

This product was developed by the Proyecto Vida Saludable at the Holyoke Health Center, Inc. in Holyoke, MA. Support for this product was provided by a grant from the Robert Wood Johnson Foundation® in Princeton, New Jersey.

Proyecto Vida Saludable: An Innovative Program for Latino Patients with Type 2 Diabetes

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Holyoke Health Center

Funded by the Robert Wood Johnson Foundation

Holyoke Health Center

- JCAHO accredited
- Federally Qualified CHC
- Western Massachusetts
- 17,277 medical patients
- 6,722 dental patients
- 162 employees
 - ✓ 25 medical providers
 - ✓ 3 dentists
 - ✓ On-site retail pharmacy
- One of the highest diabetes mortality rates in Massachusetts
- Nearly 100% of our patients live at or below the poverty level



Proyecto Vida Saludable: Race, Type of Diabetes

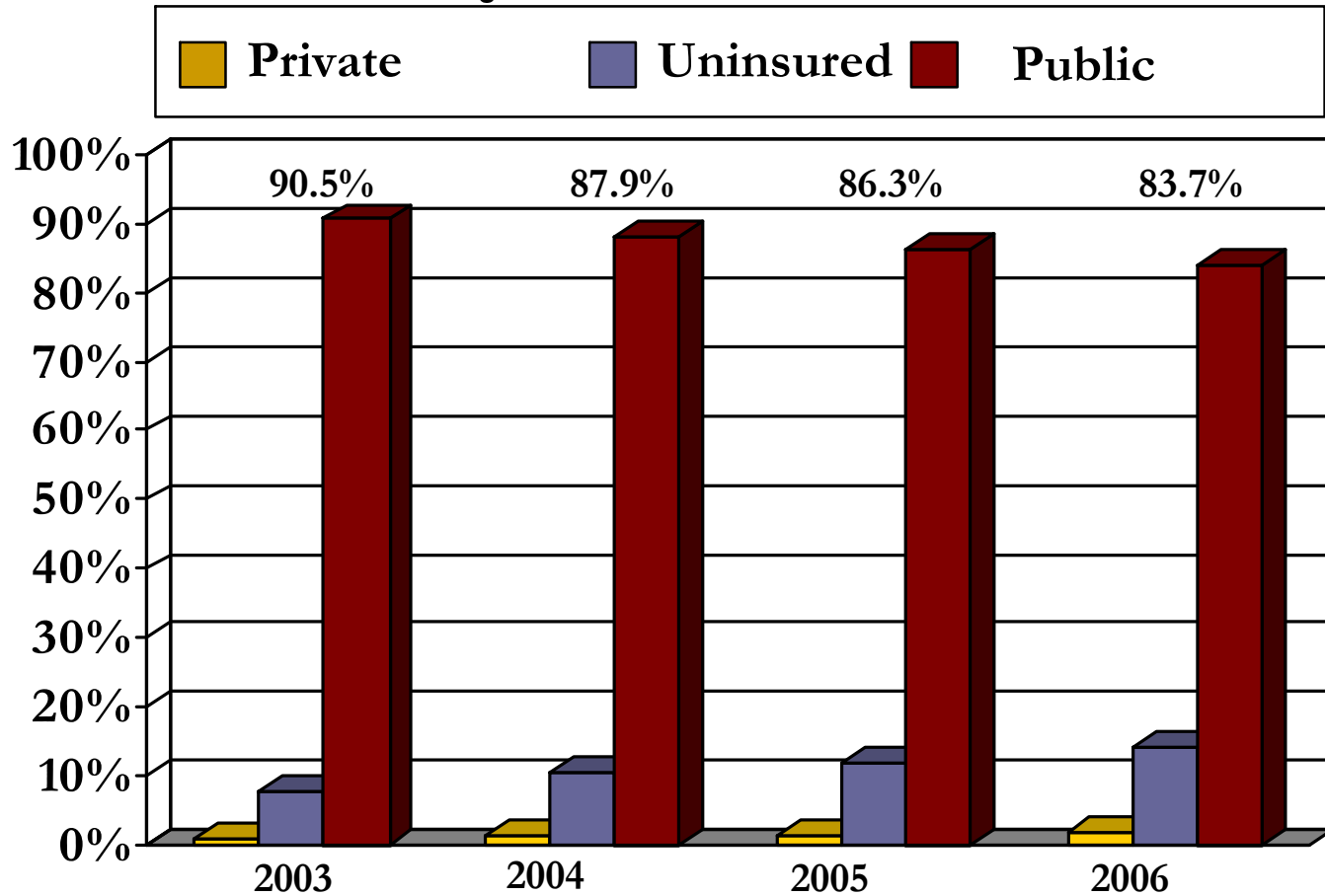
Year	1/1/2003	1/1/2004	1/26/2005	1/26/2006
Race				
Latino	88.4%	87.9%	87.6%	85.6%
Caucasian	7.9%	8.0%	8.7%	9.8%
African-American	1.4%	1.5%	1.2%	1.6%
Other/Unspecified	2.3%	2.6%	2.5%	2.5%
Diabetes				
Type 1	1.8%	2.3%	2.9%	1.8%
Type 2	98.3%	97.9%	97.9%	98.4%

