

Living for Health®

florida heart research institute

APHA Session 4065 Underserved Populations: Innovative Health Promotion Program

Living for Health®: A Cardiovascular Community Health Program for the Underserved

Abstract Update

Background – Living for Health® is a cardiovascular community health program that screens underserved and uninsured adults to identify those with risk factors for heart disease, stroke, and diabetes. Participants receive culturally appropriate health coaching and referrals for medical follow up when needed. Those without a primary care practitioner are referred to a Federally Qualified Health Center in their area.

Methods – Intervention teams travel throughout Miami-Dade County into designated poverty areas to screen for risk factors including blood pressure, cholesterol and glucose. A baseline lifestyle survey is administered at screening. All participants receive clinical results as well as coaching to reduce risk factors. At risk participants are urged to seek treatment and those without a medical home are referred to a participating FQHC. They are also followed at 1, 3 and 6 months to determine if lifestyle changes have been made.

Results – 6,682 underserved adults were screened. Of those, 4,008 (60%) were found to have risk factors that required referral. Of those referred, 2,065 (52%) were referred to the FQHC; 1,300 of these were new patients to the clinic. 147 (11%) sought treatment and were successfully connected to a new medical home.

Conclusions – One of the most important aspects of the program has been finding medical homes for 147 participants. Preliminary 3-month follow up data have indicated both positive changes in lifestyle and clinical values. Participants will continue to be followed to assess if lifestyle changes are sustained. This program will be rigorously evaluated to determine efficacy and sustainability of outcomes.

Presented on 11/1/11 by:

Tori Gabriel, MBA-HA
Director of Education & Prevention

Florida Heart Research Institute

4770 Biscayne Blvd., Suite 500
Miami, FL 33137

(305) 604-3252 = Direct
(954) 261-1479 = Mobile

tori@floridaheart.org
www.floridaheart.org
www.livingforhealth.org

Community Partners:



Program Funders:

