



Community HealthCorps: Combating Diabetes by Improving Patients' Self- Management Skills

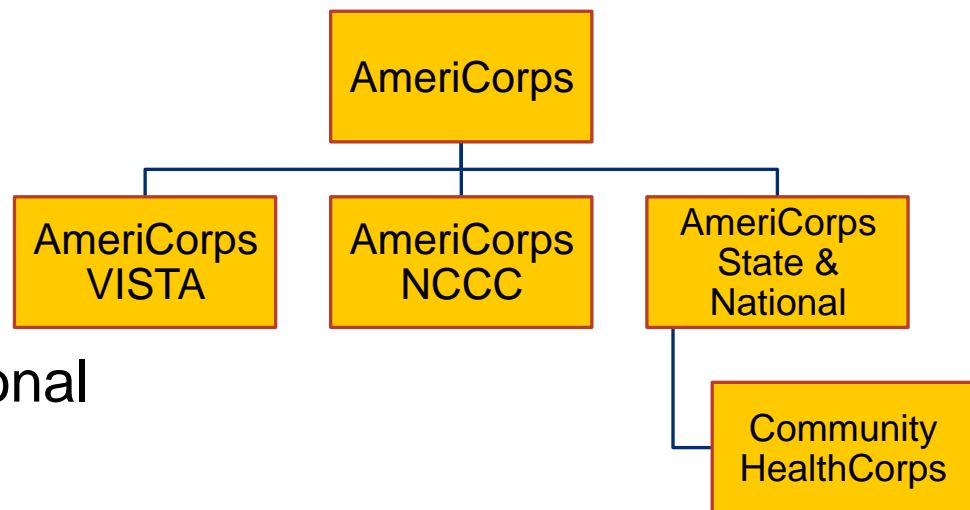
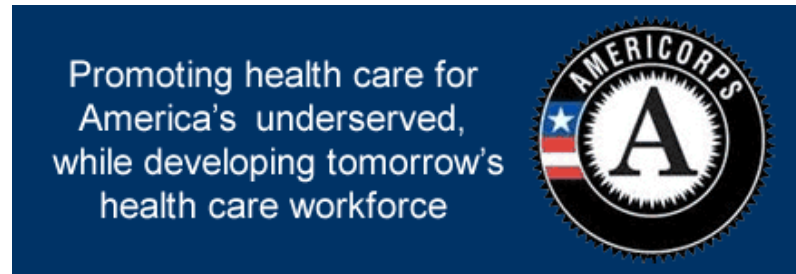
