

Heart HELP

Second Year Program Report

9/12/2011
National Health Foundation
Los Angeles Chronic Disease Management Consortium



Heart Healthy Eating Lifestyle Program (Heart HELP)

Year Two Progress Report

September 2011

September 1, 2011 marks the second year of the Los Angeles Chronic Disease Management Consortium's (CDMC) Heart Healthy Eating Lifestyle Program (Heart HELP). Heart HELP is a community based program that addresses the needs of low-income ethnically diverse populations to reduce risk, delay onset, and/or reduce progression of cardiovascular disease (CVD). Generous funding from the Good Hope Medical Foundation & Watts Health Foundation has enabled California Hospital Medical Center, Huntington Memorial Hospital and Good Samaritan Hospital in partnership with National Health Foundation to offer this program to patients and community members free of charge for the duration of three years. This report details the progress made by CDMC partners during the second year of Heart HELP implementation and highlights program successes.

I. Program Implementation

With the first series of Heart HELP classes beginning January 2010, the program has been operating in full swing for 20 months. During this time, hospitals have committed time and energy recruiting participants, facilitating classes, collecting evaluations measures, and tailoring the program curriculum and activities to meet the needs of patients and community members. The process of recruiting participants continues to evolve as new community partners are established and hospitals adapt to seasonal participation trends. For example, during the recent summer months participation numbers dropped, therefore hospitals reported exploring new program sites, new locations for outreach efforts and/ or piloted offering classes on different days and times.

Listed below are the names of the various community partners established by hospitals to help run the program in their targeted communities. These partners help ensure hospitals have the space, resources and connections to community members needed to make the program run successfully.

Community Partners

California Hospital Medical Center: Esperanza Elementary School, Logan Elementary School, John Liechty Middle School, MCH Access, Gratts Elementary School, THE Clinic, Bresee Foundation, 20th St. Elementary School, 10th St. Elementary School, Russell Elementary School, Friedman Learning Center, Virgil Middle School, Magnolia Elementary School, Gates Elementary School, Foshay Learning Center, Leo Politi Elementary School, Placentia Elementary School, LA Leadership Academy School, Mid City School, Maple School, Mercy Housing.

Good Samaritan Hospital: Evans Adult School, Amanecer, First United Methodist Church, Betty Hill Senior Center, Casa Marvilla Senior Center, Salazar Park Senior Center, East LA Community Center, Fairmont Community Center, Eastmont Senior Center, Wilshire Dialysis Center, Akhavan Afshine Medical Clinic, Steel Plaza Senior Center, Hollywood Senior Center, Mexican Consulate, Sunrise Community Center, South Park Neighborhood Center, Casa Marvilla Senior Center, YMCA, Los Angeles Child

Guidance Clinic, Dolores Mission, Amy Lee, MD, Phillip Bland, MD, Mariola Ficinski, MD and the Los Angeles Police Department.

Huntington Memorial Hospital: CHAP- Community Health Alliance of Pasadena, Mother’s Club, The Huntington Library, La Cañada YMCA, La Pintesca Library, Pasadena Senior Center, Pasadena Unified School District, Madison Elementary, Altadena Elementary, Villa Parke Community Center, Villa Parke Headstart, Pasadena Community College.

Program Reach

As of September 1, 2011, 1,308 individuals have attended one or more of the Heart HELP modules. Of these 1,308 individuals, 847 completed the Heart HELP program. Completion is defined as having attended at least 3 out of the 5 program modules and having completed a pre- and post-evaluation and health screening form. Hospitals have collectively conducted 703 Heart HELP modules (2hr classes) of which 58% were conducted in Spanish and 41% were conducted bilingually in Spanish and English.

The demographic representation of the population served by Heart HELP has been primarily Hispanic (83%) and female (88%). The age distribution of participants is as follows:

Age	%	N
18-20	1%	9
21-30	13%	106
31-40	27%	224
41-50	24%	207
51-60	15%	127
61-65	5%	44
66+	15%	128

In terms of the medical conditions of participants, at the start of the program 28% (n=446) reported that they have high blood pressure, 26% (n=423) reported they have high cholesterol or triglycerides and 5% (n=65) reported they have suffered from a heart attack in the past.

