

## AREA HEALTH EDUCATION CENTER



Consortium for Health Education in Appalachian Ohio (CHEAO)

# 2010 ANNUAL REPORT

OUCOM Community Health Programs

## COMMUNITY HEALTH PROGRAMS



## Executive Summary

This year has truly been exciting. While our programs have continued to expand, the Consortium for Health Education in Appalachia Ohio (CHEAO), the Area Health Education Center (AHEC) and Community Health Programs (CHP) have had exciting challenges and opportunities to overcome. These challenges have included space changes due to new facilities being built and personnel changes due to moves and retirements. While it has been challenging, our center has come through very organized and focused on our mission. Along with the new challenges, our programs continued to endure more funding decreases in some areas but were pleasantly surprised with increased funding in other areas. The dedicated and well trained staff under supportive leadership has resulted in more and improved programming, increased visibility, improved student access to educational opportunities, better community access to needed services, and continued educational programming and opportunities to health care providers. Through the work of dedicated staff and the continued support of our collaborating partners, we look forward to more opportunities in the next year.

### **Some of the highlights this year include:**

- Again it is estimated that over 1 million dollars of free or reduced cost services were provided for southeastern Ohio residents.
- The mobile unit increased travel to 13,983 miles this year to provide services.
- A contract between The Veteran's Administration (VA ) and Ohio University College of Osteopathic Medicine (OUCOM) was finalized to provide a collaborative arrangement for the groups to work together utilizing the mobile unit to provide services to veteran's in need in our outlying areas.
- Our AmeriCorps Program, ComCorps, joined community groups to build 12 raised gardens at the Glouster Community Garden for the October 24, 2009, Make a Difference Day project. The project received a 2010 Make a Difference Day Outstanding Award---one of ten awarded from more than 1,100 state entries.
- Dr. Dawn Sammons, a board certified dermatologist, recently joined CHP to provide a monthly Free Dermatology Clinic for uninsured people in the area. Dr. Sammons is originally from the area and stated she wanted to "give back" to the area.
- This year CHP added the Family Navigator Program under the direction of Sue Meeks RN, C. The Family Navigator Program is designed to empower parents and caregivers to participate in health care decisions. The goal is to foster an increased understanding of medical, mental health, and educational information.
- The Healthy Adult Project (HAP) provided the *Free to Be Healthy Program (FTBH)* this year to assist 35 area citizens with access to healthy foods, education, and exercise. The program was a great success. The participants lost an average of 20 pounds, and had a

reduction in BMI, total cholesterol, LDL and Hemoglobin A1c, and an increase in HDL. In addition, CHP was a leader in 2009 in assisting the University to develop and implement their response to the H1N1 flu outbreak.

The staff of OUCOM takes pride in the CHEAO Area Health Education Center and Community Health Programs. We look forward to another challenging year.

Kathy Trace, MHA, BSN  
Director, AHEC and CHP

## CHEAO—Consortium for Health Education in Appalachia Ohio

CHEAO supports and facilitates:

- Continuing Professional Education
- Community Based Clinical Training
- A Health Education Resource Center
- Community Health Education Projects
- Health Careers Exploration

### The CHEAO AHEC Center

Through CHEAO in a partnership with OUCOM, AHEC became an established American Heart Association (AHA) training center. Through this training center, the area benefits by having competent instructors who provide valuable instructions to health care providers and the community.

As an AHA center, this year we held:

- 57 BLS/14 Heart Saver/ 38HeartSaver First Aid Classes 551 individuals
- 19 ACLS Classes training 368 individuals
- 5 PALS Classes training 21 individuals
- **Total Trained 940**

### *Instructor Classes Breakdown:*

8 BLS instructor Classes	13 trained
6 ACLS Instructor Classes	11 trained
2 PALS instructor Classes	4 trained
<b>Total Instructors Trained</b>	<b>28</b>
<b>Total Instructors for CHEAO AHA training Center</b>	<b>46</b>

## Continuing Education

### Continuing Medical Education (CME)

As an AHEC center, the Consortium for Health Education in Appalachia Ohio (CHEAO) helps to create and facilitate education for health care providers through a variety of venues.

<b>Free Continuing Professional Education Credit Information for 2009-2010</b>					
		<b>Hours/Each</b>	<b>Total Hours</b>	<b>Total Attendance</b>	<b>Continuing Education Hours</b>
<b>Geriatric Education Center/AHEC Programs</b>					
	15 Geriatric Seminars	1	15	451	451
	5 Nursing home programs	1	5	274	274
<b>ARHI/AHEC Programs</b>					
	CBPR	2	2	11	22
	Improving Diabetes Outcomes	5	5	129	645
<b>Diabetes Center Coalition/AHEC Programs</b>					
	09/09/2009	2	2	29	58
	12/09/2009	1	1	33	33
	03/10/2010	1	1	39	39
	06/09/2010	1	1	21	21
<b>O'Bleness ACLS &amp; PALS/AHEC Courses</b>					
	07/2009 - 06/2010 ACLS	11	11	47	517
	07/2009 - 06/2010 PALS	12	12	17	204
	09/2009-10/2009 Neonatal	7	7	9	63
<b>OUCOM/AHEC Programs</b>					
	Traumatized Children	3.25	3.25	60	195
<b>Psychology Department/AHEC Programs (Psych. Dept. paid for AHEC to be approved provider)</b>					
	Internet,iPhones	1	1	46	46
	Chronic Pain Sufferer Tx	1.5	1.5	21	31.5
<b>AHEC/ATCO Program</b>					
	VISCAT	2.75	2.75	89	244.75
<b>Ohio University/AHEC Program - Health Literacy</b>					
	Athens Campus	4.75	4.75	57	270.75
<b>Ohio University School of Nursing/AHEC Programs - Faculty Development</b>					
	Success for NCLEX	4	4	33	132

<b>Other AHEC Programs</b>					
	HIV in Rural Communities	5	5	40	200
	<b>TOTALS</b>	<b>66.25</b>	<b>84.25</b>	<b>1,406</b>	<b>3,447</b>
					<b>at \$25 per credit hour</b>
					<b>\$86,175.00</b>
List is not all inclusive.					
<b>12 hrs. &amp; 107 attendees; programs which had a registration fee.)</b>					

## **CMEOhio**

CMEOhio.com was the product of a yearlong collaboration between Ohio's schools of medicine – resulting in a dynamic, robust and user friendly website filled with online CME courses. CME Ohio at OUCOM provided CME on line through CE City from each medical school by working with OUCOM physicians. The programs reached across the nation. The CHEAO AHEC Center developed three programs that were approved by the American Osteopathic Association for 1 hour of 1B credit: Dr. Tracy Marx: Pain Assessment and Management in the Palliative Care Patient. This program reached 267 individuals and certificates were issued to 105 participants for 1 hour of 1B credit after testing.

Dr. Steve Clay: What is Addiction? This program reached 663 readers and 258 certificates were issued to participants for 1 hour of 1B credit after testing.

Dr. Steven Clay: Treatment for Addiction. This program reached 553 readers and 210 certificates were issued for 1 hour of 1 B credit after testing.

Overall, the program reached 1,463 readers with 573 hours of 1B credit being issued at no cost to the learner. Due to the success of CME Ohio, CHEAO will now participate in a second collaborative effort with the group in the next year.

### **2009-2010 Glaucoma Screenings**

Free glaucoma screenings are provided to adults in surrounding counties through the Student Sight Saver Program which is funded by a grant from the Congressional Glaucoma Caucus Foundation. The program is coordinated by Missy Kemper, BSN, RN, and is staffed by volunteer OUCOM Year II medical students. The volunteer preceptors for the screening events are coordinated by local optometrist Susan Quinn.

