

# HOW CAN WE SUPPORT YOU AND YOUR PATIENTS?



# Introduction

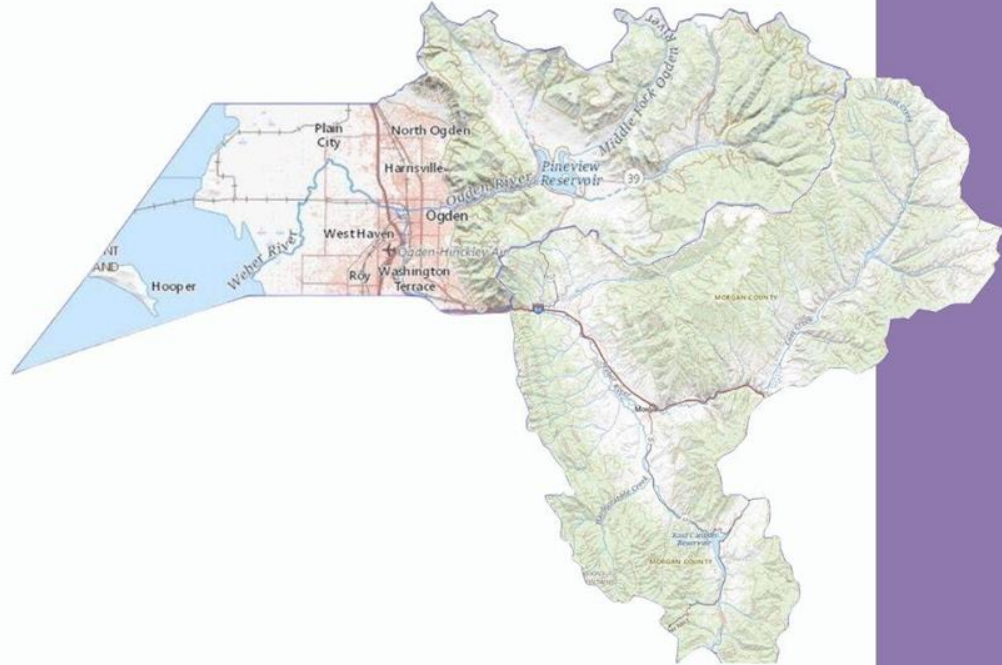
## Weber-Morgan Health Department

Edna Ramirez MPH - Community Health Program Supervisor

- COVID
- Community Health Workers
- Health Equity

Kelly McElwain MSc - Community Health Program Supervisor

- Teen Health
- HEAL (Healthy Environments Active Living)