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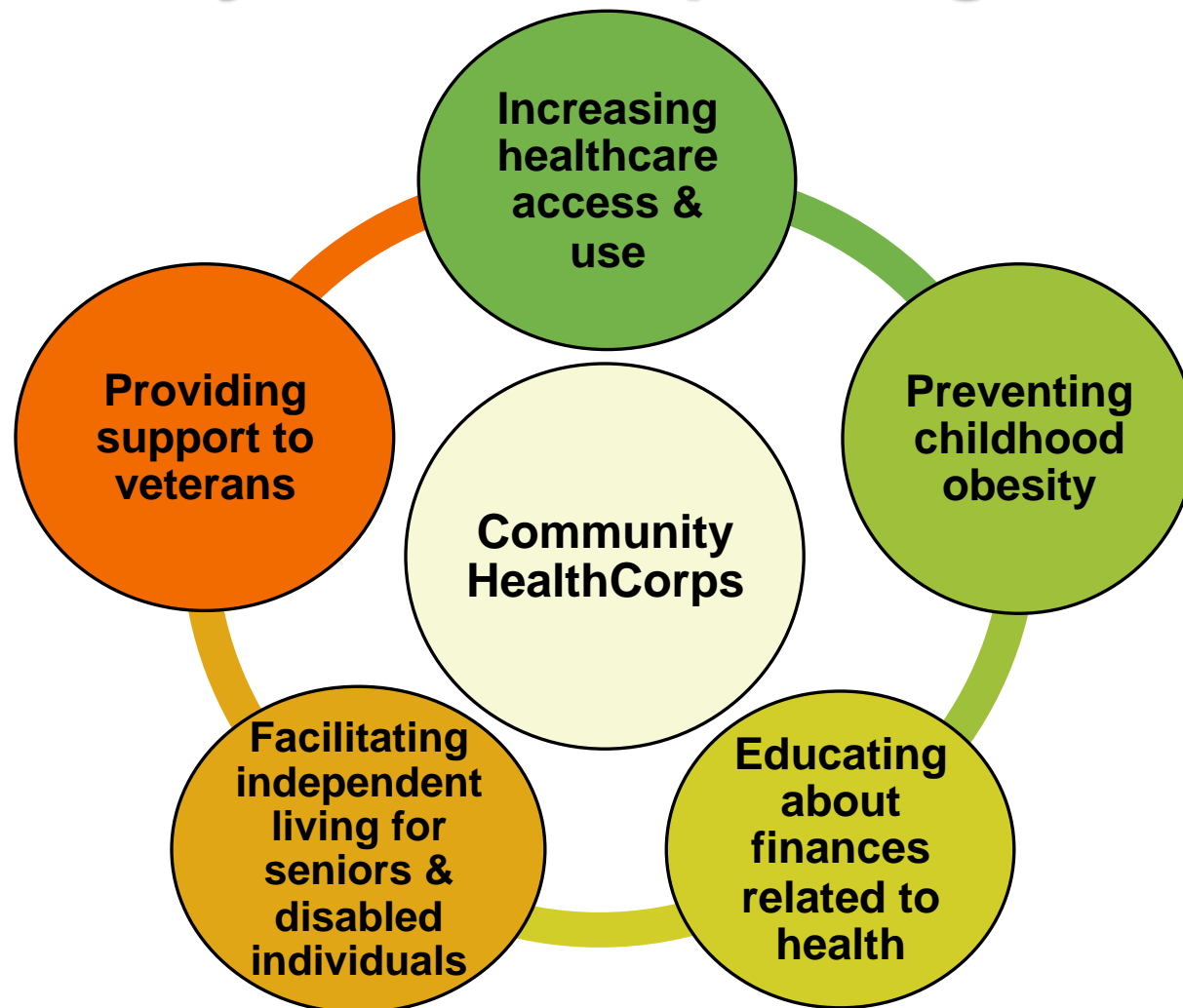
What is the Community HealthCorps Program?