- 47 Year II OUCOM students were trained on October 12, 2009 to screen for glaucoma
- 7 free community glaucoma screenings were held in the Ohio counties of Athens, Hocking, Meigs and Washington. 1 event was cancelled due to inclement weather.
- 102 adults were screened for glaucoma during this time period providing \$7,242 (102 x \$71) in free screenings.
- 16 adults were recommended for glaucoma consultation and 28 adults were recommended for ophthalmic consultation
- 4 community optometrists acted as volunteer preceptors



### 2009-2010 AHEC Health Careers Presentations

The Area Health Education Center supports the exploration of health careers through interactive school presentations and tours as well as through community events such as Little Peoples Hospital. During school presentations, AHEC staff present information and provide activities designed to encourage students to explore career opportunities available in the healthcare industry. Students experience skills such as using a stethoscope to listen to heart and lung sounds, palpating pulses, and starting intravenous lines.

Event	Date	County	Pre-school	Elementary	Middle School	High School
Little Peoples Hospital – Trimble	10/03/2009	Athens	75	75		
Warren High School Career Ed Class	12/15/2009	Washington				93
Trimble Elementary OUCOM Visit	03/19/2010	Athens			23	
Women in Science and Engineering (WISE) Program at Ohio University	05/05/2010	Athens			10	20
Little Peoples Hospital – Athens	05/08/2010	Athens	20	30		
Meigs High School	05/10/2010	Meigs				23

Warren High School Career Ed Class	05/18/2010	Washington				68
<b>Total:</b>			95	105	33	204
<b>Total of all students: 437 students</b>						

### Service Learning

Service learning is an educational method that enriches learning by engaging students in meaningful service to the community and integrating that service with academic preparation. OUCOM students participating in a service learning activity provide a health-related service in the community and, in the process, learn skills for becoming a physician. The Area Health Education Center (AHEC) offers community outreach via service learning opportunities for medical students such as participation in health fairs, special events such as Little People’s Hospital, health screenings, and community health education.

Following is the breakdown of last year’s service learning hours:

	<u>Service Learning</u>	<u>TOUCH</u>	<u>TOTAL</u>
Year 1	1,935.5	2,679.5	4,615.0 total hours for Year 1
Year 2	<u>1,806.0</u>	<u>2,034.5</u>	3,840.5 total hours for Year 2
<b>TOTAL</b>	<b>3,741.5</b>	<b>4,714.0</b>	

(\$171,224.00 in unpaid volunteer hours)

### Preclinical Shadowing

This experience allows potential healthcare profession students the opportunity to observe professionals deliver care and to interact with patients. Preclinical Shadowing is offered throughout the year in a variety of clinical settings. This year, there were 59 students who participated.

### Resources

The CHEAO resource room provides valuable up-to-date written material and hands on displays that are utilized by healthcare professionals, healthcare students and community volunteers who provide education for the community in school, agency and organization settings.

Numbers for the Resource Library.

<b>Total Number of AHEC Pieces Utilized</b>	<b>6,331</b>
<b>Total Number of Users</b>	<b>85</b>
<b>Total Number of Sites</b>	<b>36</b>

### Women's Health Week

CHEAO, the AHEC Center provides and administers small grants to Southeastern Ohio agencies during the month of May to provide education to area residents regarding important women's health topics. The funds are provided to our center by the Ohio Department of Health.

<b>Women's Health Week 2010</b>				
<b>Program Summary</b>				
<b>Agency</b>	<b>Title of Program</b>	<b>Number of people attending</b>	<b>Date of Event</b>	<b>Amount Funded</b>
Fight Cancer Save Lives Coalition	Take a Health Break 2010	95	May 5 & 12, 2010	\$990.00
Fairfield Medical Center	Moms N' Tweens	98	May 4, 2010	\$1,200.00
Perry County Health Department	Girlz Night Out	120	May 13, 2010	\$1,300.00
Jackson County Health Department	Girls Just Wanna Get Fit	305	May 12, 2010	\$1,300.00
The Birth Circle	The Birth Circle Pregnancy and Baby Fair	600	May 8, 2010	\$1,160.00
	<b>TOTAL</b>	<b>1,218</b>		<b>\$5,950.00</b>

# Successful Collaborating: Ideas and Outcomes

*Ann Rathbun, PhD; and Ellen Peterson, BSN, RN*

## Introduction

While budgets in all kinds of organizations are especially tight right now, one thing does not change: faculty members working in universities (academia) and AHEC organizations that can help each other succeed in providing high-quality programming aimed at improving patients' experiences with health care. The goal of this article is to describe a successful collaborative venture that focused on health literacy.

## Successful Health Literacy Program Collaboration

Over the course of a year and a half (April 2006–October 2007), the Ohio University AHEC collaborated with faculty and staff members whose expertise included Appalachian culture, literacy, organizational communication, and health literacy. The AHEC offered three day-long (seven-hour) workshops at three regional campuses in the Ohio University AHEC service region. The partners were able to educate more than 400 healthcare practitioners about topics related to health literacy. Demographic information revealed that most of the participants were nursing students (n=296). Nursing faculty members and community health professionals made up the balance of the participants. AHEC staff arranged continuing education credit offerings for nurses, dietitians, counselors, social workers, and certified health education specialists. Although planners received a small amount of grant funding, workshop participants paid a nominal fee of \$10 each to help defray indirect costs associated with the workshop.

Each workshop addressed four topics, and each presenter made some link to health literacy in their presentation. The topics included: 1) the impact of culture on health and health literacy; 2) the role of communication in the patient/provider relationship; 3) the impact of learning disabilities on literacy and health literacy; and 4) introductory information related to health literacy. Health

literacy was the focus of the workshops and accounted for one-half of the seven-hour workshop.

Individuals with specific expertise presented the

topical portion of the workshop. The topic of culture was presented by Sharon Denham, DSN, RN, a researcher whose academic focus is Appalachian culture, health, and health literacy. Three people were involved in the communication presentation. Each presenter had a unique background in health and/or organizational communication. Sharon Reynolds, MEd, director of the Adult Basic Literacy Education (ABLE) Resource Center at Ohio University, presented a portion of the program on learning disabilities. The health literacy portion of the workshops were presented by Ann Rathbun, PhD, a researcher and health educator who had previously worked with more than five practitioner groups to increase their awareness and skill in the area of health literacy.

At the close of the workshops, program evaluations from participants indicated that the health literacy portion, in particular, met its objectives at an overall rate of 88% (Table 1).