# Objectives of this Presentation

■

**How we Partner with OgdenCAN**

■

**What Healthy Aging programs we offer**

■

**What Living Well Classes we offer**

■

**How Living Well classes can benefit you and your patient**

■

**What other resources the WMHD provides**



Health

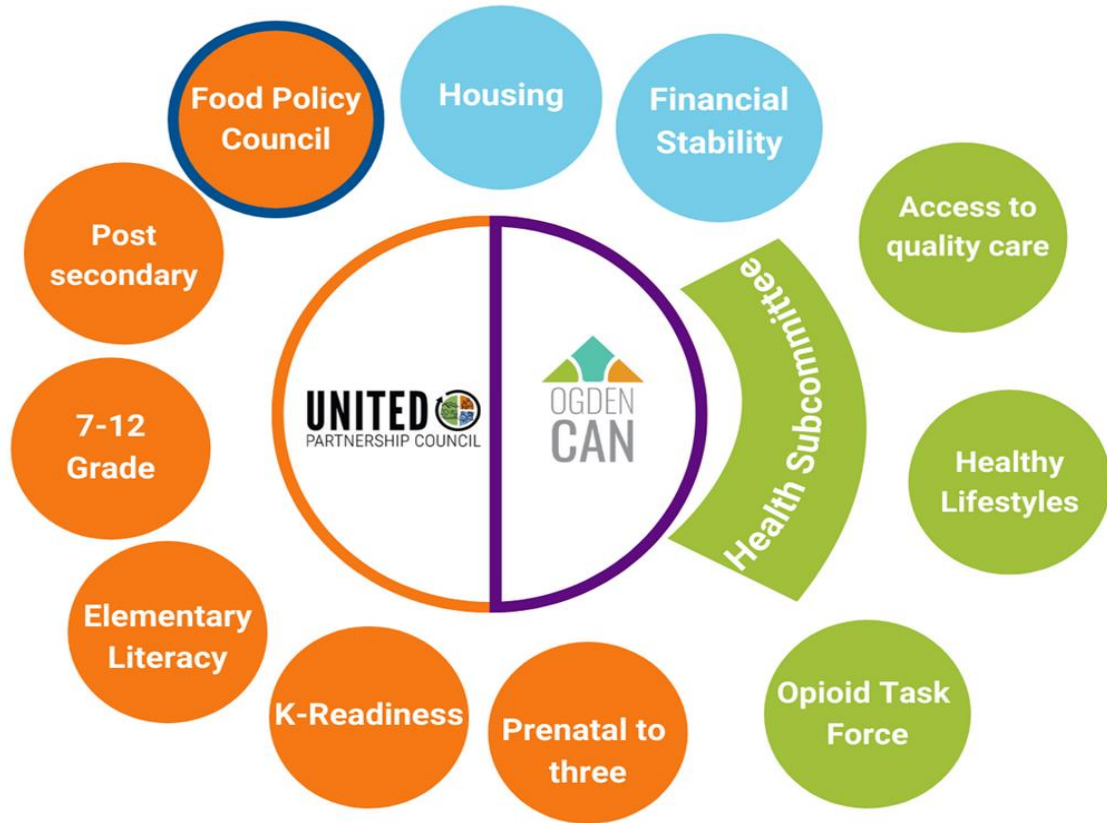
Education

OgdenCAN

Ogden Civic Action Network (OgdenCAN), facilitate collaboration and local partnerships in health, education and housing by offering a central point of organization committed to improving the welfare of our vibrant communities in the East Central Neighborhood of Ogden, Utah

Housing Assistance in East Central Ogden





-  **Facilitated by UWNU**
-  **Facilitated by OgdenCAN**
-  **Facilitated by Weber-Morgan Health Dept.**
-  **Application Membership**
-  **In development**



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**What are some common challenges you face in managing patients with chronic illnesses in your practice?**

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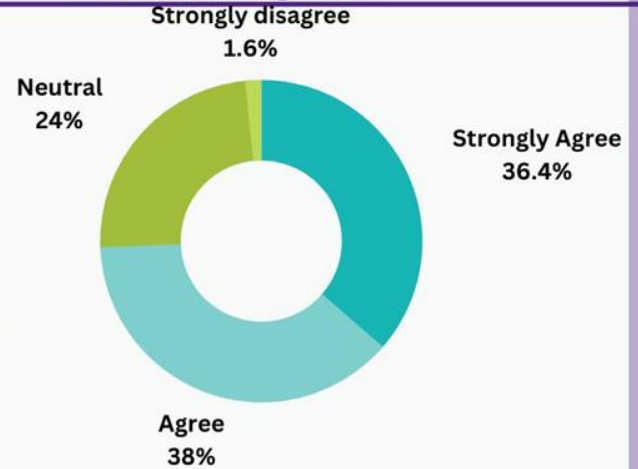
# Healthy Aging Programs

## Tai-Chi

Proven to help older adults improve balance, flexibility, and posture, reduce pain, and reduce risk of falls. No specialist equipment required.

## Stepping on

Stepping On addresses medication, visual impairments, strength, balance, and the home environment. Proven to help older adults improve confidence to reduce the risk of falls.



I feel more comfortable talking to my healthcare provider about my medications and other possible risks for falling (2022)



**falls hurt your**  
pocket book  
quality of life  
independence



# SUCCESS STORIES



"I always wanted to know about Tai Chi. Finally did it and I enjoy it very much. It has helped me with my neck and I have a good experience and has helped a lot."



"Soy más flexible con mi movimiento y equilibrio"



# Living Well Classes

- Living Well with Chronic Conditions
- Tomando Control de su Salud (Spanish LWCC)
- Living Well with Diabetes
- Living well with Chronic Pain
- Programa de Manejo Personal de la Diabetes

Chronic Disease Self-Management  
Education

## 02 -LIVING WELL WITH CHRONIC CONDITIONS

1 class completed at Riverdale Senior Center  
Participants: 9 attended and there were 5 that completed  
Currently 1 class being held at Golden hours with 8 participants in attendance.

## 02 - LIVING WELL WITH CHRONIC PAIN

1 was held online and 1 class completed at Golden hours.  
Participants: 13 attended and 8 completed at Golden hours.

## 03 -LIVING WELL WITH DIABETES

Currently starting in Riverdale and Golden Hours.  
We have people already interested in attending, these will be held in June.

## 04 -LIVING WELL WITH DIABETES (SPANISH)

We are starting to recruit and get community input on what hours and locations are best to encourage attendance.

