florida heart research institute

Living for Health®

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Florida Heart Research Institute

- Located in Miami, FL
- Independent, nonprofit 501(c)(3) organization
- No affiliations with any hospital or university

Mission:

to stop heart disease through research, education and prevention

Living for Health®

Cardiovascular community health program targeting underserved and uninsured adults

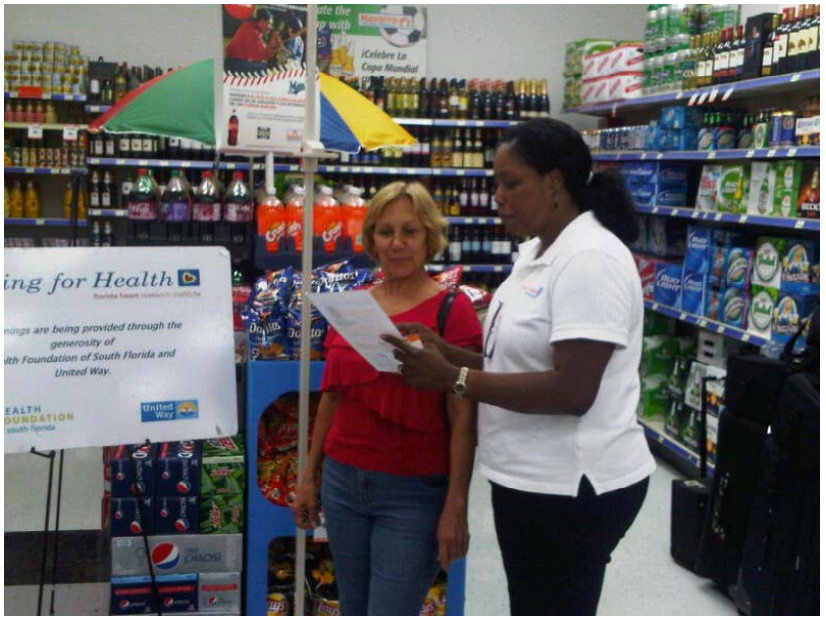
- Use community-based cardiovascular risk factor screenings to identify those at risk for heart disease, stroke and diabetes
- Provide education and health coaching to encourage lifestyle changes to reduce risk
- Encourage those at risk to seek treatment and provide FQHC referrals to those without a medical home
- Provide telephonic follow-up to all high risk participants at 1, 3, 6 and 12 months

Community Screenings

Churches, malls, health fairs, community centers located in medically underserved areas

Screening Process

- Baseline Lifestyle Survey and Clinical History
- Blood Pressure
- Body Mass Index
- Fingerstick
  - Total Cholesterol
  - HDL
  - TC / HDL ratio
  - Glucose
- One on One Counseling
- Educational Information
- List of Local Resources



Counseling and education provided in English, Spanish and Creole

Protocol for Medical Follow Up

Follow national NCEP / ATPIII, JNC(VII) and ADA guidelines for medical follow up:

- Systolic BP ≥ 140 mm Hg
- Diastolic BP ≥ 90 mm Hg
- Total Cholesterol ≥ 240 mg/dL
- TC / HDL ratio ≥ 4.1
- Glucose ≥ 200 mg/dL

Those without a PCP are referred to participating FQHCs that treat on a sliding fee scale based on ability to pay

Outcomes Measured

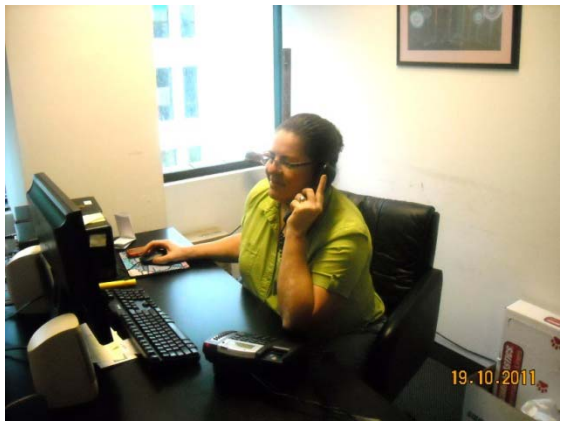
Follow all "at-risk" participants – (60% of participants)

- ♥ Lifestyle changes
  - ➢ Fruit and vegetable consumption
  - ➢ Whole grain consumption
  - ➢ Fast food frequency
  - ➢ Fast food type
  - ➢ Fat intake
  - ➢ Physical activity levels
  - ➢ Smoking

- ♥ Clinical changes (TC, TC/HDL, BP, GLUCOSE)
- ♥ % who sought treatment
- ♥ Matches to new medical home