*Table 1. Program Evaluations*

Please rate your ability to achieve the objectives of the program	Good or Excellent
Utilize two different readability tests.	84%
Identify three tools for creating easier-to-read documents.	86%
Identify two different tools for assessing patients' health literacy.	88%
Identify three sources for accessing the most up-to-date information regarding health literacy.	89%
Define health literacy and choose the definition of health literacy that best fits your practice setting.	90%
State the link between literacy and health literacy.	91%

In further evaluation of the workshop, participants responded to the question, "What are three new strategies you think you might apply in your work?" Responses included:

- Simplify information and written communications;
- Use resources like AskMe3™ and the American Medical Association (AMA) DVD on helping patients understand;



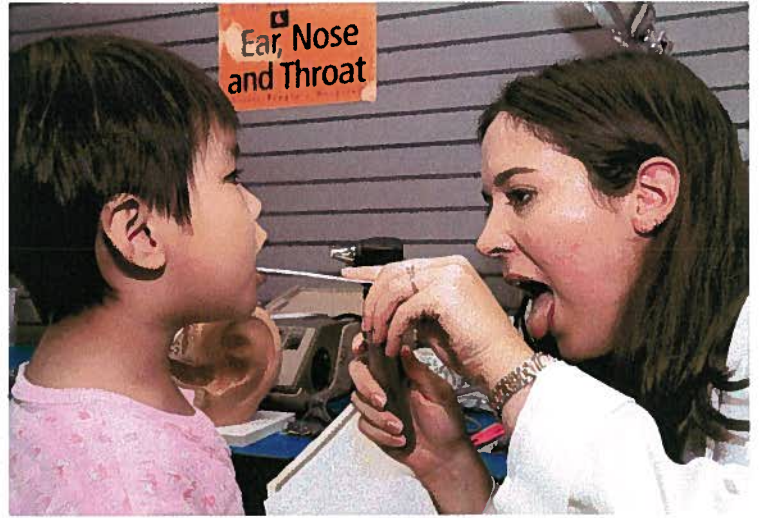
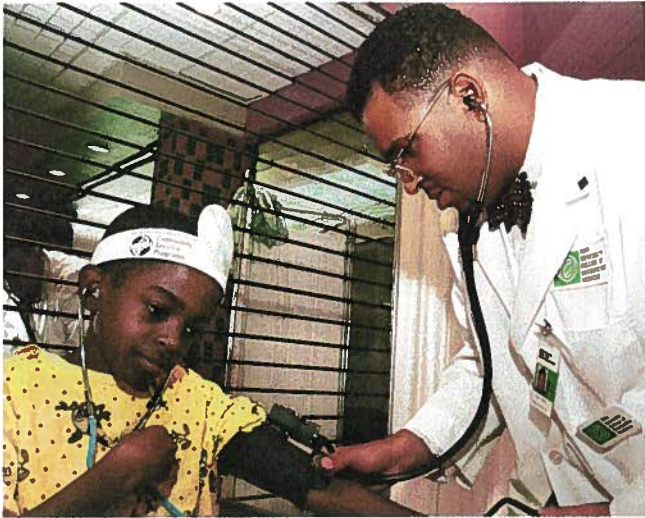
*Ann Rathbun, PhD, is Associate Professor at Morehead State University.*



*Ellen Peterson, BSN, RN, is the Continuing Education Coordinator at the AHEC at the Ohio University College of Osteopathic Medicine.*

## **AHEC FUNDERS**

- Friends of the Congressional Glaucoma Caucus
  - Glaucoma Caucus
- Ohio Department of Health
  - Women's Health Month
- State of Ohio
  - AHEC Sub-Account
- University of Toledo
  - Model AHEC



# LITTLE PEOPLE'S HOSPITAL



# Community Health Programs



## AmeriCorps Program

### AmeriCorps/ComCorps Program

- Provides vision, lice and hearing screenings; school and community health education; and health-care access to Athens County children and families.
- AmeriCorps programs serve as a Domestic Peace Corps, providing individuals with a living stipend and education award in exchange for a year of service. AmeriCorps is a National Service Program funded by the Ohio Community Service Council.

### ComCorps

ComCorps is an AmeriCorps program that is administered by the Ohio University College of Osteopathic Medicine’s Community Health Programs. It is currently entering its eleventh year of operation.

During the 2009-2010 program year:

- **Health education** sessions were held **2,343** times serving **19,250** Athens County children and parents. Topics included dental health care, poison prevention, germs, life skills, fire safety, tobacco prevention and more.
- **Health screening** encounters provided **14,860** individual screenings for lice, vision, hearing, gross motor skills and immunization compliance. Approximately **7%** of these children were referred and followed for further medical care.
- **Health-care access** was provided to **4,654** through immunization, breast and cervical, healthy adult and other free clinics, while **28** individuals were helped through our Ohio Benefit Bank counselors as follows:

#### Ohio Benefit Bank Summary 7/1/09 – 6/30/10

Clients/Households	Household Members	Household Where a Member is Blind	Households where a Member is Disabled	Households with Children
17	30	1	0	5

Household members in Households with Children	Children (Under 18)	Adults (18-59)	Seniors (60+)
16	7	25	0

- **Community volunteers** were recruited by members to assist in initiatives. There were **435** volunteers utilized for **4,177** hours of service. Using the federally recommended Independent Sector volunteer rate of \$20.85, this translates into **\$87,090** dollars of unpaid volunteer service.
- **Eighteen members** served a total of **27,413** hours. Using the federally recommended Independent Sector volunteer rate of \$20.85, this translates into **\$571,561** dollars of service given by members earning a stipend of only \$6.70 per hour or \$11,400 for 1,700 hours of service. This unpaid service rendered equals **\$387,894**.

### **Health and Social Service Career Impact**

ComCorps has helped shape the future of many of the **137** alumni by providing service and education opportunities encouraging members to enter the health, education and social service fields.

ComCorps provided all these individuals with the opportunity to explore community service, earn a living stipend and education award while providing much needed health services to children and families in Athens County.

Following are comments made by alumni who recently participated in an alumni survey. Interestingly when surveyed, alumni responded that **half** have chosen to live and work in an underserved area.

### **Comments from Alumni Regarding the AmeriCorps/ComCorps Program:**

- Serving in AmeriCorps had a huge impact on me. It taught me more than any other job or schooling experience.
- Impacted my life goals and changed the direction I wanted to go. I am now pursuing my degree in Public Health. AmeriCorps made me look for volunteering at every level, whenever possible. I grew as a person in ways that I did not think were possible in just a year. I would never exchange my AmeriCorps position for anything.
- Being an AmeriCorps volunteer paved my way towards a nonprofit career and it made me realize that every job that I will have in the future should be in the service of others.
- I was able to explore the world of public health/health education and realize that field is my passion.
- Being an AmeriCorps volunteer very tangibly changed the direction of my life. I had completely different ideas about my future before my two years of service. I honestly believe that my life looks completely different than it would have had I never done AmeriCorps.
- I gained many great friendships and grew in confidence during the 2 years I worked with AmeriCorps. It also spurred me to apply to medical school and go into a career in medicine.

- It opened up my eyes to the world of public health, which I barely knew existed before my time in AmeriCorps. I decided to go to graduate school to get my Masters in Public Health because of my experience.
- It helped me recognize my responsibility to help those who cannot help themselves. Those who have, must share with those who do not. It was great to become a part of this institution because of the value of giving of one's self in order to make a difference in the lives of others. It's the small things that make the biggest impact!
- It made my career decision :)
- During my two years of service, I was so fortunate to work with many very dedicated and wonderful nurses, each of whom had a significant and important impact on the underinsured population in Athens County. Their lives and work inspired me and really made me feel like I wanted to make a difference too, and that I really COULD make a difference with my time and energy. These women took time to talk with me about my various schooling and career options, and I can literally say that I am a nurse today because of my time in ComCorps.
- My work with AmeriCorps was what prompted me to go into a career in medicine.
- Led me to public health degree and my current company...a health education organization.
- It gave me the opportunity to explore a career in health education.
- I chose to stay in the non-profit sector, rather than work for privately funded corporations. Benefitting the public and underserved is much more rewarding.
- It moved me into an attitude of gratitude for what I have been given, and for the need to be impacting the lives of others through voluntary means. I believe our true motives are best displayed when we give without expecting anything in return. So, I continued in the spirit of volunteerism and hope to do so the rest of my life.
- My AmeriCorps experience not only laid the foundation for my current profession but quite frankly opened the door for me to get my first job.

## She 'made a difference'

The Ohio Community Services Council has identified Ohio University College of Osteopathic Medicine (OU-COM) AmeriCorps member Patty Nally for her work on the ComCorps/Community Food Initiatives' 2009 "Glouster Community Garden Project."