Proyecto Vida Saludable:

Patients with Diabetes :Age of Population

Demographics				
Year	1/1/2003	1/1/2004	1/26/2005	1/26/2006
Total Patients	773	877	1054	1180
<u>Age</u>				
<30	4.3%	4.6%	4.2%	3.5%
30-49	34.5%	34.5%	33.5%	33.5%
50-64	45%	44.6%	43.4%	42.8%
≥ 65	16.6%	16.3%	19.0%	20.3%

Type of Insurance for Patients with Diabetes at Holyoke Health Center



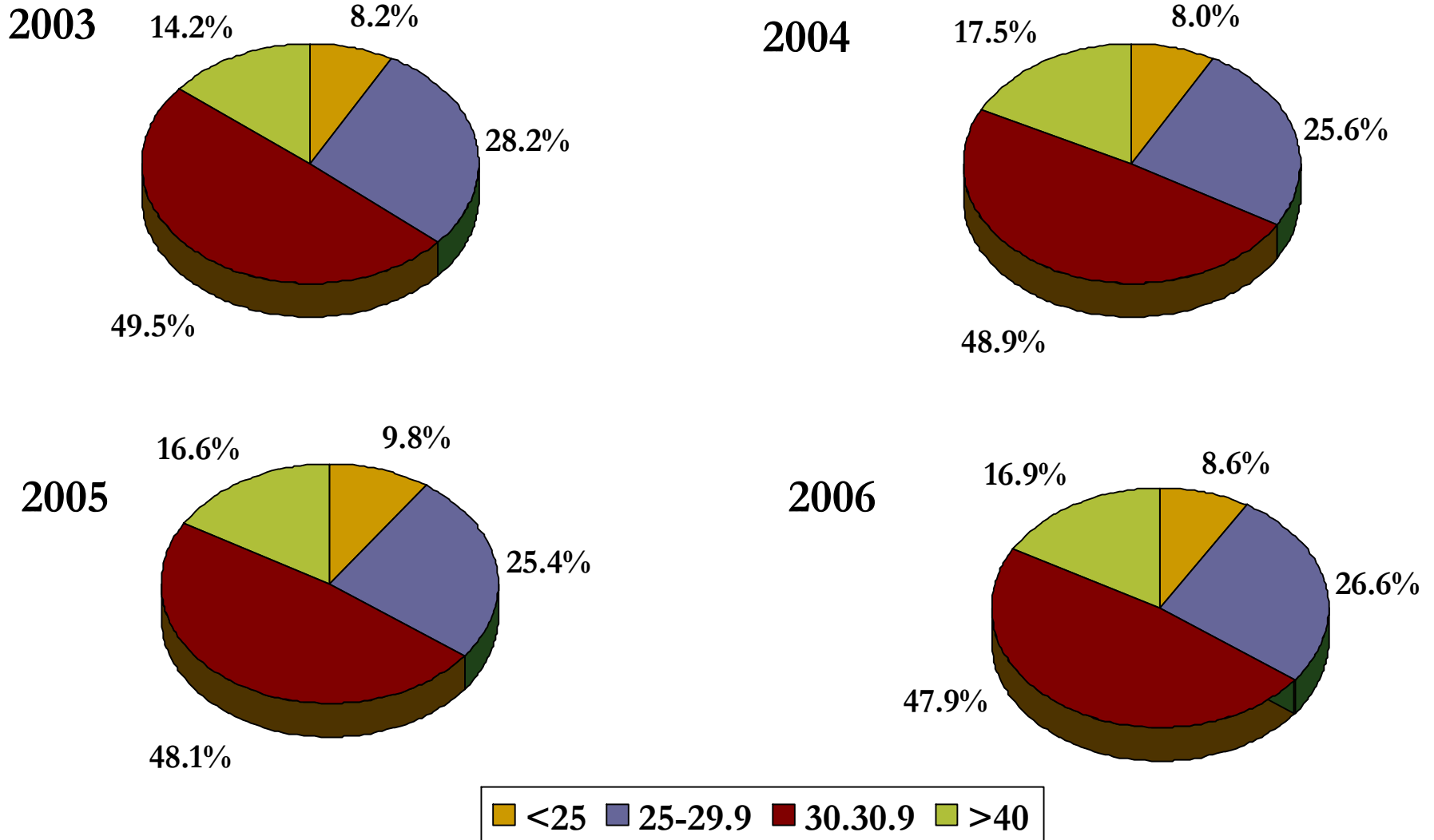
N= 750

853

1016

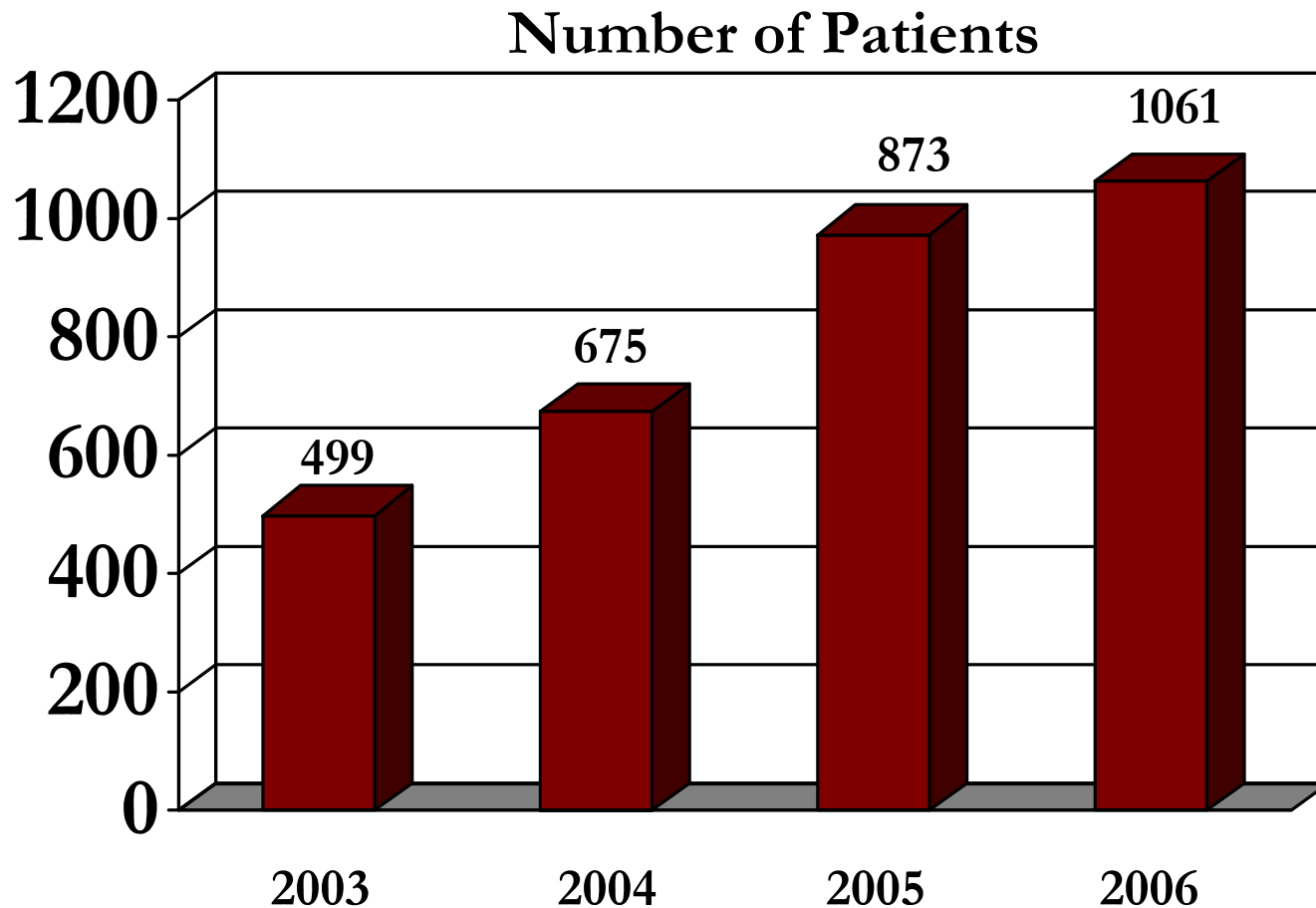
1122

Body Mass Index 2003-2006



Holyoke Health Centers Patients with Diabetes

Increase in the Number of Patients with Diabetes at the Holyoke Health Center



Program Interventions

- Initial Focus Groups
 - Breakfast Club
 - Chronic Disease Self-Management Classes
 - Community Health Workers
 - Diabetes Education Classes
 - Exercise Classes
 - Individual Appointments with the diabetes educator and the nutritionist
 - Snack Club
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Breakfast Club

