



Development of Healthy Lifestyle Changes Curriculum for Puget Sound Christian Clinic

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Introduction to PSCC



- **Mission:** "To show Christ, the Great Physician, to the community of Puget Sound, Washington through a church-based health clinic for the medically underserved."
- **Patient population:** Uninsured, low-income patients up to 250% of federal poverty line
- **Clinic locations:** North Seattle, Bellevue, Kirkland, Edmonds, Green Lake, Shoreline, Snohomish
- Provides **healthcare free of charge** (donations from patients accepted)
- **Services provided:** dental care, professional counseling, spiritual care, medical care, ophthalmology, diabetes education, and nutrition counseling
- **Sources of Funding:** private donors, churches, non-governmental grants
- Majority of staff are volunteers
- 400+ volunteers

Goal and Objectives

- Development of a **curriculum** that addresses **dietary and other lifestyle changes to promote weight loss**, which could be used in group classes, one-on-one counseling, or self-study by patients.
- **Materials developed must be:**
 - Sensitive to culture and socioeconomic status
 - Able to be used by medical professionals that do not have a nutrition background
 - Appealing to different learner types
 - Comprised of one-page handouts

Needs Assessment & Project Justification

- All PSCC patients are **low-income** → higher risk for **obesity** and **food insecurity**
- About **86% of PSCC patients** are **overweight /obese** - 65% obese; 21% overweight
- In King County, the **direct medical cost of obesity** in adults is about **\$500 million/year** – excluding lost workdays and diminished productivity
- **Obesity** → higher risk for severe chronic conditions: **diabetes, sleep apnea, hypertension, and heart disease**
- Only **one dietitian** regularly volunteers at the North Seattle PSCC – many times **non-dietetic medical professionals** (e.g. MDs or RNs) **provide nutrition counseling** when dietitian is unavailable
- **Overweight /obese patients without diabetes** are generally **not scheduled with the dietitian in order to make room for those with pre-diabetes/diabetes** since a high percentage of PSCC patients have this condition and nutrition counseling has high impacts in blood glucose management
- Therefore, development of **educational materials on dietary and other lifestyle changes to promote weight loss** is needed at PSCC for use by patients and non-dietetic medical professionals

Methodology

- **Discussed** with Anne Chamberlain, PSCC's clinical director, regarding **topics of need and interest to patients**
- Generated other nutritional topics of interest by **literature review** on weight management and food insecurity
- **Searched for high-quality English and Spanish one-page handouts** regarding relevant topics already **made by credible sources**, such as Academy of Nutrition and Dietetics, CDC, etc., on the internet
- Multiple-page handouts were **condensed into succinct one-page handouts**
- For topics no handouts available online, **handouts were created by results from literature reviews**
- Handouts **organized into several major categories** and placed in a **shared folder on Dropbox** (file hosting service); **other PSCC medical professional may access the handouts online**

Results

- **57 handouts** were organized into **12 Dropbox folders**, categories include:

- Food Journaling
- Healthy Eating on a Budget
- Mindful Eating
- Increasing Physical Activity
- Portion Sizes
- Reading Food Labels
- Sample Meal Plans
- General Healthy Diet
- Spanish Handouts
- Research Articles for Practitioners
- Weight Loss Tips
- Healthy Eating on the Run

Hand Symbol	Equivalent	Fruits	Calories
Flat Top	One slice of Pizza	100	200
Palet Spoon	Half Spoon of Peanut Butter	100	100
Handful Spoon	Half Spoon of Peanut Butter	100	100
2 Handful Spoon	Half Spoon of Peanut Butter	100	100
Thumb Spoon	Half Spoon of Peanut Butter	100	100



Handout From USDA: www.choosemyplate.gov/downloads/infographics/2013-HolidayMakeover.pdf

Future Directions

- Ensure all **PSCC medical staff** have access to handouts
- **Encourage** medical staff to **incorporate relevant handouts** in counseling patients on recommended lifestyle modifications (especially if a dietitian is unavailable)
- **Start a series of healthy lifestyle changes classes for overweight patients** to encourage and support weight loss efforts **utilizing the handouts developed**

Acknowledgement

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APRN-BC, Clinical Director

Handout From Prevention: <http://www.prevention.com/weight-loss/weight-loss-tips/your-guide-calories-and-portion-sizes>