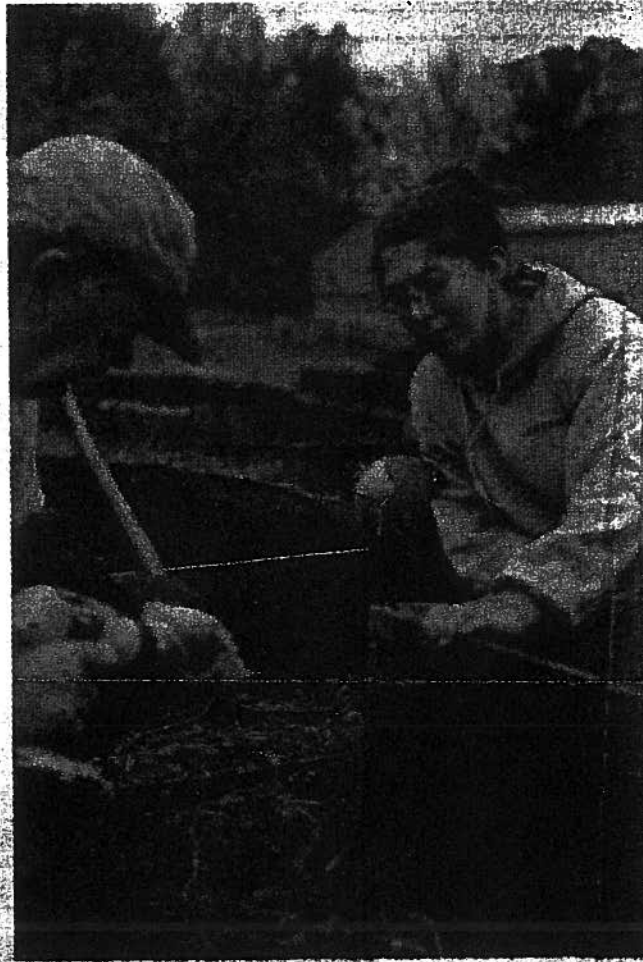
Nally was a 2010 Make A Difference Day Ohio Outstanding Project Award winner, one of 10 recently selected from over 1,100 across the state of Ohio.

In October, members of the OUCOM ComCorps programs chose to do a service project at the Glouster Community Garden in northern Athens County for Make a Difference Day, in conjunction with CFI, OSU Master Gardeners, Glouster Community Gardeners, CFI's Red Hot Chili Pepper 4-H Club and local community members. Joining forces, these groups have built 12 new 4' x 8' raised beds out of sawmill slabs and filled them with topsoil donated by the city of Athens, thus doubling the size of the gardens.

The Glouster Community Garden is part of a greater countywide CFI endeavor, as Executive Director Ronda Clark explained in a news release: "Creating community gardens will create healthier communities in the region. They gain access to affordable, healthy and fresh produce while developing a strong local food system. In addition to the immediate benefits of gardening other effects ripple into the rest of the community. For example, community gardeners are asked to donate

10 percent of what they grow to back to their community. The fresh food is reaching farther into the communities than just to the gardener's house and creating food security for all of our friends and neighbors."

Kathy Trace of OU-COM noted that the Trimble Township Bridgebuilders also praised the project. "(The members) think the project is a wonderful effort that will benefit the community by providing space for residents to grow their own food," she said in the release.



Patty Nally, right, and her father, Jim. Photo by Jim Korpi.

## **Childhood and Adult Immunization Program**

Community Health Programs grew out of the Childhood Immunization Program (CHIP) that began in 1994 through a partnership between the Ohio Department of Health and OUCOM. The multi-county CHIP program, which travels to isolated rural areas in the Mobile Health Van, was designed to reach children in 21 southeast Ohio counties. The program has grown to now provide community health services at no or low cost for children and adults. CHIP increases immunization rates in rural and underserved communities; serves 21 counties providing (since 1994) over 236,000 immunizations for children and adults for various diseases.

From 07/01/2009 – 06/30/2010, the Childhood Immunization Program gave 4,630 immunizations. This program saw 1,392 children from birth through age 18 and 1,083 adults age 19 and older in all clinic settings.

The CHIP and Community Health Program staff assisted with Ohio University's H1N1 project and helped administer a total of 2,243 free vaccines.

A seasonal flu and H1N1 clinic was held in December of 2009 for 1st and 2nd year medical students and over 150 people were vaccinated.

Approximately 377 people attended 11 community seasonal flu clinics in Athens, Hocking and Jackson counties in 2009.

Community Health Programs assisted Ohio University's student health center by administering Fluzone to 331 employees in October 2009.

CHIP travelled to 5 elementary schools for Kindergarten Registrations and saw 103 children between the ages of 1 - 6 years, and 83 children between the ages of 7 – 18 years; 617 vaccines were administered.

CHIP performs an average of 600 TB screenings per year – medical students, summer scholars and athletic training students account for over 550 of the TB Screening Tests, faculty/staff and the general public account for the remaining number.

CHIP currently sees approximately 5 – 10 clients bi-monthly at Hepatitis B clinics.

The CHIP mobile unit travels to Cynthiana (Pike County) and Wheelersburg (Scioto County) every other month. New mobile clinics sites were established in 2009 to serve Adamsville (Muskingum County), Newcastle and Fresno (Coshocton County) on a bimonthly schedule. New

Bedford (Coshocton County) remains a solid mobile clinic destination, administering to a predominately Amish and Mennonite community.



<b>VACCINE</b>	<b># DOSES</b>	<b>AVERAGE COST/DOSE</b>	<b>\$ TOTAL</b>
<b>DTaP</b>			
Pentacel	325	75	\$24,375
Pediarix	94	71	6,674
Kinrix	256	48	12,288
Tripedia	154	23	3,542
<b>Pneumococcal</b>	<b>510</b>	<b>84</b>	<b>42,840</b>
<b>Haemophilus Influenzae</b>	<b>244</b>	<b>23</b>	<b>5,612</b>
<b>Polio</b>	<b>28</b>	<b>25</b>	<b>700</b>
<b>Hepatitis B</b>			
Engerix B	62	53	3,286
Recombivax	251	23	5,773
<b>Rotovirus</b>			
RotaTeq	37	70	2,590
Rotarix	155	103	15,965
<b>Varicella</b>	<b>537</b>	<b>81</b>	<b>43,497</b>
<b>Measles/Mumps/Rubella</b>	<b>444</b>	<b>48</b>	<b>21,312</b>
<b>Meningococcal</b>	<b>142</b>	<b>103</b>	<b>14,626</b>
<b>Hepatitis A</b>			
Vaqta	205	30	6,150
Havrix	31	63	1,953
<b>HPV</b>	<b>76</b>	<b>130</b>	<b>9,880</b>
<b>Tdap</b>	<b>204</b>	<b>37</b>	<b>7,548</b>
VFC Influenza only	41	11	451
<b>TOTAL</b>	<b>3796</b>		<b>\$229,062</b>
<b>Influenza</b>			
public child and adult Fluzone	834	10	8,340
<b>GRAND TOTAL</b>	<b>4630</b>		<b>\$237,402</b>

80% administered free of charge =

**\$189,922**

## **Healthy Child Care Ohio Nurse Consultants**

**Healthy Child Care Ohio** funded \$70,300.00 for education and consultation to child care providers in 18 Southeastern Ohio counties. Child Care providers and children received the following services free of charge:

- 60 health, safety and developmental trainings to 584 child care providers
- 151 nursing consultation visits
- 1,488 children participated in educational activities
- 697 children screened for vision deficits, 140 (20%) were referred for further follow-up
- 669 children screened for hearing deficits, 214 (31%) were referred for further follow-up