Outcomes Measurement

Follow up phone surveys at 1, 3, 6 and 12 months from initial screening

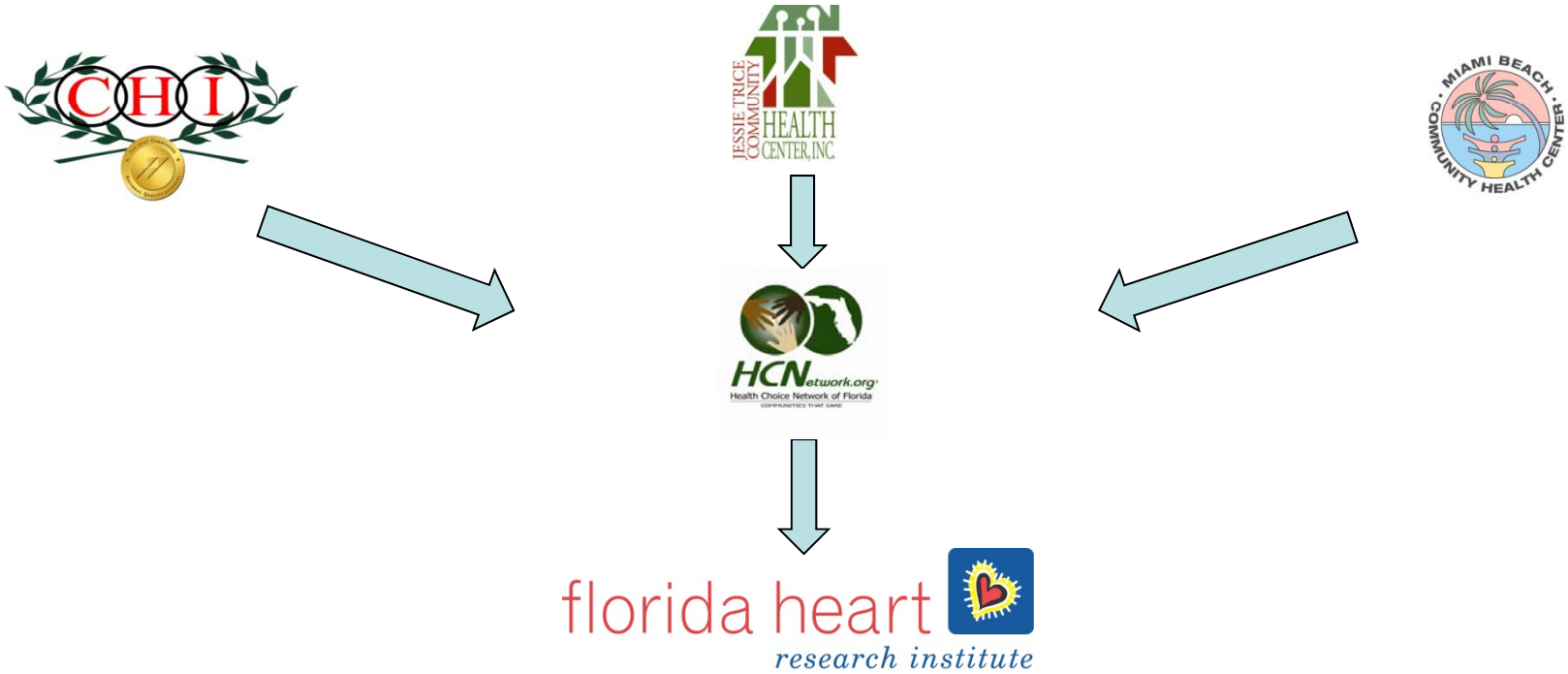


- to collect **post lifestyle** data
- determine who sought treatment
- opportunity to re-educate and coach
- encourage participants to seek treatment

Outcomes Measurement

Data Downloads from Participating Clinics

- ♥ to collect **post clinical** data
- ♥ determine who sought treatment
- ♥ identify matches to a new medical home



Lifestyle Results

- Showed statistically significant improvements in 6 out of 7 lifestyle indicators after 3 months

- Showed statistically significant improvements in 5 out 7 lifestyle indicators after 6 and 12 months

Lifestyle changes were made and sustained among those at-risk participants we were able to reach in the phone surveys

Clinical Results

Showed statistically significant improvements in all 4 clinical indicators after 3 and 6 months