- The largest health-focused, national AmeriCorps program
- Mission:
 - Improve healthcare access
 - Enhance workforce development for community health centers through national service programs



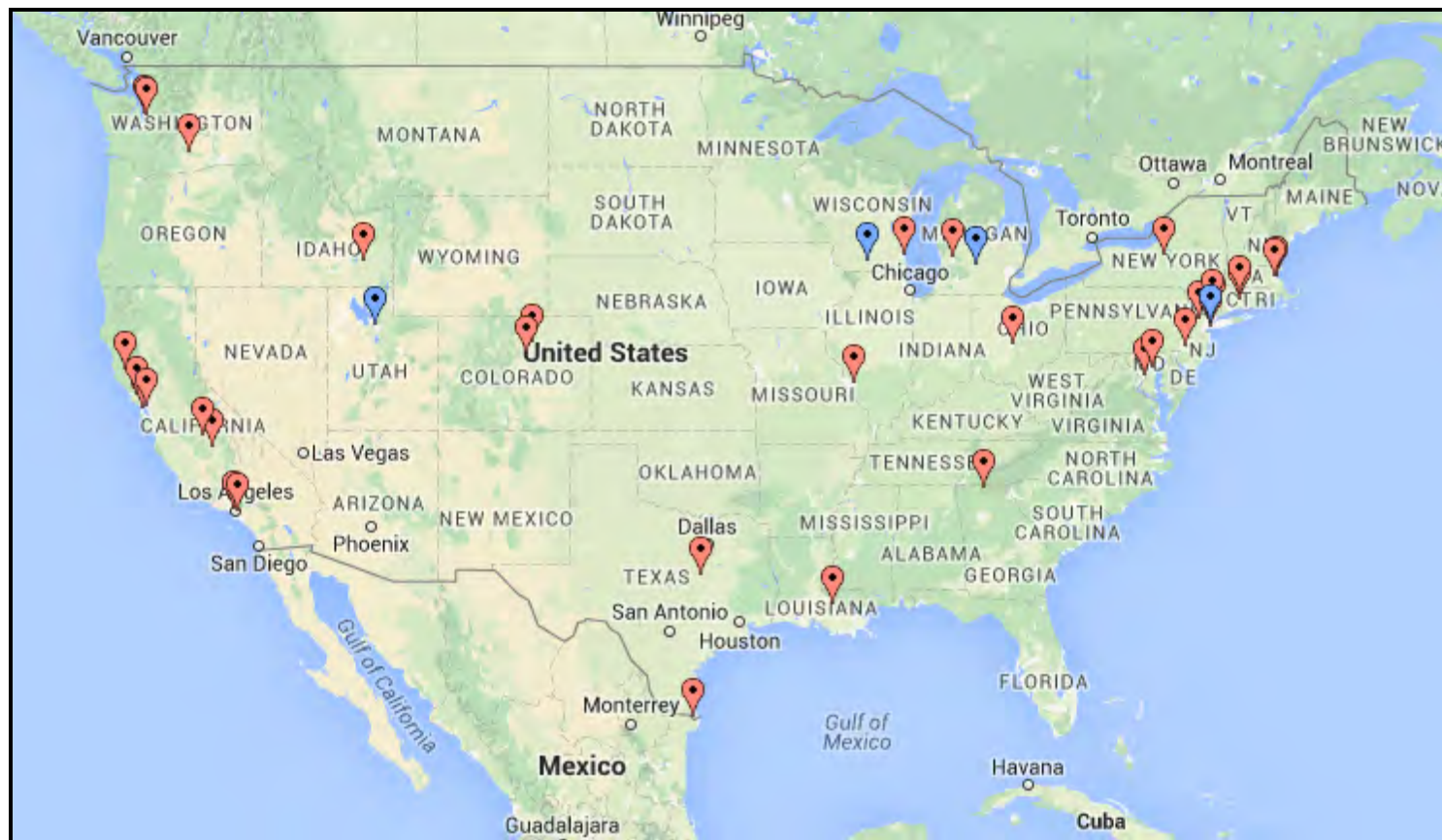


What are the five focus areas of the Community HealthCorps Program?





Where do Community HealthCorps members serve?





ARCH Community HealthCorps – Mendocino County, CA

- ARCH: Alliance for Rural Community Health - a consortium of eight community health centers in Mendocino County, CA
- Mendocino County:
 - Rural
 - 3x the size of Rhode Island
 - Has less than 90,000 residents



Service Sites in Mendocino County



- Healthy Start & Long Valley Health Center (**Laytonville**)
- Anderson Valley Elementary School & Anderson Valley Health Center (**Boonville**)
- Redwood Coast Medical Services (**Point Arena**)
- Mendocino Coast Clinics (**Fort Bragg**)
- Mendocino Community Health Clinic, Inc. & North Coast Opportunities (**Ukiah**)



What are the primary health challenges in Mendocino County?

Behavioral Health

- Rate of **substance use during pregnancy** is twice that of California
- **Suicide death rate** is more than twice the rate for California

Chronic Disease:

- County death rates (from all **cancers** and **diabetes**) are not significantly different from those of CA.
- However, 1 in 7 adult Californians has diabetes, and this number continues to rise.
- More than half of all county fifth-graders are considered overweight or obese – risk factor for diabetes.

What contributes to health challenges in Mendocino County?

- **Poverty rate** is consistently higher than state average
- **Rural, mountainous geography** creates stark disparities in how people can access resources.
- **Food insecurity** – 6th highest in the state for consistently limited/inadequate access to affordable food.
- **Smoking** – twice the statewide rate





Why is diabetes is a maternal/child health Issue?