## **Patient Navigator Program**

### **OUCOM-Community Health Programs**

#### **Child Programs Annual Report**

**1 July 2009 – 30 June 2010**

**Well-Child/Well-Families Program**, funded by the Ohio Children's Trust Fund (OCTF) and administered through the Athens County Family and Children's First Council, provided education and awareness of the impact of early childhood trauma on education, development, cognition and behavior. OCTF funding also provided the opportunity for a half day training program entitled "Helping Traumatized Children Learn and Succeed." The training was attended by 57 individuals including teachers, principals, early childhood educators, school based mental health care providers, social workers, nurses, counselors and others . During the fiscal year, this program funded trauma awareness and intervention training to 93 individuals that included maternal depression, addiction and other concerns that impact healthy parenting and add risk factors for abuse. Trainings were held at 4 elementary schools, the Athens Community Center, OUCOM (AmeriCorps) and Planned Parenthood of Southeast Ohio, Inc. A total of **150 individuals** received formal training on the impact of childhood trauma. In addition, parents receiving services through the Family Navigator Program received education on the impact of parental depression, domestic violence, loss and grieving and other traumatic events that might impact children.

**The CFHS Well-Child Program**, funded by the Child and Family Health Services Grant (CFHS), through the Ohio Department of Health, assisted local school districts and other community programs in promoting healthy eating habits. The **Trimble Local School District** received supplies to enable students to plant their own fruits and vegetables. The 20 students had participated in a healthy cooking class during the school year. The **Nelsonville-York** summer school program received a healthy nutrition teaching curriculum and supplies to support a

hands-on gardening project that will continue into the next school year when a greenhouse will be available to junior high and high school students. A community garden, located at the **Athens County Children's Services (ACCS)** site received a curriculum and supplies to assist parents and children being served by ACCS to participate in healthy nutrition and gardening activities. It is expected that the funding for these projects will provide healthy nutrition information and activities to over **200 children/families**.

In addition to nutrition projects, the CFHS Well-Child Program promoted childhood lead screening through handouts provided to parents at the OUCOM Childhood Immunization Clinic, held twice weekly. Over 500 pieces of material were distributed this year. Pregnant women attending the River Rose OB-GYN clinic received lead information; 80 lead test kits were distributed so that parents could test suspicious items in their home prior to the birth of the child.

**Family Navigator Program**, partially funded by CFHS until December 2009 when it became fully funded by SAMSHA through the LAUNCH grant, provided family centered services for children in need of evaluation for developmental delays, autism spectrum disorders, counseling and parenting education. Families receive guidance, education, individualized referrals and follow up. During Fiscal Year 2010, 55 families were served by the family navigator program. There were 78 follow up family contacts and 44 agency contacts required in order to serve the 55 families. Brief intakes via phone outreach and corresponding referrals were provided to an additional 14 families, totaling **69 families receiving some type of navigator service**.

**The OUTREACH Program**, funded by Health Resources & Services Administration (HRSA), provides a navigator specific to pre-school programs in 3 local schools. The OUTREACH navigator, hired in February 2010, works in partnership with an early childhood mental health specialist and provides advocacy, education and follow-up for families received in-school navigator services through the OUTREACH program since February, 2010. A total of 21 contacts were made for follow up purposes, and referrals were made to 12 agencies.

**Summary:**

- Individuals trained in trauma awareness: 150
- Families served by Family Navigator: 90
- Individuals receiving nutrition education: 200
- Parents receiving lead prevention education/kits: 80
- **Total number of individuals served: 520**

## **Perinatal Program**

Child and Family Health Services

Perinatal Project Report

OUCOM-CHP

July 1, 2009 through June 30, 2010



### **Community Perinatal Project Activities:**

- Attended Women Infant Child (WIC) Breastfeeding Advocacy Meetings
- Member of the Graduation, Reality and Dual Role Skills (GRADS) Advisory Committee
- Attended Early Childhood Collaborative Committee (ECCC) Advisory Meetings
- Attended March of Dimes State Conference and presented breakout session featuring the OUCOM-CHP Perinatal Project history
- Coordinated focus meeting with River Rose OB/GYN staff

## Other CHP Programs

### Car Seat Program

Ohio Buckles Buckeyes Car Seat Program

2009/2010 Report

Mary McPherson, RN, C Program Coordinator

Richard Shuler, CPST

The OUCOM car seat program provides free car seat training and car seats for children to Athens County families who qualify.

- Car seat installation classes provided (all at Albany Area Fire Dept.) **5 classes**
  - Number of seats dispersed
    - In scheduled classes **42**
    - Emergency installations outside classes  
(Installed by at ACCS) **2**
  - **Total number of seats** **44**
  - Approximate cost of seats dispensed **\$1,760.00**

Public Service Announcements:

- July 2009 media campaign in The Athens Messenger and The A News spotlighting the new Ohio law requiring booster seats for children through age 8. Law went into effect in October, 2009.

### Bus Driver Physicals

This program provides low cost physicals on site that are required yearly to area bus drivers. This program provides a quality service, convenience and cost efficiency for the area schools. The funds that are generated by this program are utilized to assist our other programs such as purchasing medications and supplies.

310 bus and van driver physicals were performed for 13 schools this fiscal year with the help of the CHP staff and AmeriCorps/ComCorps volunteers for a reduced cost of at least \$7,883.00 to the schools.

### OUCOM Student Immunization Compliance and TB testing

CHP is responsible for implementing policy and maintaining records regarding immunization compliance, serologic testing and TB Screening for all OUCOM students. Individuals applying for Preclinical Observation privileges, Athletic Training students and Summer Scholars are screened and records maintained as well.

## **Healthy Adult Project (HAP)**

### **Adult Screenings**

The Healthy Adult Project provides blood pressure, cholesterol and glucose screenings for uninsured and underinsured adults in Southeastern Ohio. In addition to screening for early signs of disease, the program offers educational materials, consultations, and referrals as needed.

We screened 682 people at an average cost of \$16.63, which equates to \$11,342 in patient education time - provided free.

Healthy Adult Program  
Screening Report 07/01/08 to  
06/30/09

to  
07/01/2009 06/30/10

<b>Month</b>	<b># Screened</b>	<b>HTN</b>	<b>No Prev. DX</b>	<b>High Chol.</b>	<b>No Prev. DX</b>	<b>High Glucose</b>	<b>No Prev. DX</b>
July	39	20	10	11	7	21	19
August	83	32	23	18	15	26	21
September	30	26	18	12	11	9	3
October	11	8	5	1	1	2	2
November	15	10	5	3	3	8	4
December	33	27	7	7	6	17	12
January	37	14	12	13	13	8	8
February	75	13	7	22	20	13	11
March	102	60	34	26	22	26	19
April	69	29	12	23	21	22	18
May	122	57	34	34	30	26	22
June	66	26	18	24	23	15	12
<b>Totals</b>	<b>682</b>	<b>322</b>	<b>185</b>	<b>194</b>	<b>172</b>	<b>193</b>	<b>151</b>

Of the 682 persons screened, 47.2% had elevated blood pressures

Of the 47.2% with elevated blood pressure, 57.5% had no previous diagnosis of hypertension

Of the 682 persons screened, 28% had elevated cholesterol

Of the 28% with elevated cholesterol, 89% had no previous diagnosis of hypercholesterolemia

Of the 682 persons screened, 28.3% had elevated glucose

Of the 28.3% with elevated glucose, 78% had no previous diagnosis of diabetes or pre-diabetes

## Free to Be Healthy Grant

A total of 24 individuals were assessed by OU-COM for the Free to Be Healthy Grant (FTBH). These screenings helped to increase the awareness of the overweight/obesity connection to chronic health problems such as diabetes, hypertension and dyslipidemia. Of the 24 assessments, five participants had no participation past pre-assessment due to personal issues. Nineteen clients were active FTBH participants; of these, thirteen or 69% completed the post-assessment. Three of the nineteen participants moved out of the area before completing the program due to job placement, two were unable to complete the program due to health issues and one had a disconnected phone and did not respond to the letter that was mailed.