- Eleven Sessions
- Nutritious Breakfast
- Correct Portion Sizes
- Balanced Meals
- Variety of Foods
- New food products introduced
- Label reading
- Hands on learning opportunities
- Incentives and raffles



Supermarket Tour

- Practice skills learned in class
- Patients with low literacy levels benefit
- Assess patient knowledge of products and food selection
- Hands on learning



Chronic Disease Self-Management Program

- Six, two hour sessions
- Intervention Focus
 - Goal Setting
 - Problem Solving
 - Cognitive Techniques
 - Breathing Techniques



Community Health Workers

- Bridge between the community and the health center
- Co-lead Programs
- Outreach
- Telephone Follow-Up
- Joint Visits with Providers
- Teaching
- Social Support
- Goal Setting/Problem Solving



Diabetes Education Classes



Exercise Class



Individual Appointments with Diabetes Educator and Nutritionist

- Medication Management
- Nutrition Therapy
- Self-Monitoring Blood Glucose
- Prevention of Complications
- Exercise
- Preventative Health Care
- Diabetes Self-Management Programs
- Goal Setting/Problem Solving

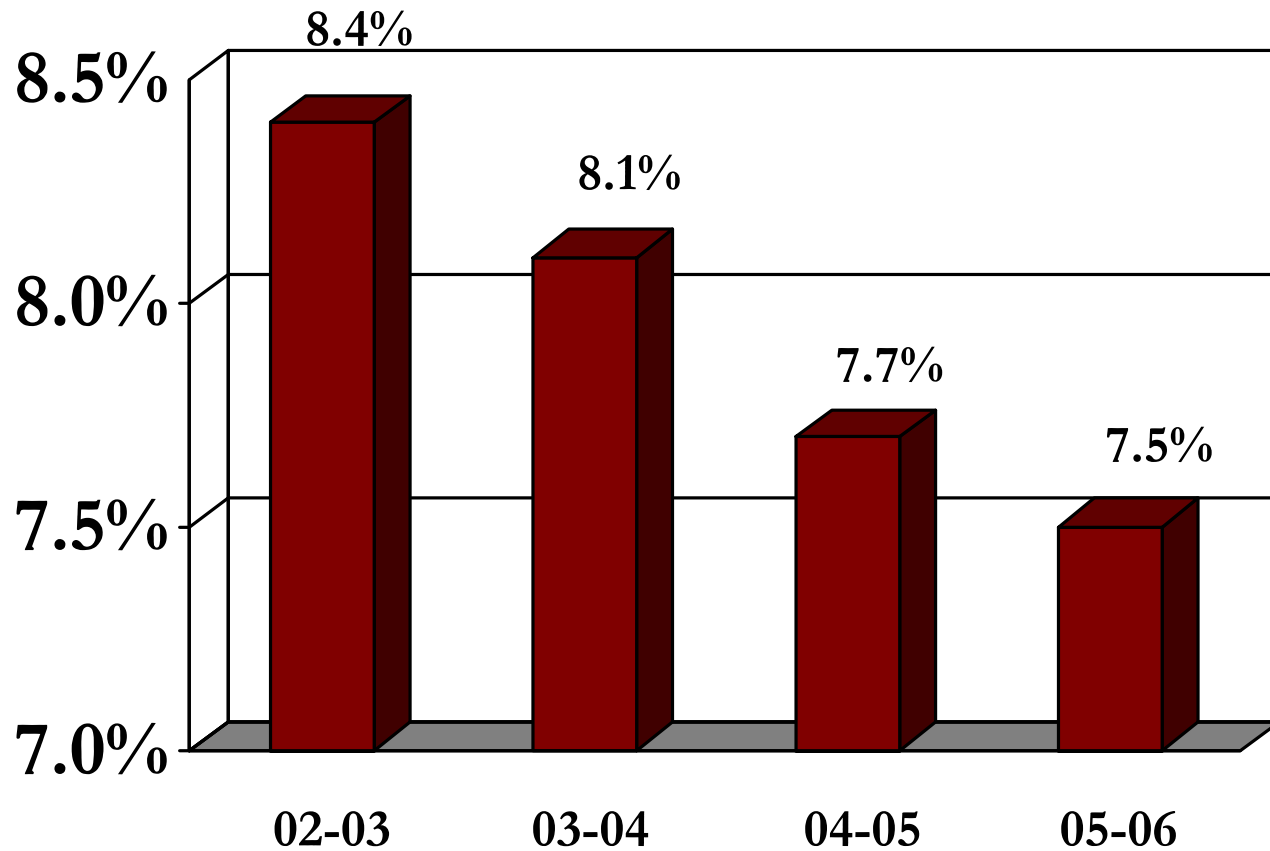


Drop In Snack Club

- Informal gatherings
- Meet Program Staff
- Diabetes Bingo
- Raffles with healthy prizes
- Goal Setting
- Problem Solving
- Referral to other programs