“I was so lucky to attend the program at Huntington Hospital last year. With Hazel’s help, I learned how to take care my health as well as my GI problem. All the hand-outs and the food diary keeping that Hazel instructed me to do so are really helpful. I will make use of it.”

~Participant from Huntington Hospital

“The classes were very useful and the concepts the educators taught were excellent. I feel more empowered to take control of my health now.”

~Participant from Good Samaritan

“Thank you for educating me, since I started coming to these classes I am not buying cup noodles and my blood pressure is better.”

~Participant from California Hospital

II. Outcomes

Significant progress has been made by all partners toward the outcomes included in the original Heart HELP program proposal. The tables below show measured progress to date (reports represent data from January 1, 2010-August 31, 2011) for outcome targets.

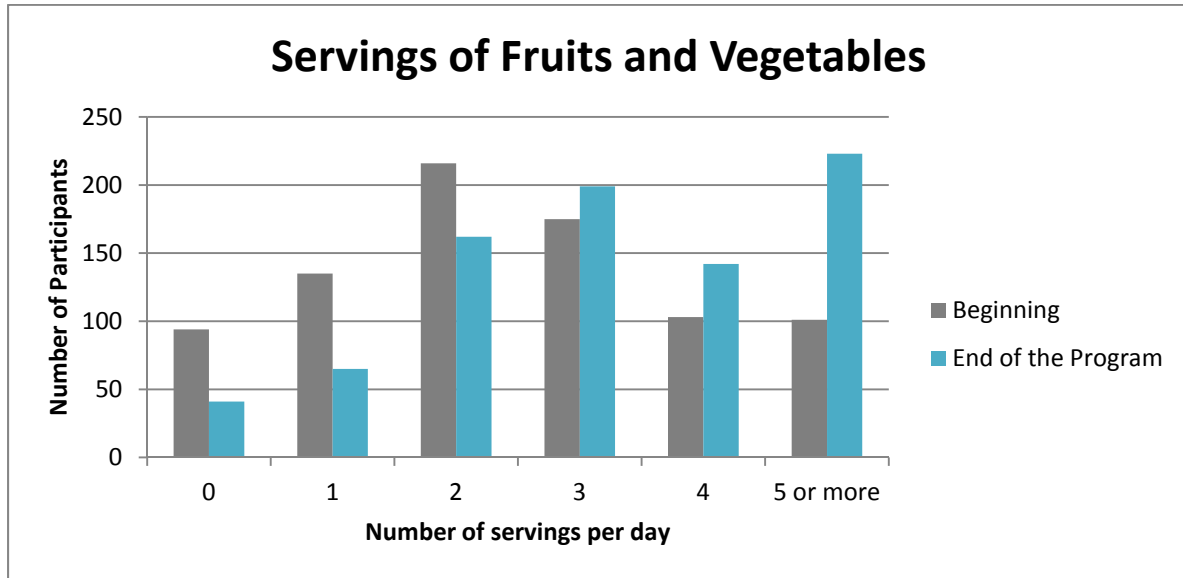
Overall, hospitals are on track to exceed goals for clinical outcomes.

Clinical Outcomes	
Proposal Goal	Status
50% of participants with BMIs equal to or above 25kg/m ² at program beginning will reduce their BMIs at the end of the program.	Exceeding Target: 58.4% of participants with BMIs equal to or above 25kg/m ² at program beginning had <i>reduced</i> BMIs at the end of the program (n=833, 681 with BMIs equal to or above 25kg/m ² at program beginning).
10% of participants with above normal blood pressure at program beginning will reduce their blood pressures by one or more categories at the end of the program.	Exceeding Target: Among those with both measurements, 37.8% of participants with above normal blood pressure at program beginning <i>reduced</i> their blood pressure by one or more categories at the end of the program (n=331).
10% of participants with abnormal total cholesterol (200 or higher) will decrease their cholesterol to normal (200 or below) at the end of the program.	Exceeding Target: Among those with both measurements, 41.4% of participants with abnormal total cholesterol (200 or higher) <i>decreased</i> their cholesterol to normal (200 or below) at the end of the program (n=111).

