

MI CORAZON, MI SALUD MY HEART, MY HEALTH



The Concerns:



The coronary heart disease death rate in San Bernardino city is 120.9 per every 100,000 people (California Department of Public Health, 2015). The average annual age-adjusted hospitalization rate due to hypertension or high blood pressure (BP) for adults (18 and older) is 5.6, with black/African Americans at 18.3 and Hispanics (any race) at 5.1.

The Strategy:



Increase knowledge and skill training and to facilitate problem-solving and coping skills to achieve effective self-care behavior and behavior change in high risk population.

Achieve change in attitudes towards CV health (e.g., reduced stigma), improved skills (e.g., preparation of meals, ability to monitor BP) and positive change in self-care behaviors.



Innovation:

- Used community health workers/promotores for community-based education and outreach and as part of the care coordination team.
- Offered a go-to-them approach utilizing partnership with non-traditional health organizations.
- Provided home visits and group sessions.
- Built partnerships.
- Trained a Community Action Board (CAB), comprised of community residents.
- Aimed for systems and policy change.

The Participants:



1,814 community members reached.



Screened a total of 362 participants and baseline measures collected.



Tracked 179 participants; 152 enrolled in Case Management.



The Outcome/Impact:

Knowledge:



51% of case management participants scored 100% on a health nutrition knowledge survey by the end of the grant year (n=152).



41% of case management participants scored 100% on a cardiovascular disease (CVD) knowledge survey by the end of the grant year (n=152).

Clinical measures:

BMI ↓

26% of participants with BMI > 25 reduced their BMI by at least one point (n=176).



54% of participants with a pre-existing diagnosis of hypertension (BP > 140/90) finished the grant year with BP < 140/90 (n=175).



Total cholesterol decreased from 198 at baseline to 190 at follow-up (n=176).

TRIG ↓

Triglyceride levels decreased from 170 at baseline to 165 at follow-up (n=176).



Low-density lipoproteins (LDL) decreased from 110 at baseline to 105 at follow-up (n=151).



11% of participants with baseline BMI > 25 lost 10 pounds or more and 24% of participants with baseline BMI > 25 lost five pounds or more (n=176).



Behavioral measures:

The number of servings of fresh fruits and vegetables consumed in the last three days increased from 3.8 at baseline to 4.5 at follow-up (n=135).



2016, San Bernardino County