Significant HA1c Improvements



N=

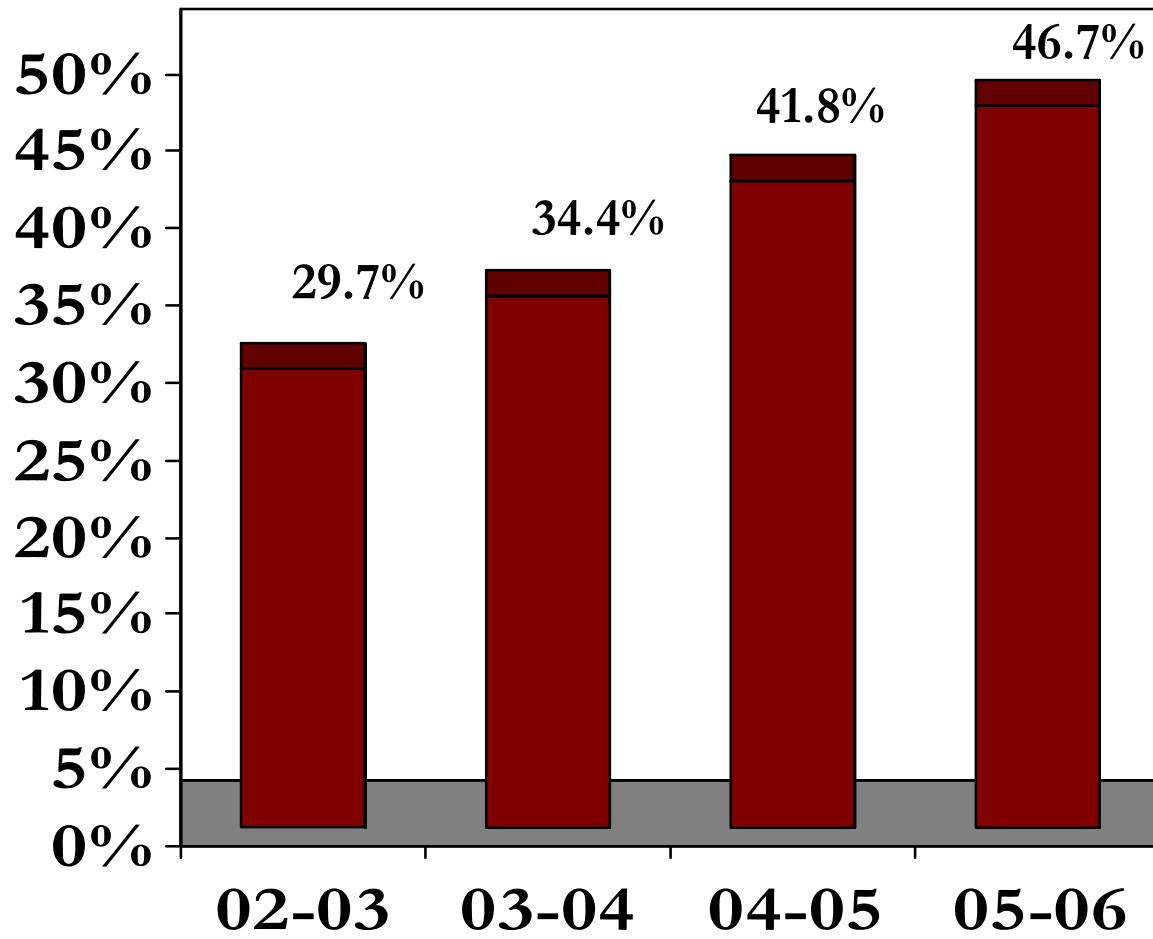
499

675

873

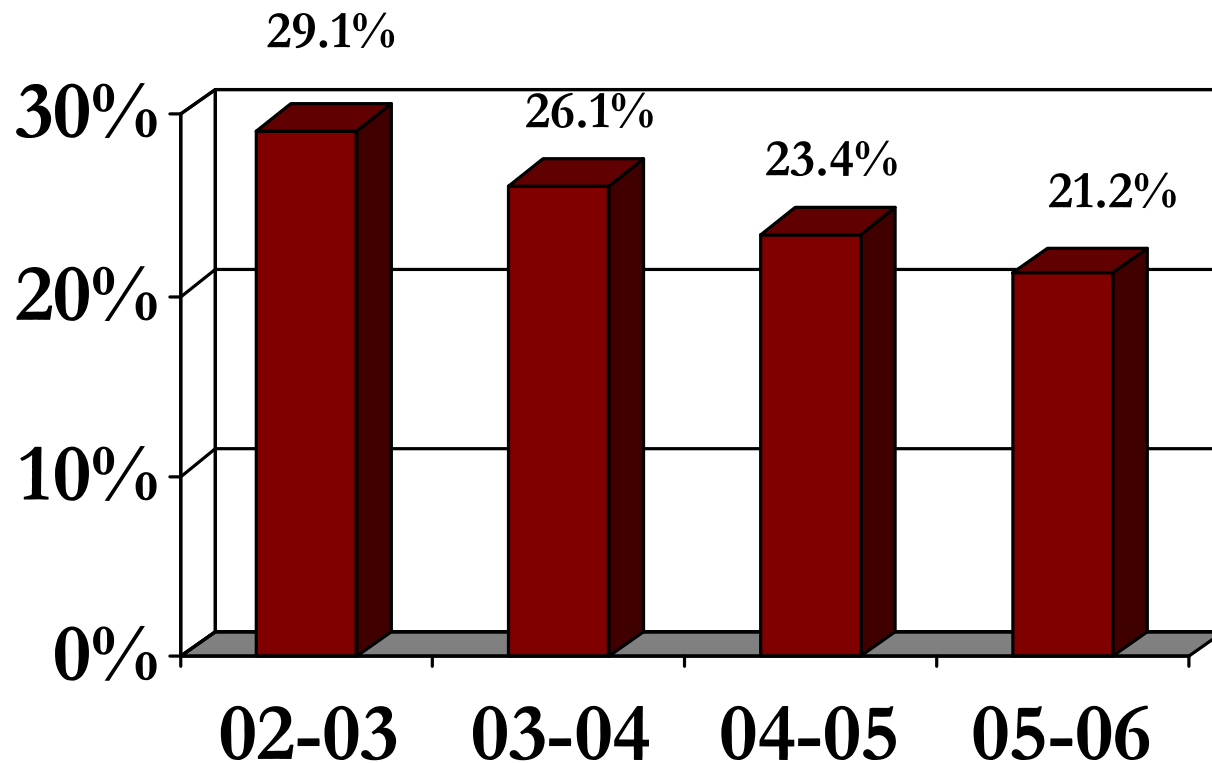
1061

Patients with HA1c less than 7



