide response to the asthma epidemic.
- Intervention:** One to two 2-hr workshops, home visits (optional).
- Outcomes:** Huntington Hospital showed a 30 % decrease in pediatric inpatient admissions related to asthma.
- Members:** Huntington Hospital, California Hospital Medical Center (CHMC) & National Health Foundation (NHF)
- Partners:** Pasadena Unified School District and local providers/centers

## Healthy Eating Lifestyle Project (HELP) 2004-Present

- Description:** HELP was designed to reduce obesity by educating children/families, ages 5-12 yr, healthy eating habits and the importance of physical activities. HELP provided over 1,500 children and families with medical/behavioral assessments, educational workshops, follow-ups, and opportunities for physical activity.
- Intervention:** Five weekly 2-hr workshops and a follow-up assessment and workshop 3-6 months later.
- Outcomes:** Outcomes centered on changes in BMI z-scores (different ages and genders could be compared). Participants experienced BMI z-score reductions of 0.16 ( $p < 0.001$ ), which are associated with favorable clinical outcomes (decreased systolic and diastolic blood pressure, insulin, total cholesterol, triglycerides, and an increase in HDL cholesterol and aerobic fitness). Because of its success, the project will be replicated.
- Members:** CHMC, Children's Hospital Los Angeles, Harbor-UCLA Medical Center, Huntington Hospital, & NHF
- Partners:** Local YMCAs, the Department of Parks & Recreation, schools, and various social service agencies.

## Type 2 Diabetes Project (Diabetes Project) 2005-Present

- Description:** The Diabetes Project includes community outreach/screening efforts and interactive, educational workshops for people at risk of developing diabetes (Prevention) and for those diagnosed with the disease (Intervention). Workshops utilize existing materials and resources to provide health information and education to participants, and are available in English, Spanish, and Korean.
- Intervention:** "Prevention" – Four weekly 2-hr workshops; "Intervention" – Five weekly 2-hr workshops (Living with Diabetes) plus six weekly 2-hr workshops (Chronic Disease Self Management Program).
- Outcomes:** To date, over 1,000 individuals have participated in the Diabetes Program workshops. Preliminary analyses show a 70% increase in the number of participants who reported checking their blood sugars daily, a 35% decrease in the number of participants who reported elevated Hemoglobin A1cs, and increased confidence in 1) diabetes care management (75%); 2) healthy eating (61%); and 3) exercise habits (47%). Additionally, more than 30% of participants lost weight during the 5-wk program; 15% lost > 5% of their body weight by the 3-6 mo. follow-up visit.
- Members:** California Hospital Medical Center, Good Samaritan Hospital, Huntington Hospital, & NHF
- Partners:** Federally Qualified Health Centers, local schools, clinics, YMCAs, senior centers, Los Angeles Housing Authority, etc.

## Cardiovascular Disease Project (Heart HELP) Planning Stages

- Description:** Heart H.E.L.P is designed to address the needs of low-income, ethnically diverse populations to reduce risk, delay onset, and/or reduce progression of CVD. Outreach will include community education, risk assessments, and medical referrals and lifestyle workshops will focus on risk factor reduction in the areas of nutrition, physical activity, and smoking cessation.
- Members:** CHMC, Good Samaritan Hospital, Huntington Hospital, NHF
- Partners:** Southside Coalition of Community Health Centers, YMCAs, schools, etc.

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