# SUCCESS STORIES

"I am still using Action Plans in my day-to-day, as well as my week-to-week. I met another person with the same conditions and found support and relief just knowing that I wasn't the only one trying everything to lead a functional life, sometimes failing but more often than not, thriving despite the pain. The people I met and the work we did together were meaningful and will definitely help me ground myself in the future, when I feel my pain trying to take control again. Thankful to have been in a very genuine and supportive group of strong minds!!"



"Cut narcotics way down 1 a week compared to at least five a day"



"I loved the time spent in this class! The leaders and the participants were all such a joy to spend time with while getting to know myself better. I appreciate the exercises we did as a group as well as the time we spent reflecting and creating action plans!"





# Benefits of providers referrals



**Patients work better with primary care practioners**

Reduces time and resources required to manage their care

- lower costs

Reduction of healthcare utilization and costs

- Impact performance and Quality standards
- Medicare STAR ratings
- HEDIS

**Data shows :**

- 3% Admission Reduction
- 5% ER Utilization Reduction
- \$368 net savings per participant
- National savings of \$3.3 billion if 5% of adults with one or more chronic conditions were reached.

(Ahn, S., Basu, R., Smith, M.L. et al., 2013)





<https://vimeo.com/217700420>

## OUR VISION:

1 IDENTIFY NEED

2 DISCUSS OPTIONS

3 CLASS "RX"

4 ENROLL IN OFFICE

5 CHW FOLLOW UP

## THE REASONING:

If providers are able to identify the need and discuss class options with the patient it gives them the opportunity to ask questions and feel more informed about their health.

When writing a class "prescription" the patient can then take it to the front desk to be enrolled in office, this greatly reduces the gap of having patients enroll themselves, many of which might be less technologically inclined and need help. Our CHWs will then reach out to patients to discuss the class and help them on the next step in their treatment plan.

## RX'S:

**LIVING WELL UTAH**  

Prescription for healthy aging

- Living Well with Chronic Conditions
- Living Well with Chronic Pain
- Living Well with Diabetes
- Stepping On
- Tai Chi

To register, visit [livingwellutah.gov](http://livingwellutah.gov)  
email [chw@webercountyutah.gov](mailto:chw@webercountyutah.gov)  
or call 801-399-7149



**Healthy Aging Program** 

Prescription for healthy aging

<b>Falls prevention classes</b>	<b>Living well classes</b>
<input type="checkbox"/> EnhanceFitness	<input type="checkbox"/> Living Well with Chronic Conditions
<input type="checkbox"/> Stepping On	<input type="checkbox"/> Living Well with Chronic Pain
<input type="checkbox"/> Tai Chi	<input type="checkbox"/> Living Well with Diabetes
<b>Physical activity classes</b>	<input type="checkbox"/> Programa de Manejo Personal de la Diabetes
<input type="checkbox"/> Arthritis Foundation Exercise Program	<input type="checkbox"/> Tomando Control de su Salud
<input type="checkbox"/> EnhanceFitness	
<input type="checkbox"/> Tai Chi	
<input type="checkbox"/> Walk With Ease	



To register visit [healthyaging.utah.gov](http://healthyaging.utah.gov) or call 888-222-2542.



# HOW ARE WE GETTING PEOPLE TO PARTICIPATE?

SINCE INTRODUCING CHW IN 2023

2022-2023



COMMUNITY VENUES



LOCAL HEALTH DEPARTMENT



WORD OF MOUTH



HEALTH CARE PROVIDER

# OTHER CHRONIC CONDITIONS PROGRAMS AND RESOURCES WE SUPPORT

## PREDIABETES 101

One-time presentation designed to teach diabetes prevention to those experiencing prediabetes, or those at risk of developing diabetes. Prediabetes screening surveys available for clinics and pharmacies.

## DIABETES SELF- MANAGEMENT EDUCATION

Education program for those living with diabetes. Resources are available to help providers begin offering referrals for this program.

## SELF-MEASURED BLOOD PRESSURE MONITORING

Program for those living with HTN to monitor their own blood pressure with guidance from their primary care provider. Resources are available to connect patients with BP cuff lending libraries, or help clinics and pharmacies start their own lending library.

## NATIONAL DIABETES PREVENTION PROGRAM

Education program for those at risk of developing diabetes. Resources are available to link community members with local or online classes.





# Referring these classes to my patients would be beneficial?

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**Was this useful to you? How can we can improve or be a better support to providers in creating healthier communities ?**

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# Questions?

Call us at [801-399-7149](tel:801-399-7149)

Or, email:

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