Of the thirteen individuals who completed the program, eleven lost weight, one lost and then gained back to the pre-assessment weight, and one gained weight. A total of 96.4 pounds were lost; with a gain of 5.5 pounds. The most weight loss in one person was 27.5 pounds. Seven of the thirteen presented with elevated blood pressure at pre-assessment; two of the thirteen had elevated blood pressure at post-assessment, one was elevated due to being out of HTN medications (missed diabetes free clinic appointment and has not rescheduled due to time constraints of a new job). Total inches lost in waist circumference were 36 inches, one increased by .5 inches; hip circumference loss was 19.75 inches, no one gained, and one had no change.

Of the thirteen participants that have completed the program, eleven have shown an interest in receiving additional support. OU-COM will provide support in the way of a weekly check-in with weight and blood pressure; a walking program will also be initiated utilizing the 19-mile Hockhocking Adena Bikeway that is located in Athens and Hocking counties. Miles 1-3 of the bikeway are located on the Ohio University Campus.

The following was given to qualifying participants during the course of the program:

• 4 Pairs of Shoes	\$ 155.96
• 57 \$10.00 Gas Cards	\$ 570.00
• 26 \$25.00 Athens Farmers Market Gift Certificates	\$ 650.00
• 19 WellWorks Testing	\$ 665.00
• 15 WellWorks Memberships (1 Year)	\$2,625.00
• 8 Weightworks Memberships	\$ 240.00
• 2 \$100.00 Kroger Gift Cards	\$ 200.00
<b>TOTAL:</b>	<b>\$5,105.96</b>

Total # of Free to Be Healthy Participants	24
Total # of Free to Be Healthy Participants who discontinued participation	11
Total # of Free to Be Healthy Participants who completed program	13
Gender:	
Male	5
Female	8
Total # of Participants who have experienced improvements in:	
Weight	11
BMI	11
Waist/Hip Ratio	12
Blood Pressure	9
Total # of Participants who were screened for public benefits	24



## **Free Clinic**

The Free Clinic makes primary care and certain specialty health services available to qualifying, low-income, uninsured adults ages 18-64 in Athens, Hocking, Meigs, Morgan, Perry and Washington counties. The Free Clinic at OUCOM began out of need in 2005. Since that time, the number of patients served has increased every year and the number of services has also increased to include diabetes and dermatology free clinics. The clinic also works with others to provide cardiology, surgical care, orthopedic services, podiatry, eye care, etc. Assistance with prescriptions is also provided. This clinic also works with others in the area to assist patients establish a medical home. The Free Clinic is always changing and reaching out. In June of this year due to an American Cancer Society grant through the Ohio Department of Health, the Athens County Colon Cancer Coalition was established. This group collaborated to work out pathways to offer free colonoscopies to low income, uninsured people in Athens County. The grant funds were also used to increase awareness for the area about colon cancer and the need for proper screening.

### ***Free Medical Clinics***

2009-2010 OUCOM Community Health Programs Free Clinic Patient Combined Clinic Statistics		
Period	Number of Patients (unduplicated)	Number of Visits (duplicated)
07/01/2009-09/30/2009	90	97
10/01/2009-12/31/2009	83	101
01/01/2010-03/31/2010	87	96
04/01/2010-06/30/2010	103	109
Totals	363	403

2009-2010 OUCOM Community Health Programs Free Clinic Patient Visit Statistics by Clinic				
Period	Free Clinic (Episodic)	Diabetes Free Clinic	Dermatology Free Clinic	Combined Totals
07/01/2009-09/30/2009	51	46		97
10/01/2009-12/31/2009	41	60		101
01/01/2010-03/31/2010	54	42		96
04/01/2010-06/30/2010	41	55	13	109
Totals	187	203	13	403

The Free Clinic provided 231 prescription medication vouchers and pharmacy services totaling \$19,935.33. It is estimated that during the last year the Free Clinic provided and/or linked patients with over **\$146,000 in free care.**

### ***Breast and Cervical Screening***

The Healthy Adult Breast Screening Program (HAP-BSP) provides services on a fully equipped mobile unit that travels throughout fifteen counties in Southeastern Ohio. Clinical services are provided primarily by a nurse practitioner in collaboration with physicians from OUCOM. A registered nurse coordinates the day-to-day activities of the program with the assistance of an AmeriCorps member. The program provides breast health education, breast cancer screening, referral and follow-up. The program works in collaboration with local health departments, health care providers, the Breast and Cervical Cancer Project, local hospitals and other Komen grantees to reach the population in need. The goal is to provide services to uninsured, underinsured, and underserved women in Southeastern Ohio.

Our 2009-2010 accomplishments include:

- Served 476 patients at 59 clinics (\$45,282.00 in free clinical exams)
- Added new clinics in Monroe and Noble counties
- Provided displays at 19 health fairs/community events, reaching 2,906 individuals
- Provided presentations to 420 students at nine high school/college settings
- There were 18 gas cards issued to assist people to get to follow-up appointments
- There were three breast cancer diagnoses through this program
- Gave 370 vouchers for Mammograms at a cost of \$27,635.00
- Provided 357 Pap Tests at a cost of \$10,117.00
- 10 Spot Mags at average cost of \$204.00 = \$2,040.00
- 18 Ultrasounds were done at an average cost of \$85.02, for a total of \$1,530.36

**Breast and Cervical Cancer Clinic Report 4.1.09 – 3.31.10**

<b>Total Patients</b>	477
<b>Total Clinics</b>	59

<b>Ages</b>	
20-29	25
30-39	44
40-49	138
50-59	166
60-69	95
70+	9

<b>Medical Insurance</b>	
Yes	78
No	399

<b>Primary Care Provider</b>	
Yes	357
No	120

<b>BCCP</b>	
Yes	219
No	258

<b>Previous Pt.</b>	
Yes	203
No	275

<b>Pap &gt; 2 yrs ago</b>	
Yes	201
No	276

<b>Info</b>	
Paper	163
Radio	5
Flyers	70
Doctor	63
Friend	127
Other	49

<b>Hemoccult</b>	
Neg.	238
Pos.	8
N/A	231
Hemo x 3	275

<b>Mammogram Ref.</b>	
Yes	370
No	107

<b>Mammogram Result</b>	
Cat 1 Neg	143
Cat 2	153
Cat 3	13
Cat 4	5
Cat 5	2
Cat 0	17
Waiting for Report	37