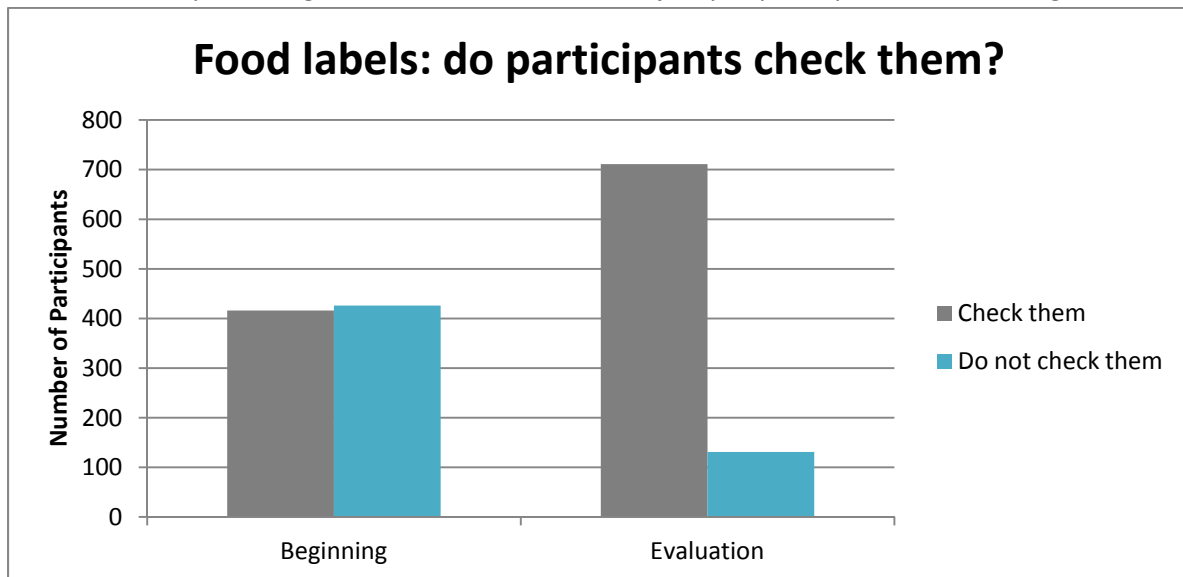
In terms of behavioral outcomes, hospitals are behind target for increasing the percentage of participants reporting that they are exercising 30 min a day 3 or more days a week at the end of the program. However, hospitals are exceeding the goal related to participants reporting an increase in fruit and vegetable consumption, with over 78% of participants reporting that they have increased their fruit and vegetable consumption by at least one serving per day at the end of the program.

Behavioral Outcomes	
Proposal Goal	Status
60% of participants who are <u>not</u> exercising 30 minutes or more at program beginning will report exercising 30 minutes a day three or more days a week at the end of the program.	Behind Target: 27% of participants who are <u>not</u> exercising 30 minutes or more at program beginning reported exercising 30 minutes a day three or more days a week at the end of the program (n=636 reported not exercising 30 minutes or more at program beginning).
30% of participants will increase their fruit and vegetable consumption by one or more servings per day.	Exceeding Target: 78.6% of participants reported <i>increasing</i> their fruit and vegetable consumption by at least one or more servings per day (n=849).

