



Public Health
Prevent. Promote. Protect.
Greene County

ACCREDITATION DOCUMENT COVER PAGE

<u>Measure #</u>	<u>Required Document #</u>	<u>Example #</u>	<u>Document Date:</u>
3.1.2	2	2	10/15/15
Document Page #	Required Element		
1-2	Program narrative report of successes showing implementation of health promotion strategies.		
4	Practice based evidence documentation for the Healthy Weights Program.		

Document Description:

The report comes from GMIS, or Grants Management Information System, our grants management tool. This Healthy Weight Program successes report highlights the Healthy Weights program that has practice-based evidence for its effectiveness. The program underwent continuous development through engagement with program participants from the target audience of the community who provided their feedback during program sessions. Social and environmental factors related to barriers to exercise and nutrition were discussed and addressed by the Health Educator. Marketing the program took place through promotional giveaways that included education as a change method. This program addressed obesity and at the time of this report was still in development to build partnership with the YMCA for diabetes prevention programming.

Healthy Weight Program**Commented [AS1]:** Practice-based evidence program**10-15-2015****Successes**

In March the health educator met with a woman who had been successfully losing weight throughout the year however she had plateaued. After discussing her diet, they discovered she was consuming a lot of sugar sweetened beverages. The health educator discussed some alternatives to these beverages that could help with continuing her weight loss journey as well as some new exercises. Three weeks later the woman returned to the clinic and had lost exactly 3 pounds. She was pleased to inform the nurses it was because she had given up soda and other sugar sweetened beverages and had tried the fruit infused carbonated water suggestion. Three pounds in three weeks is a very successful and healthy weight loss!

One client has been seen multiple times throughout the year due to weight fluctuation. The health educator discussed healthy food whole food items and meals, however, the client's living situation made things difficult. The client was also very busy with work and school. Finally, the health educator decided to go against what she normally suggests about eating fresh foods and talked with the client about frozen meals, such as Healthy Choice and Green Giant frozen vegetables. They discussed reading the nutrition labels of frozen meals before purchasing them. She was to look at the sodium content, saturated fat, and cholesterol levels on the food label. When the client returned three months later she had managed to lose weight and said the frozen meals had helped her immensely due to their convenience and was very proud of herself.

Commented [AS2]: Program development with the engagement of the community and feedback from the target audience.

One final success story that needs to be mentioned has to do with a client that is very into Dojo, a type of martial arts. She was struggling to move onto the next stage in her training. You must be able to do certain exercises and challenges in order to move on to the next stage, just like earning a new belt color in karate. The health educator talked with her about simple changes in her diet, including more water consumption and more lean proteins, which might help. They also discussed trying out zumba and other types of cardio to help her be in better shape so that the client could get to the next stage. Three months later she returned to the clinic and had lost weight and moved to the next stage in her dojo class. She had tried zumba and running hill repeats up this hill in her neighborhood and was ecstatic to tell the health educator about her successes.

Commented [AS3]: Focus on social and environmental factors.**Challenges**

The challenges at the mid-year point continued throughout the remainder of the program. Our challenge has been lack of client participation. However, after looking long and hard at this and went back into planning mode we decided to make some changes. We wanted to offset our challenge related to client on-boarding and client continued participation. We finally decided to no longer ask clients if they wish to be in the program but simply discuss lifestyle habits with every client. This seemed to take the pressure off clients to make a commitment when they

expressed their lack of time. Instead, the health educator had successful conversation with them about lifestyle changes they hoped to make before coming for their next reproductive clinic appointment. More clients seemed willing to engage in conversation knowing they did not have to commit to attending a program. [The health educator gave clients water bottles, pedometers and nutrition information appropriate to discussion points as opposed to using them as incentives to make clients return.]

Commented [AS4]: Marketing and change method utilized.

Partnerships

[In August the health educator met with a representative at the YMCA to discuss their new diabetes prevention program. They went over the details of the program such as costs, requirements that need to be met before enrolling in this program, and the length of the program. This information was given to any clients in the Healthy Weights program that confessed to being nervous about developing diabetes or admitted to having pre-diabetes. We recently contacted Noble County Health Department for some ideas regarding how they have made their program successful and will be meeting to incorporate some of their ideas into our program.]

Commented [AS5]: Collaboration with stakeholders/partners.



COLUMBUS PUBLIC HEALTH

**WOMEN'S HEALTH & FAMILY PLANNING*****Center Information******Baby and Me Tobacco Free******Family Health Partnership******Healthy Weight Program******Resources and Links******Location and Directions******Long Lasting Birth Control******Customer Satisfaction Survey*****Clinic by appointment**

(except pregnancy tests)

Office Hours at**240 Parsons Ave**

Mon: 8 am – 2:15 pm

Tue: 10 am – 6:15 pm

Wed: 8 am – 11:15 am

Thu/Fri: 8 am – 4:15 pm

Pregnancy Testing Times at**240 Parsons Ave**

Mon/Tue/Thu/Fri: 10 am - 2 pm

Columbus Family Health Partnership

Phone: 614-645-5500

Health@columbus.gov

HEALTHY WEIGHT PROGRAM

Nutrition, Activity and Exercise tips and tricks to help you become a healthier you!

This program is available to anyone that is a patient of Women's Health Family Planning Center at no cost.

These are one-on-one sessions to support you in reaching your goal of a healthy weight.

Program Benefits

- Prevent diabetes, heart disease, high cholesterol and other chronic diseases
- Better birth outcomes if you are thinking of starting a family
- Healthier eating and activity habits for yourself and your family
- Free pedometer, exercise bands, and/or water bottle
- Nutrition information and guidelines
- Food journal to assist you in your journey

You Pledge

- Women who take part in the program are asked to commit to:
 - Participate in 3 to 4 healthy weight sessions with a public health nurse
 - Take steps toward your initial healthy weight goal
 - Keep a food journal
 - Weigh in at each session

Our Partners

- Chronic Disease Prevention dieticians
- Local Matters
- Ohio Department of Health
- Roots Café and Market inside Reeb Avenue Center

Getting Started

Call Stacey at (614)645-1959

This program is funded by the Ohio Department of Health Title X, in partnership with Columbus Public Health