

Completing the Continuum of Care by providing a Culturally Competent Center for Wellness in an Urban American Indian Community focusing on aging populations

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Abstract

The Community Wellness and Outreach Department (CWO), provides wellness and education services to empower clients to make lifestyle changes, often changing the course of their health and lives. Services are provided at the Indian Health Center's (IHC) Center for Wellness in close collaboration with IHC's Medical Department, completing the continuum of care from the medical clinic to the community. The Center for Wellness is holistic, encompassing traditional American Indian healing concepts of treating the whole person - body, heart, mind and spirit. Programs provide service to over 1000- 60+ seniors with 5000 contacts per year. 80% are underserved minority populations. Programs include: Fitness, offering individual and group classes including Tai Chi for seniors, Adapted Yoga, Walking Spirit, and the Arthritis Foundation Exercise Programs. Nutrition Services include an RD/CDE providing nutrition education and cooking demonstrations. Diabetes Services include an intensive 16-week diabetes prevention program focusing on fitness, nutrition and lifestyle balance. In addition, a diabetes orientation class and diabetes education/self - management are provided. Health Education includes tobacco cessation, referrals and health screenings for blood sugar, cholesterol and high blood pressure. Cultural Wellness Activities are provided through native dancing, beading, drumming and craft classes. Events are held such as American Indian Care Days and American Indian Family Fun Nights. Elder Care Programs for American Indian / Alaskan Natives such as Elder's luncheon to develop and maintain social relationships and Outreach Services such as American Indian events and Transportation. Center for Wellness programs enhance the quality of life for the aging population.

IHC Center for Wellness Model

Current Medical Model for Patient Visit

Clinic → Pharmacy → Community

Center for Wellness Model

Clinic → Pharmacy → Center for Wellness →

Community = Empowered Patient

The current medical model for patient visits is not holistic and only addresses the symptoms of chronic illness. The Center for Wellness model is holistic and addresses body, heart, mind and spirit:

- Body - physical activity, nutrition, prevention
- Heart - socialization, cultural engagement
- Mind - mental health services, respect cultural differences
- Spirit - traditional healing practices, stress management

This multidisciplinary approach provides comprehensive programming as well as capacity for evidence based practices in a culturally sensitive manner which closes the gap in the current medical model for patient care.

IHC Center for Wellness

The Center for Wellness provides 15,000 contacts, visits, and encounters annually.



Holistic approach addressing Body, Heart, Mind and Spirit

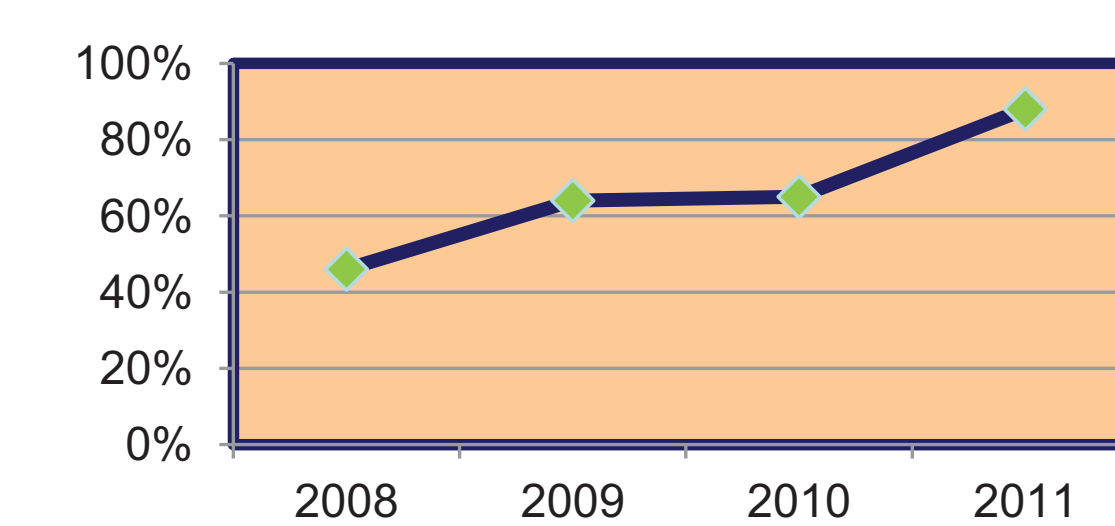
Evidenced Based Programs

- IHS Diabetes Care Best Practice
- Ash Kickers
- Honoring the Gift of Health
- Diabetes Education in Tribal Schools
- Together Raising Awareness of Indian Life
- Arthritis Foundation Exercise Program
- Senior Tai Chi