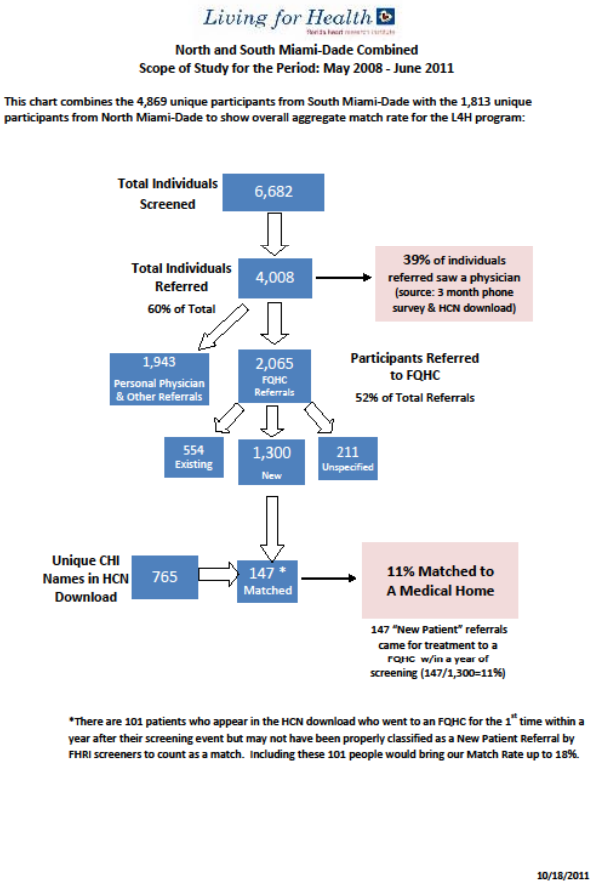
Showed statistically significant improvements in 3 out of 4 clinical indicators after 12 months

Clinical indicators among those at-risk participants followed and treated by the FQHCs were improved and sustained

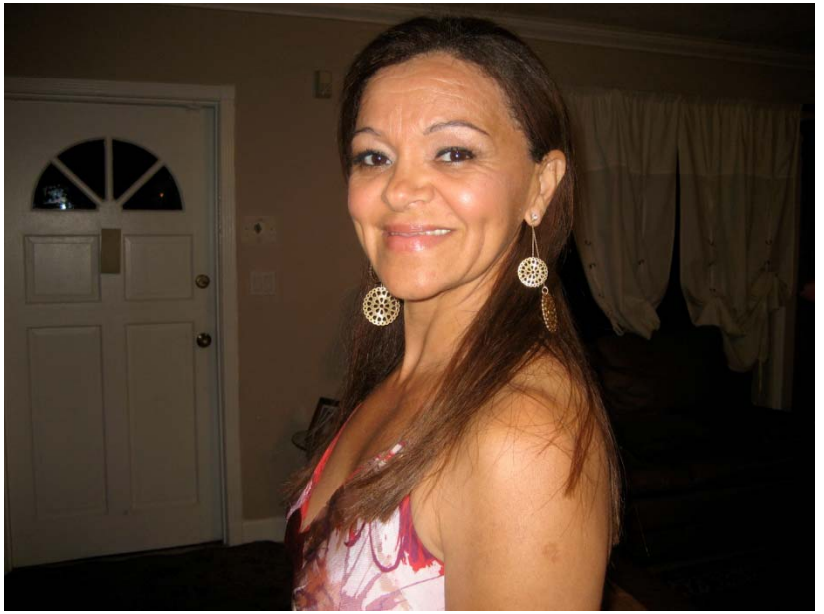
While the N is small, the data supports the self reported lifestyle changes

Match to a Medical Home

Out of the 6,682 screened in the program, 4,008 (39%) required medical follow-up. Of those, 1,300 had no medical home so were "new" referrals. **147 out of 1,300 (or 11%) were successfully matched** – independently verified from data download



Testimonials



Maria Alvez – Event #33 screening showed she had high blood pressure. When she reported that she had no insurance or a doctor, Maria received a referral to a participating FQHC. She was seen by a physician, received a prescription and is thankful for Florida Heart's Living for Health® program for helping her to get the treatment she needs.

Summary

- ♥ L4H is a cardiovascular community health program targeting underserved and uninsured adults
- ♥ Statistically significant improvements were seen in BOTH lifestyle and clinical indicators over time
- ♥ L4H led to new connections in healthcare – thereby increasing access to care
- ♥ Costs less than $50 per person

Next Steps: Continue to collect more data, publish outcomes and encourage replication

Acknowledgements

L4H Funders

HEALTH FOUNDATION of south florida

United Way

Aetna

Community Partners

HCNetwork.org
Health Choice Network of Florida
COMMUNITIES THAT CARE

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