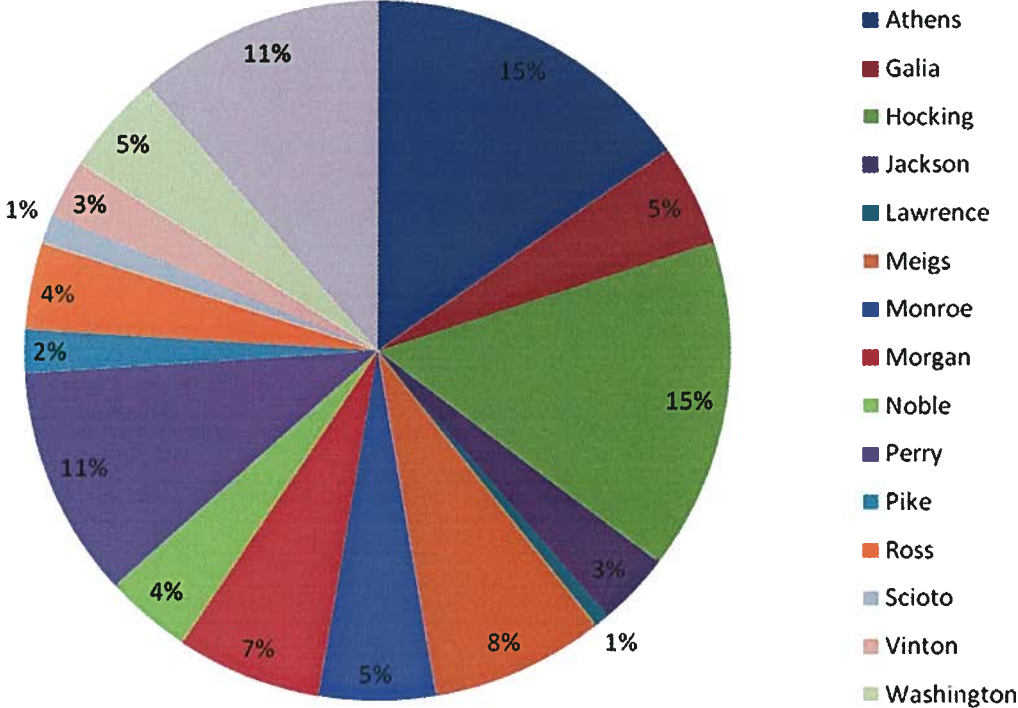
<b>Spot Mag</b>	10
<b>Ultrasound</b>	18

<b>Pap</b>	
WNL	315
RCC	9
LSIL	5
HSIL	1
Ascus	12
Endo/Trans.	15
Absent	
No Pap	120

**Patient Zip Codes**

34488	1	43076	1	43111	1	43130	1	43135	2	45690	8	45692	1	45746	2
43138	35	43144	2	43149	5	43150	1	43152	1	45694	3	45695	3	45750	4
43648	1	43713	1	43716	3	43724	1	43728	1	45701	42	45710	13	45757	1
43730	3	43731	4	43739	2	43747	2	43748	2	45711	4	45712	1	45760	7
43756	9	43758	8	43764	14	45783	2	45784	2	45714	1	45716	2	45761	8
43766	3	43777	1	43782	2	43783	4	43787	8	45719	4	45723	14	45764	18
43788	1	43793	7	43942	1	43946	1	45601	15	45724	3	45727	2	45766	1
45612	1	45613	1	45614	4	45620	3	45622	1	45732	19	45734	1	45767	1
45623	2	45631	8	45638	9	45640	3	45644	3	45735	6	45740	1	45769	20
45645	1	45648	1	45651	3	45654	3	45656	2	45741	2	45782	2	45770	4
45658	3	45659	1	45661	3	45662	8	45673	1	45742	4	45743	2	45771	12
45680	5	45681	3	45682	3	45685	2	45686	4	45780	5	45745	1	45772	10
45775	9	45776	3	45778	4	45779	3								

# B&C Patient Demographics by County



## ***TB Clinic***

### **TUBERCULOSIS PREVENTION PROGRAM**

The TB prevention program has changed significantly. Ohio University still educates and provides preventive medical treatment for Ohio University Students who test positive for TB infection but the protocol has changed. The students are initially given a TB skin test. If the results of the skin test are positive, they are required to have a blood test, either Quantiferon-Gold (QFT-G) or a T-SPOT test. These blood tests are more definitive for determining whether or not a patient has been exposed to TB. If the blood test result is positive, the patient is required to have a Chest X-Ray (CXR) done which will determine if they have TB disease (a positive CXR) or TB infection (a negative CXR). If the patient has a positive TB skin test, a positive blood test and a negative CXR, then they are eligible for the TB prevention program (VIP Clinic). Prior to using the QFT-G and T-SPOT blood tests, all students with a positive TB skin test and a negative CXR were offered treatment for TB infection. Since implementing the blood tests, it has been determined that approximately 75% of the positive TB skin tests are false positive and do not require treatment. The clinics are held on Ohio University Campus at the Student Health Center. Katy Kropf, DO and Beth Brown, RN provides the clinical support for these clinics. The Athens County Tuberculosis Board provides funding for this program. This program continues to be successful in preventing students with TB infection from developing into active TB disease. We had a total of 44.5 clinics in 2009.

In 2009, the Student Health Center tested 522 students for TB. Of these students, 200 had significantly positive TB skin test results and were asked to follow up with a QFT-G or T-SPOT blood test. 51 students had positive blood test results. 41 students started taking treatment with INH medication for their TB infection.

Once the students understand what the VIP Clinic does, and they sign on as patients, they realize and appreciate the benefits of the program. The results of the Questionnaires that the students complete on their last visit have been very positive and helpful. The general consensus has been that they were glad that they took the treatment and they felt good that they took steps to be proactive in preventing their infection from developing into active TB. Many voiced concern that more students don't take advantage of the program. Most students like coming to the VIP Clinic and some look forward to it. One student even asked if they could continue coming to the clinic even after their treatment was completed because they liked coming to the clinic.

<b>DATE</b>	<b>TOTAL SCHEDULED</b>	<b>NEW</b>	<b>REVISITED</b>	<b>NO SHOW</b>	<b>RX COMPLETED</b>
<b>07/01/2009 - 06/30/2010</b>	<b>751</b>	<b>141 (x 95.13 = \$13,413)</b>	<b>413 (x 63.74 = \$26,325)</b>	<b>197</b>	<b>46</b>

# Levy affords TB protection

Editor, The Messenger:

This letter is to urge all Athens County voters to go to the polls to support the renewal of the tuberculosis tax levy for Athens County in the May 4 primary election.

The levy provides funding through the Athens City-County Health Department that supports a testing and prevention program through the Ohio University College of Osteopathic Medicine's Community Health Programs. This program is responsible for lowering the number of active TB cases and preventing TB from becoming a major problem in our communities.

Pulmonary tuberculosis is a contagious bacterial infection that mainly involves the lungs, but may spread to other organs. It is caused by a bacteria called *Mycobacterium tuberculosis*. You can get it by breathing in air droplets from the cough or sneeze of an infected person. Prompt treatment is crucial in controlling the spread of TB, because even if you have been exposed to an infected person, the disease is preventable if exposure is identified early.

Last year, funds from this levy made skin test clinics possible, where 653 county residents were tested by our health care professionals, as reported by the Athens City-County Health Department. The TB prevention program this levy funds had 514 scheduled

## election letters

We welcome letters on the May 4 election. Please limit your letter to 300 words. It must be signed with your name and hometown. A phone number must be provided for verification. Letters may be mailed to P.O. Box 4210, Athens, OH 45701, faxed to (740) 592-4647, or e-mailed to [mnletters@athensmessenger.com](mailto:mnletters@athensmessenger.com). All letters are subject to editing. The deadline for election letters is April 28 at noon.

visits in 2009. It offers screening for high-risk individuals, identifies active TB cases and provides treatment for those who test positive. The levy funds are also used to provide treatment to those few individuals who are diagnosed with active TB each year.

Prevention is often difficult to measure, but it is vital for controlling this disease. Prevention lowers the amount of funding needed for treatment, and it also provides priceless peace of mind.

Please support the renewal of the TB levy when you go to the polls May 4.