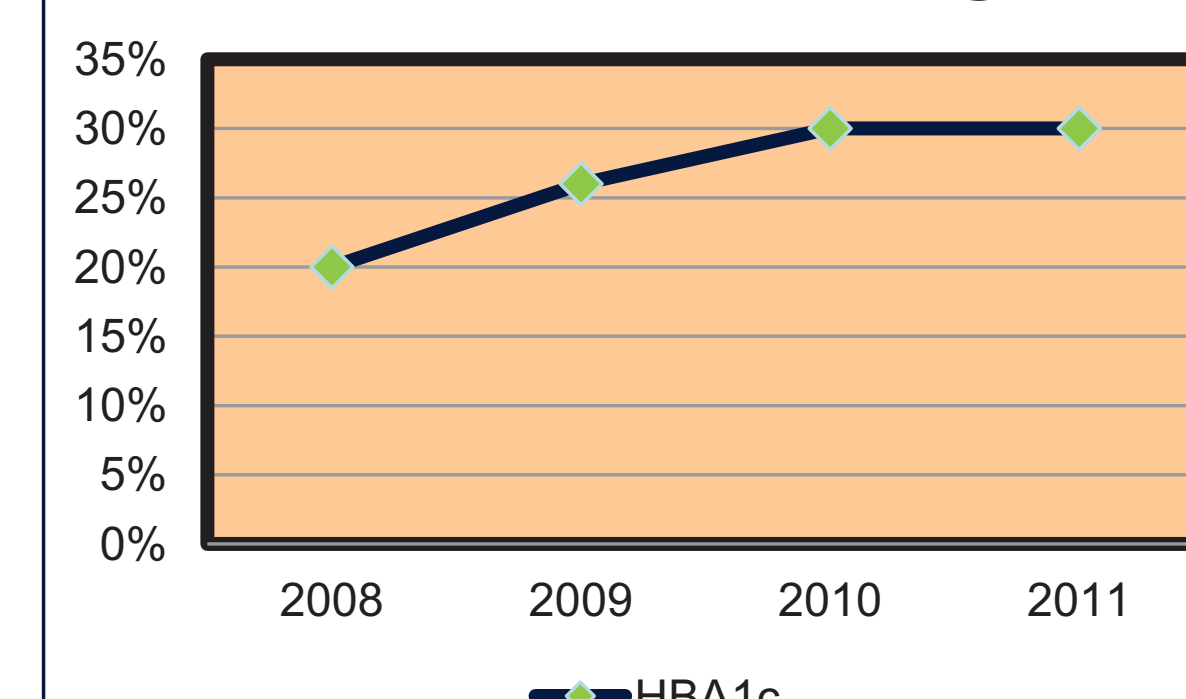
Diabetes Management

- 800 Annual Health Education Visits
- Exercise Education 97%
- Nutrition Education 97%
- Foot Exams 84%
- Depression Screening 81%

