SCHOOL OF PUBLIC HEALTH

UNIVERSITY of WASHINGTON

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 \rightarrow 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

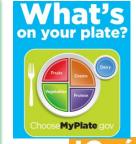
•57 handouts were organized into 12 Dropbox folders, categories include:

- 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

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





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

PSCC Site Supervisor/Preceptor: Anne Chamberlain, MSN, ARNP, APRN-BC, Clinical Director