

Healthy by Design

By Jeri Lynn Williamson, OMS IV
Primary Care Leadership Program
Adelante Healthcare Community Health Center
Surprise, Arizona



Background



- Primary Care Leadership Program community health center project was sponsored by General Electric in partnership with National Medical Fellowship
 - Adelante Healthcare: Surprise Clinic in Maricopa County
 - Focus on sustainable healthcare for all and the surrounding community
- Project strategy is positive deviance
 - Intervention and/or development approach that is based on the premise that solutions to problems already exist within the community

Intervention



- ‘Healthy by Design’ worksheet was provided to all patients who were overweight (25.0-29.9) or obese (30.0 and above) by body mass index (BMI)
- Worksheet helps set goals for weight loss and positive healthy lifestyle changes
 - Highlights four key points (5-2-1-0 plan):
 - Five or more fruits and vegetables a day
 - Two hours of screen time or less
 - One hour of physical activity
 - Zero sugary drinks and more water
 - Contains action plan and additional physical activity and nutritional goals



'Health by Design' Worksheet

Adult Prescription for a Healthy Weight

Name: _____ Date: _____

Current Weight: _____ Current BMI: _____ Ideal Weight: _____

What is BMI? Body Mass Index (BMI) is a measure of health, based on your height and weight. This estimate is a good gauge of your risk for certain diseases such as heart disease and diabetes.

BMI Categories

Below 18.5 Underweight	18.5-24.9 Healthy Weight	25.0-29.9 Overweight	30.0 and Above Obese
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My Goal Weight: _____, I will work to reach my goal weight by ____/____/____ (date).

A 5-10% decrease in weight can have positive effects on my health. Achieving a healthy weight and becoming more active would help me manage these health problems:

- | | | |
|--|--|---------------------------------------|
| <input type="checkbox"/> High cholesterol | <input type="checkbox"/> Heart disease | <input type="checkbox"/> Depression |
| <input type="checkbox"/> High blood pressure | <input type="checkbox"/> Diabetes | <input type="checkbox"/> Asthma/COPD |
| <input type="checkbox"/> Sleep apnea | <input type="checkbox"/> Arthritis | <input type="checkbox"/> Other: _____ |

Make the healthy choice the easy choice everyday...

5 or more fruits & vegetables **2** hours or less of screen time* **1** hour of physical activity **0** sugary drinks, more water

*Keep TV/computer out of the bedroom.



www.healthybydesignyellowstone.org

Adult Action Plan

The following will help me meet my goal weight:

Referral to other professional for support:

Name: _____

Phone number: _____

Medication (prescribed or over-the-counter): _____

Community resource referral: _____

My Nutrition Goals:

- Use the plate method: fill 1/2 my plate with fruits and vegetables, 1/4 whole grain, 1/4 lean protein.
- Choose whole grain foods: brown rice, oatmeal, bran cereal, whole grain breads and pastas.
- Choose lean protein: beans, fish, chicken, turkey, eggs, pork and nuts.
- Eat fresh, frozen or canned fruits and vegetables.
- Choose low-fat or nonfat dairy: low-fat milk, low-fat yogurt and low-fat cottage cheese.
- Limit the use of added fats such as salad dressing, mayonnaise, margarine, butter and oil.
- Keep track of my daily intake using a food journal. *Optional: Eat _____ calories/day.*
- Plan meals ahead of time—including meals at home and at work.
- Avoid eating fast food. If I do eat out, I will bring home half of the entrée.
- Other: _____

My Physical Activity Goals:

- Walk, bike or take the bus whenever possible, especially trips that are less than one mile.
- Strengthen my muscles: lift weights, practice yoga, or use my body weight for resistance.
- Join a recreation center or gym.
- Enjoy nature and outdoor activities with friends and family.
- Find a workout partner to hold me responsible for my physical activity goals.
- Take the stairs whenever possible.
- Use a pedometer to track my steps. I will walk 8,000-10,000 steps per day.
- Other: _____

Online Resources

Nutrition

- www.cdc.gov/healthyweight/healthy_eating
- www.choosemyplate.gov/SuperTracker
- www.fruitsandveggiesmorematters.org
- www.health.gov/dietaryguidelines

Physical Activity

- www.cdc.gov/healthyweight/physical_activity
- www.nwf.org/Get-Outside
- www.naturefind.com
- www.presidentschallenge.org