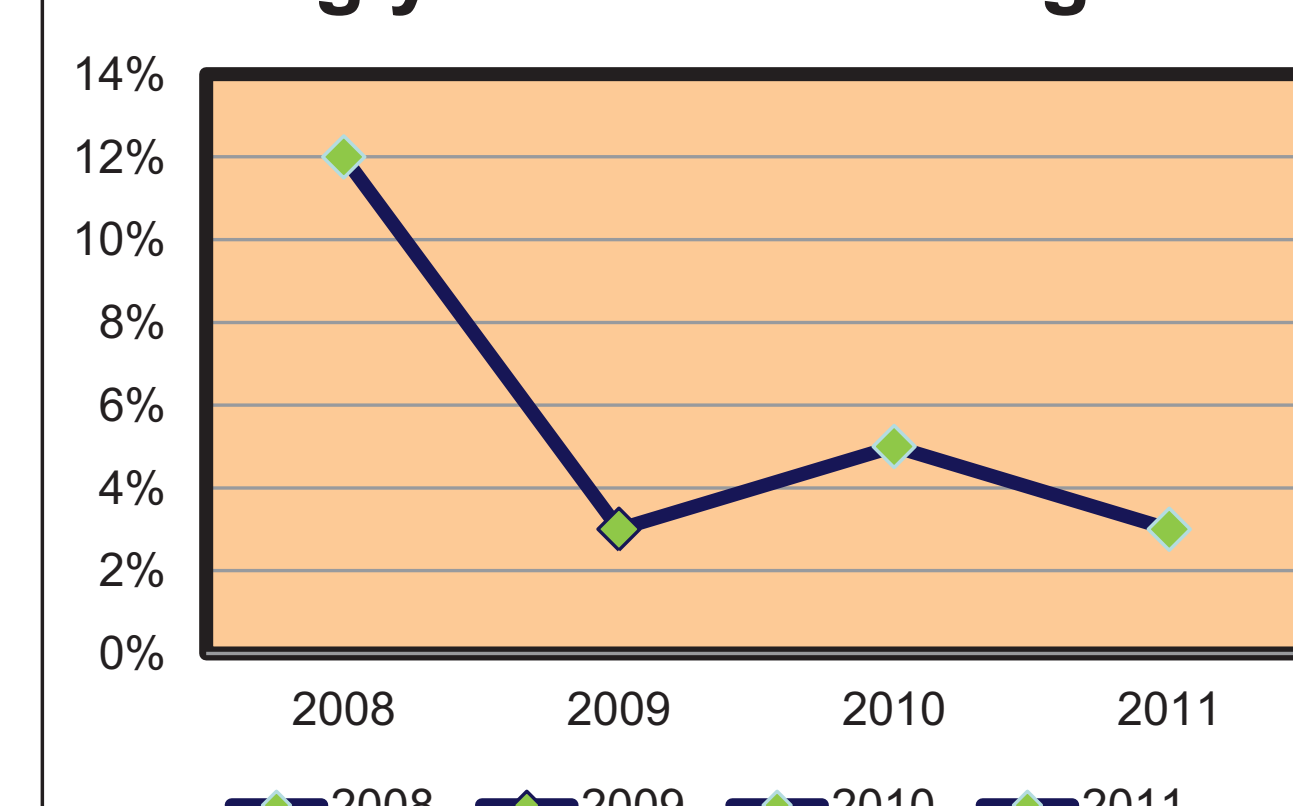
American Indian Elders, Ages 45-60, Tobacco Counseling