- Consequences depend on the type of diabetes
- High blood sugar levels can affect the developing fetus.
- Importance of maintaining good glycemic control
- Complications of uncontrolled gestational diabetes:
 - High morbidity risk
 - Mother could experience increased risk of developing T2DM later in life
 - Infant could be at risk for being predisposed to obesity/ diabetes later in life

Diabetes & Team-Based Healthcare

- Although diabetes can have serious and debilitating consequences, it can be managed successfully.
- Importance of a patient-centered medical home (PCMH) model
 - Diabetes is one of the most high-cost chronic illnesses yet a “quality gap” exists.
- PCMH model used at Hillside Health Center





Role of Community Health Corps Members at Hillside Health Center

- PCMH Pod Huddles/Team Meetings
- Meet with patients and utilize Motivational Interviewing
- Work one-on-one with patients to overcome the barriers that they are facing
- Assist patients in formulating a goal/action plan
- Other opportunities:
 - Leading Healthy Cooking Classes
 - Leading Diabetes Education Classes
 - Holding coaching Sessions
 - Facilitating Grocery Store Tours
 - Organizing Lunch & Learn for employees
 - Participating in Health Fairs in the community



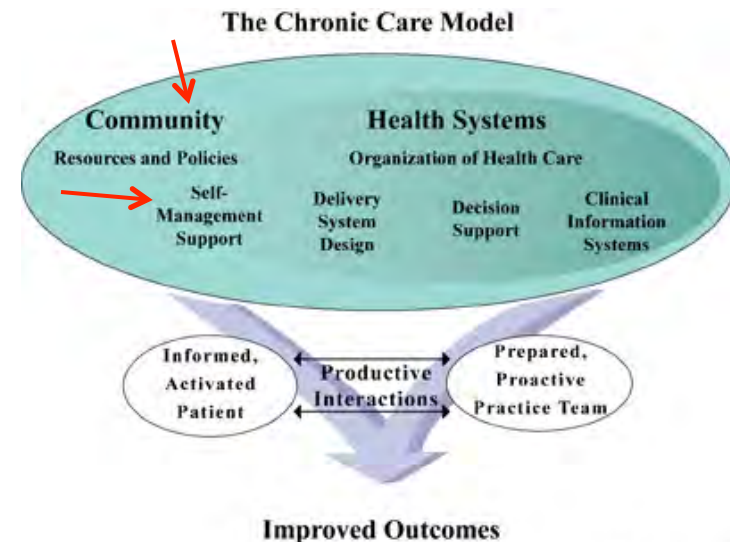


Feedback/Results

- Coaching program established by two prior Community HealthCorps members in 2013-2014
- Improved reporting method so providers are apprised of patients' progress
- Qualitative patient responses have been positive.
 - "Diabetic counseling is definitely needed here. I'd recommend you guys to anyone, at least to talk to."
 - "We've learned that diabetes isn't just his [the patient's] problem; it's about all of us, *our* family and *our* decisions..."
- NACHC Surveys help address other areas of self-management.

Why is this program important?

- Provides assistance to patients grappling with chronic conditions
- Improves care coordination and active follow-up
- Enhances support patients receive during office visits
- Strengthens the focus on prevention & contributes to a “culture of health” at clinic
- Encourages recent college graduates to pursue a career in healthcare



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The Spectrum of Prevention





Next Steps

- For recent college graduates, Community HealthCorps can be a good way to learn more about the healthcare profession.
- For others, it's helpful to be reminded that focusing on a holistic and preventive view of health (and providing these services) can improve patients' chronic disease self-management skills.



Visit
<https://my.americorps.gov/>
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Community HealthCorps!



Acknowledgments

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Community
HealthCorps



NATIONAL ASSOCIATION OF
Community Health Centers



MENDOCINO COMMUNITY HEALTH CLINIC, INC.


ARCH *Alliance for Rural Community Health*



Thank You!

Questions?