N= 499 675 873 1061

Patients with HA1c Greater than or Equal to 9



N= 499

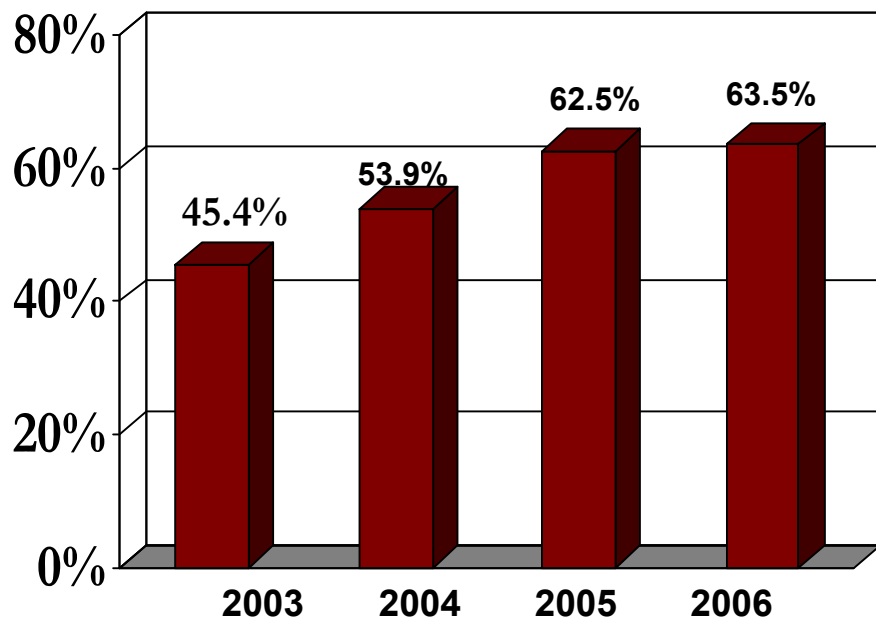
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873