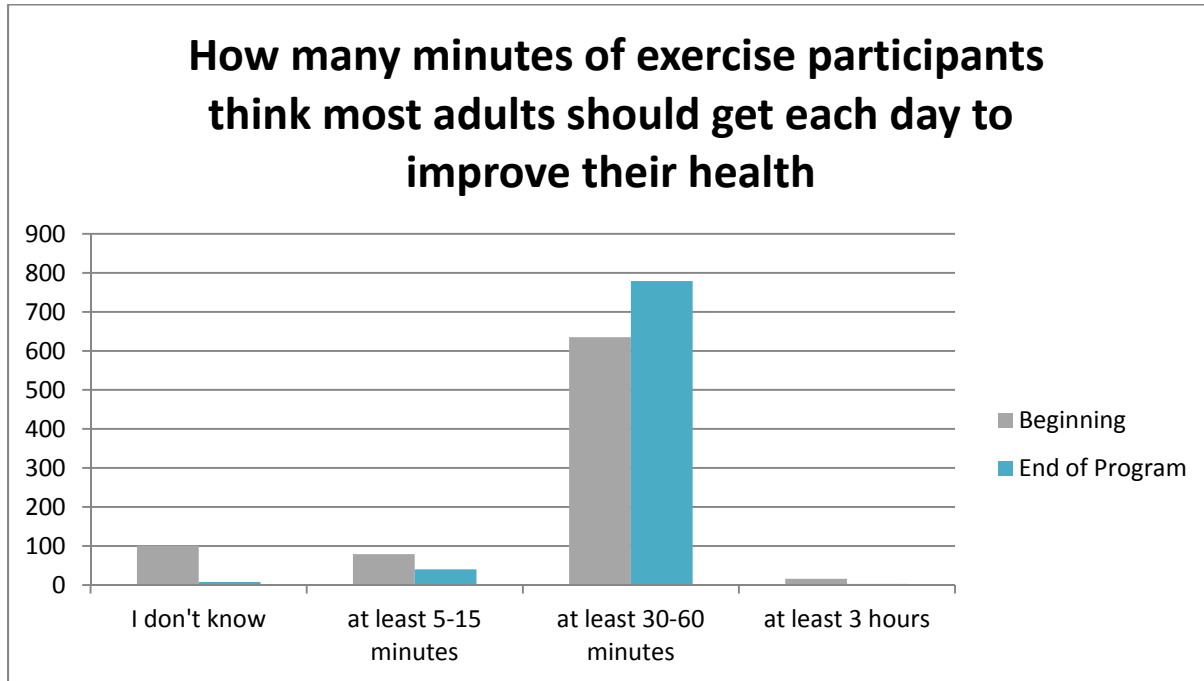
The below graph is a comparison of participants' (self-reported) fruit and vegetable consumption at the beginning of the program to the end of the program. The graph illustrates a shift from the majority of participants consuming 0-2 fruits and vegetables per day at the beginning of the program (n=445) to a majority consuming 3-5 or more fruits and vegetables per day at the end of the program (n=564). This is a positive trend as eating more fruits and vegetables every day is a key message in the Heart HELP curriculum.



Educating participants on how to read food labels is another major component of the nutrition education included in the Heart HELP program. The below graph illustrates an increase in the number of participants who report that they check food labels before they purchase food products from the beginning of the program to the end of the program. This is significant, as close to 30% of participants attending the program report having high blood pressure (n=446), 30% report having high cholesterol (n=423), 18% report being diabetic (n=227) and the majority of participants are overweight or obese.



Heart HELP emphasizes that adults engage in 30-60 minutes of (moderate-intensity) exercise each week to reap the health benefits of physical activity and help decrease their risk of getting cardiovascular disease. The below graph illustrates an increase in the number of participants who know the recommended guidelines for physical activity from the beginning of the program to the end of the program. While the graph shows that many participants know the correct answer at the start of the program, there is still a positive shift that illustrates close to 100% of program participants know how much exercise they should engage in for their health at the end of the program.



III. Financials

Attached are the financial reports for all members of the Heart HELP Program: California Hospital Medical Center, Good Samaritan Hospital, Huntington Memorial Hospital and National Health Foundation. All reports include personnel and program expenses covering September 2010-July 2011 or later. Questions related to the financial reports should be directed to the individual organization.

IV. Year Three

Hospitals and National Health Foundation are enthused about continuing to offer the HELP Program to patients and community members in the coming year. Consortium members remain diligent about frequently reviewing data and program progress to ensure the curriculum and program activities are most effective. Special attention will be placed on addressing outcomes which are behind target. Additionally, in the upcoming year, hospitals will begin developing sustainability plans for continuing the program after grant funding ends. As always, the Los Angeles Chronic Disease Management Consortium is grateful for the generous funding provided by the Good Hope Medical Foundation and the Watts Health Foundation. Without their support, the Heart HELP program would not be possible.