**Kathy Trace, director  
Area Health Education Center  
and Community Health Programs  
Ohio University College of  
Osteopathic Medicine**

## **COMMUNITY HEALTH PROGRAMS**

### **2009–2010 FUNDERS**

- Ohio Community Service Council
  - AmeriCorps
- American Cancer Society
  - Colon Cancer Coalition
- Athens County Family & Children First Council
  - Well Child/Well Family Development
- The Athens County Tuberculosis Board – through the Athens City/County Health Department
  - TB Contract
- The Columbus Affiliate of the Susan G. Komen Breast Cancer Foundation
  - Healthy Adult Breast Screening
- Delta Dental Foundation
  - Dental Health for Low Income Children
- March of Dimes
  - Healthy Moms/Healthy Babies
- Medicaid/Medicare/Private Pay
  - Community Outreach
- Ohio Association of Free Clinics
  - Athens Foundation
  - CVS Caremark Settlement
  - Free To Be Healthy
  - Uninsured Care Funds
  - Vision Screening Program
- Ohio Association of Second Harvest Food Banks
  - Ohio Benefit Bank
- Ohio Department of Health
  - Children & Family Health Services Program (CFHS)
  - Ohio Breast Cancer & Cervical Cancer Early Detection Project (BCCP)
- Ohio Child Care Resource & Referral Agency (OCCRRA)
- Private Contributions
  - Foundation Accounts: B&C, CHIP, CHP, Clinical Services
- Sisters of St. Joseph Charitable Fund
  - Healthy Communities
- Veterans Affairs Medical Center
  - VA Medical Center Project

## **COUNTIES SERVED BY FREE CLINICS IN 2009:**

### **FREE CLINICS**

Athens

Meigs

Washington

Gallia & Lawrence – By Referral

### **B&C CLINICS**

Athens

Gallia

Hocking

Jackson

Lawrence

Meigs

Monroe

Morgan

Noble

Perry

Pike

Ross

Scioto

Vinton

Washington

## **HOSPITAL SERVICES**

### **PARTICIPATING HEALTH CARE ENTITIES**

Adena Regional Medical Center  
Arthur G. James Cancer Hospital & Richard J. Solove Research Institute  
Doctors Hospital of Nelsonville (also refer to list for Mammograms)  
Genesis Healthcare System  
Hocking Valley Community Hospital  
Holzer Clinic (lower rate on PAP)  
King's Daughters Medical Center  
Marietta Memorial Hospital  
O'Bleness Memorial Hospital  
Ohio University College of Osteopathic Medicine  
Ohio State University Medical Center (OSU Radiology LLC)  
Pike Community Hospital  
Selby General Hospital  
Southern Ohio Medical Center (Scioto Breast Center)  
University Medical Associates  
Zanesville Imaging Health Plex  
Dr. Earl L. Driggs, DPM  
Dr. Jason Reed, DO  
Dr. Dawn L. Sammons, DO  
Dr. Mitch Silver, DO  
Dr. Enrico Tan, DPM

## **LAB SERVICES**

### **PARTICIPATING LABS**

Adena Radiology  
Chillicothe Radiology  
Columbus Radiology  
Marietta Imaging, Inc.  
Radiology Associates of Athens  
Radiology Associates of Southeast Ohio  
Southern Ohio Radiologists, Inc.  
SOMC Radiology Associates  
TC Hobbs & Associates, Inc.

## **Consortiums and Boards for the Area Health Education Center and Community Health Programs**

- Consortium for Health Education in Appalachian Ohio is Region Vb of the Area Health Education Centers (Ohio).
- Athens County Child and Family Health Services Consortium
- Free Clinic Advisory Committee
- Participated as part of the Director of Health's Task Force on Oral Health and Access to Dental Care
- Athens County Colon Cancer Coalition
- Health Community Coalition
- Integrating Professionals for Appalachian Children (IPAC)
- Athens County Family and Children First Council
- Graduation, Reality and Dual Role Skills (GRADS) Advisory
- ECCC (Early Childhood Collaborative Committee)
- Women Infant Child (WIC) Breastfeeding Advisory
- Sisters of St. Joseph Board of Directors

## Examples of Success Stories:

My daughter shadowed the CNP at Parks Hall free clinic this past Monday. She was very moved by what she saw. It was a real eye opener to her all of the problems the poor and uninsured folks in this area have. Even being raised in Athens County she was unaware of what they have to deal with. But what impressed me the most was what she said when she got home after the clinic. She is applying to med schools now and hopes to become a surgeon but she said no matter what type of doctor she becomes she will volunteer her time to those who need it. I was very proud of her, but I believe CHP's free clinics have that same effect on most of the students who work the clinics.

Regarding an AHEC program: *Helping Traumatized Children Learn and Succeed* - I want to tell you how much I appreciate this program. I hope you can build on it and/or offer it again. I've been working in the trauma field since the 80's and the development of a more expanded definition of trauma and its specific effects has been greatly needed. Thank you so much to the developers, presenters and all of you who staffed this. (From Kristina Houser, a psychologist).

A patient came to the free clinic with an extremely high blood pressure. This person had not been seen because he was uninsured and it was hard to get away because he was a caregiver for a very ill family member. The Free Clinic staff treated the blood pressure and worked with a visiting nurses group to provide services for the family member.

Dear Women In Science and Engineering (WISE) Program Volunteers - Thank you so much for making the WISE program Women in Medicine presentation such a success! I think we really made a difference to the girls. After all, I had the inside scoop from my husband's students at The Plains Elementary that our presentation was "the best they had seen all day." I'm glad that the students had the opportunity to ask questions privately while participating in the activities. All of you did such a great job:)

We had a couple in the Free to Be Healthy (F2BH) program who were an inspiration to all. They had never even entered the doors of a fitness center prior to starting F2BH, and in the beginning were somewhat apprehensive about exercising in public. They continue to work out religiously, at least 6 days/week. This couple is now well known at the fitness center. They offer encouragement and support to new members at the center who appear to be uncomfortable with surroundings. The staff at the center says they look forward to this couple's daily visits, and that they are "a breath of fresh air."

She lost a total of 27.5 lbs, 5 inches from her waist measurement, 5 inches from her hip measurement, improved A1c from 7.0 to 5.6, and significantly improved her blood pressure (pre-assessment BP of 148/86 was improved and ranged from 116-120/60-72 after 2 months in

the program). She also improved her HDL by 11 points and reduced her LDL by 8 points. She became an advocate for those who at times were frustrated with their progress and continues to contact several of the participants to encourage and get them involved in community events that promote activity. She is working with her church group to promote healthy eating and increased activity for all ages.

He lost a total of 13 lbs, improved his HDL by 17 points, decreased his LDL by 18 points and was also a cheerleader for the group. This gentleman was in an accident in early January that resulted in hospitalization for a week and some exercise restriction for the last two months of the program. His blood pressure was elevated at the post-assessment due to increased pain, but he paced himself and with his physicians consent continued to exercise as able. He is doing well today and continues to be part of the walking group we are continuing here at OUCOM with weekly weigh-ins and blood pressure checks.

This couple has developed strong bonds of support with many of the program participants, and is always upbeat and positive. They have a way of making others feel valued and without being overbearing have been able to provide a support system for many who were lacking this support at home. They helped to boost the confidence of the group and relay the message of the importance of positive lifestyle changes to improve not only physical, but mental health.

“I believe the rethink autism program has helped a lot. Joey\* now has over a 250 word vocabulary and is learning more every day.....he can stay seated throughout most of a meal now, he is playing with other kids, knows most of his abcs and can count to 20.... I want to thank everyone for helping Joey and our whole family, you don't know how much it means to us.”

**\*Child's name changed for confidentiality**