1061

Significant Improvements in LDL

% With LDL Tested



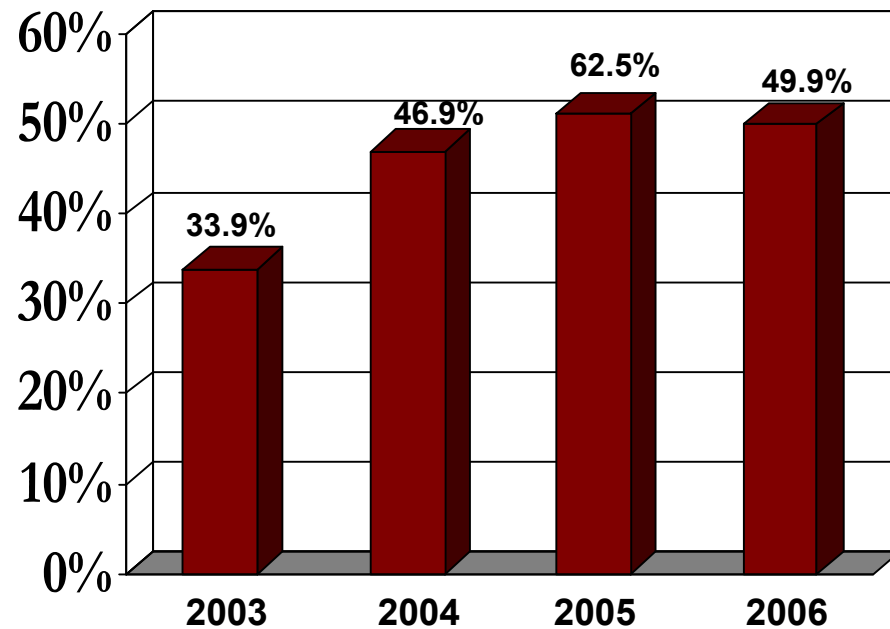
N= 351

473

659

749

% of Those < 100



N=

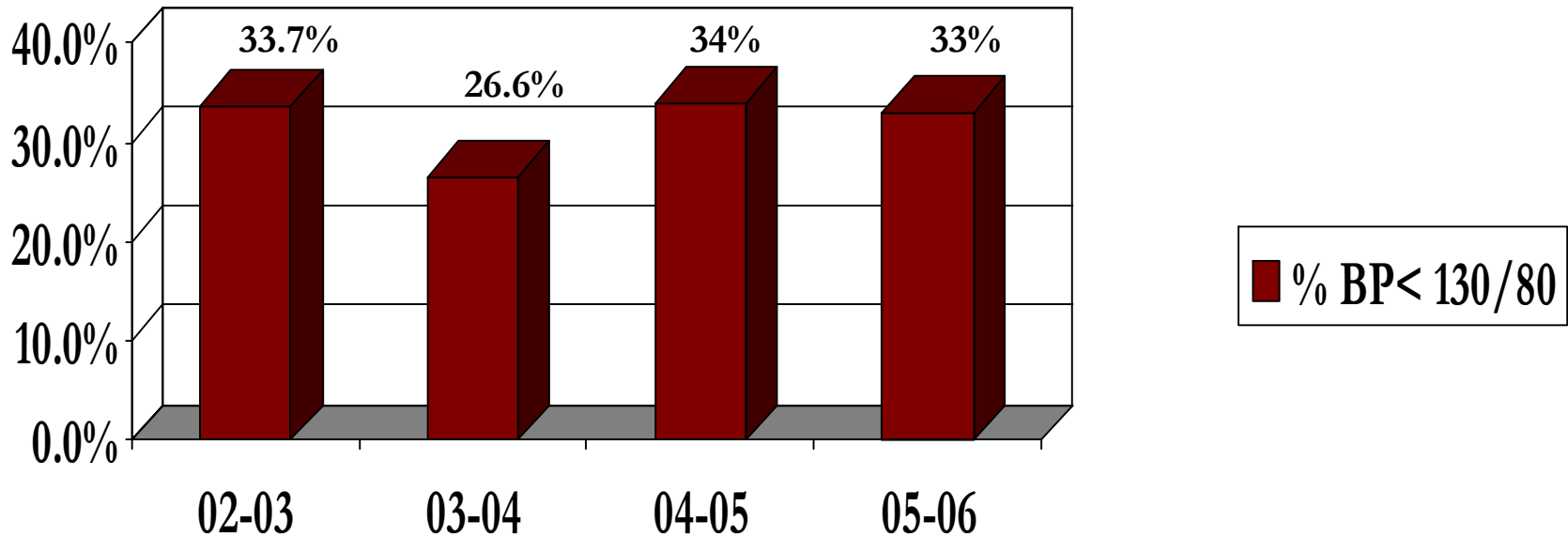
351

473

659

749

Percentage of Patients with Controlled Blood Pressure



N = 561

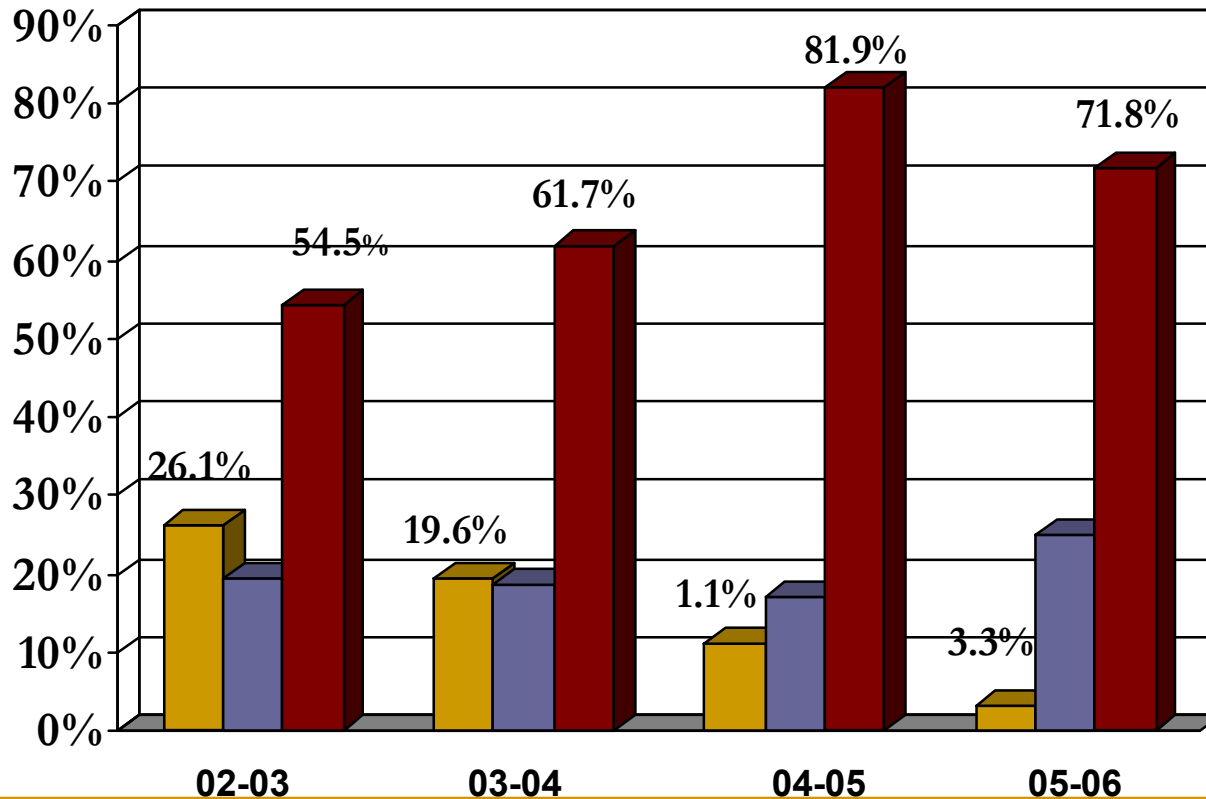
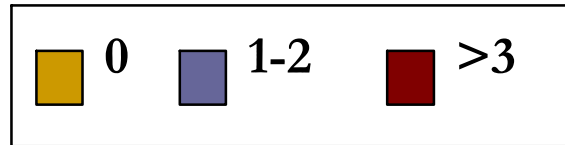
692

1033

1136

Impact of Outreach

of Visits in Last Year



Conclusions:

- Patients Benefit from a Wide Range of Interventions
 - Community Health Workers: Integral Role in DSMP
 - Sustainability of Program
 - Utilization of Data to MCO's
 - Additional Grant Funding
 - Linkage with Other Programs
 - Healthy Weight in Women
 - Childhood Obesity Project
 - Cardiovascular and Diabetes
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