American Indian Elders ages 45-65 HbA1c patients < 7% mg



American Indian Elders ages 45 - 65 Triglycerides >400 mg/dl

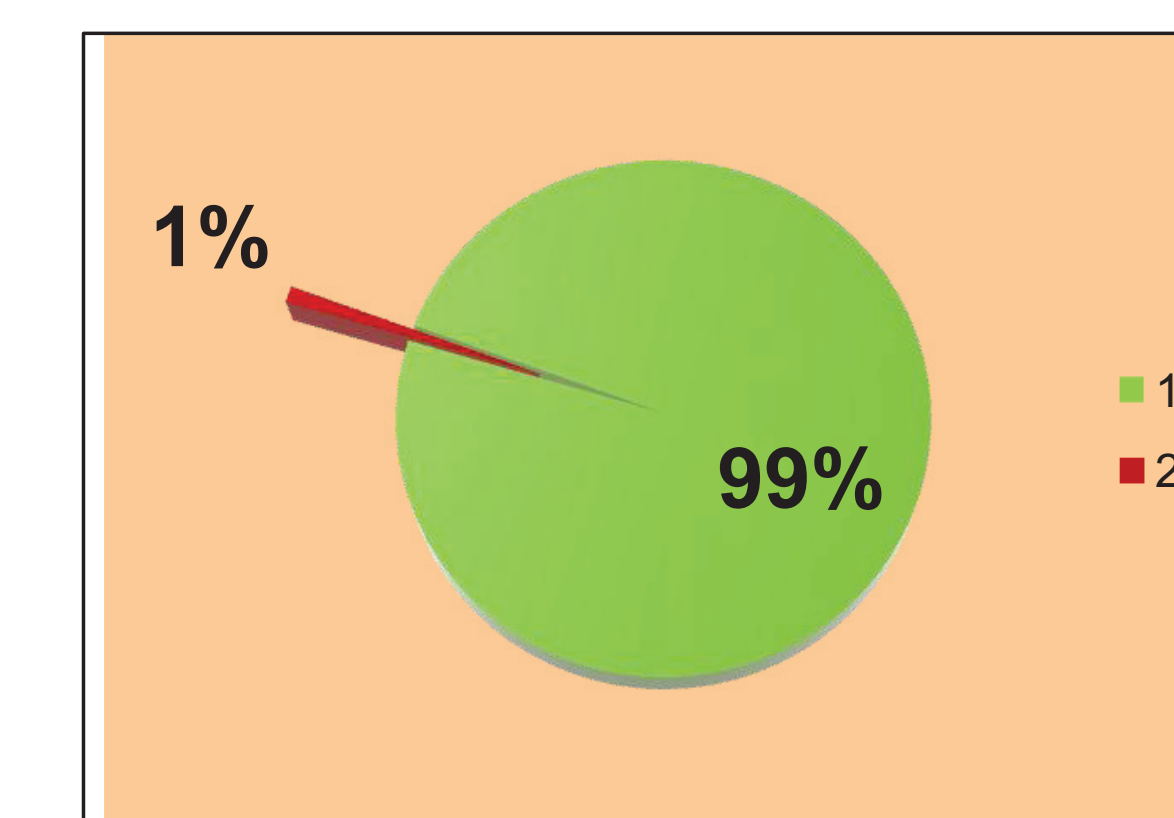


Lab/Metric	Baseline	Follow-up
HbA1c	7.3	6.6
BMI	50.1	40.6
Wt. lbs	336	240
Waist	55	46.5
Hip	59	50
Cholesterol	251	134
LDL	158	63
Phys. Activity	very little	3-4 days a week

With help from the IHC Center for Wellness, I lost 96 lbs. I feel so much better and I have so much more energy for dancing!

Diabetes Prevention Program

Conversion from pre-diabetes to diabetes annually
NIH/NIDDK DPP study = 11%. (predicted)
IHC's DPP conversion rate to diabetes=1%



Elders

180+ American Indian Elders with critical services

- Senior Luncheons
- Transportation
- Case Management
- Referral
- CSA box distribution (organic produce)
- Multigenerational Programs
- Home Visits



Medical Nutrition Therapy

- RD/CDE
- Staff/Clients
- Monthly Group Class
- Weight Management
- Pre-diabetes
- Dislipidemia
- DSME

200+ Annual Visits



Fitness

- Exercise Programs
- Just Move It
- Yoga
- Boot Camp
- Stretch and Flex
- Walking Spirit
- Dancing and Drumming

6000 +Annual Fitness Center Visits
Walk Spirit Club 10,000 Miles



Community Outreach

- Referrals
- Cultural Events
- Community Education
- Susan G. Komen
- Colorectal Cancer Awareness
- Soda Free Summer
- Access to Healthy Food
- Injury Prevention
- Eligibility

1000+ Annual Health Education contacts



Application to other Ethnic Communities

Chronic illnesses faced by older American Indians such as diabetes have now become epidemic in all US populations.

IHC's Center for Wellness model has changed the view of the community from HOPELESSNESS to HOPE and has now been expanded and successful in other populations due to its cultural approach.

Stakeholder Benefits

- Providers - health home - the IHC Wellness Center model provides a one stop shop in completion of the continuum of care.
- Insurers - long term cost containment
- Universities -translation of evidence based models
- Non- profit organizations- collaborations
- Community - community based participatory research
- Funders – reducing chronic illness

Completing the continuum of care using the IHC Center for Wellness model: Win - Win for all!

Dissemination and future

IHC is currently developing dissemination strategies and continues to work toward policy change around prevention reimbursement

National Recognition

2011 Urban Indian Health Institute Leadership in Data Use Award

2011 American Public Health Association Archstone Foundation Award for Excellence in Program Innovation (honorable mention)

2010 Center for Disease Control and Prevention Frank Vinicor Award of Excellence

2009 American Diabetes Association/SDPI Awaken the Spirit/Voices for Change Award

2009 National Indian Health Board Local Impact Award

2008 YMCA Activate American Award