Methods

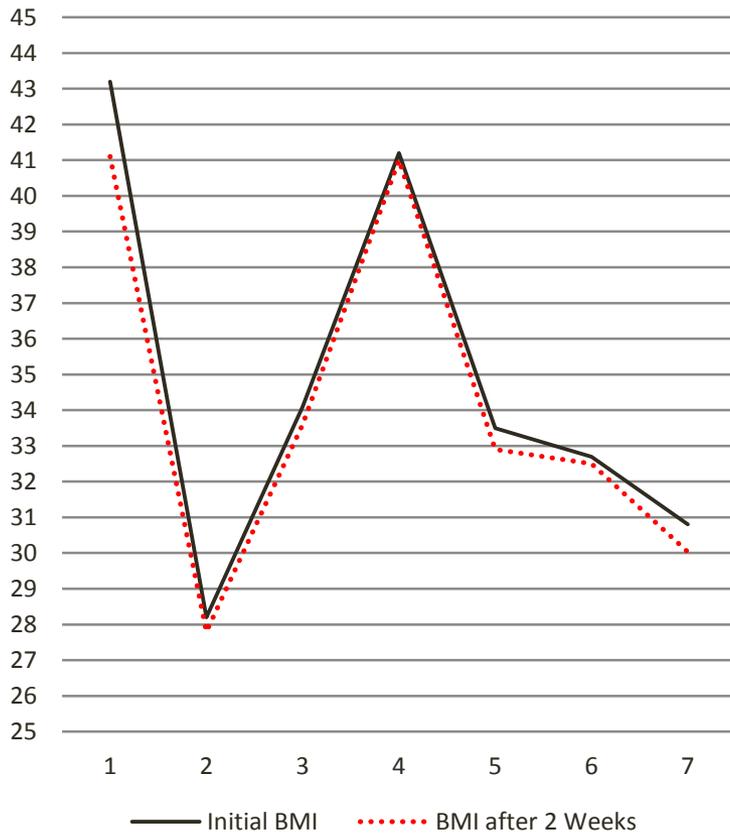


- ‘Healthy by Design’ worksheet was provided to all patients who were overweight or obese by BMI standards
- Age, gender, ethnicity, BMI, diseases associated with obesity, and insurance status were recorded during the initial counseling
- Two weeks later the patient was telephoned and asked about lifestyle changes he/she was able to improve upon
- Each patient’s weight was recorded and a new BMI was calculated

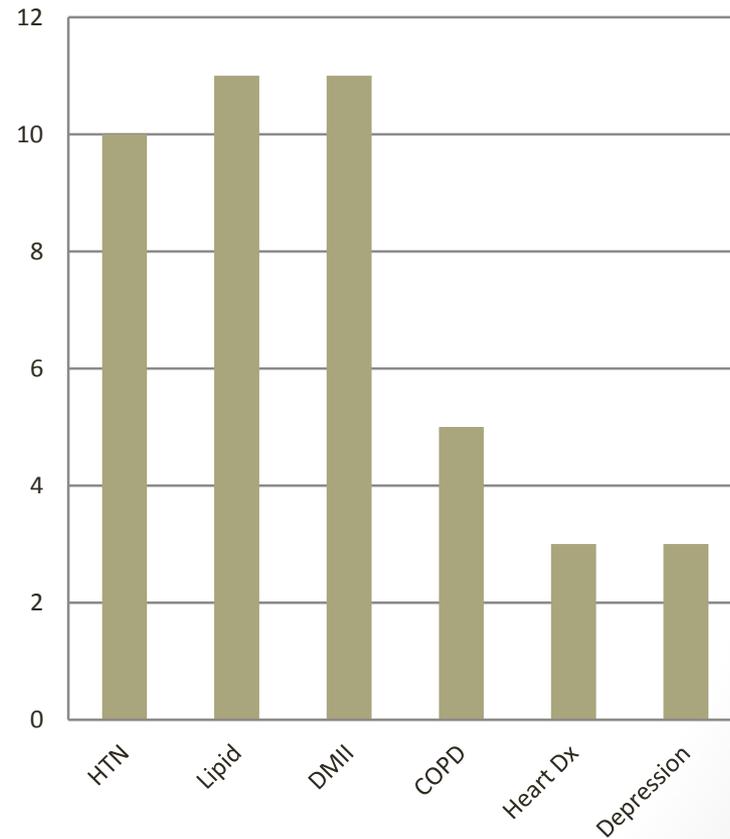
Results



Body Mass Index

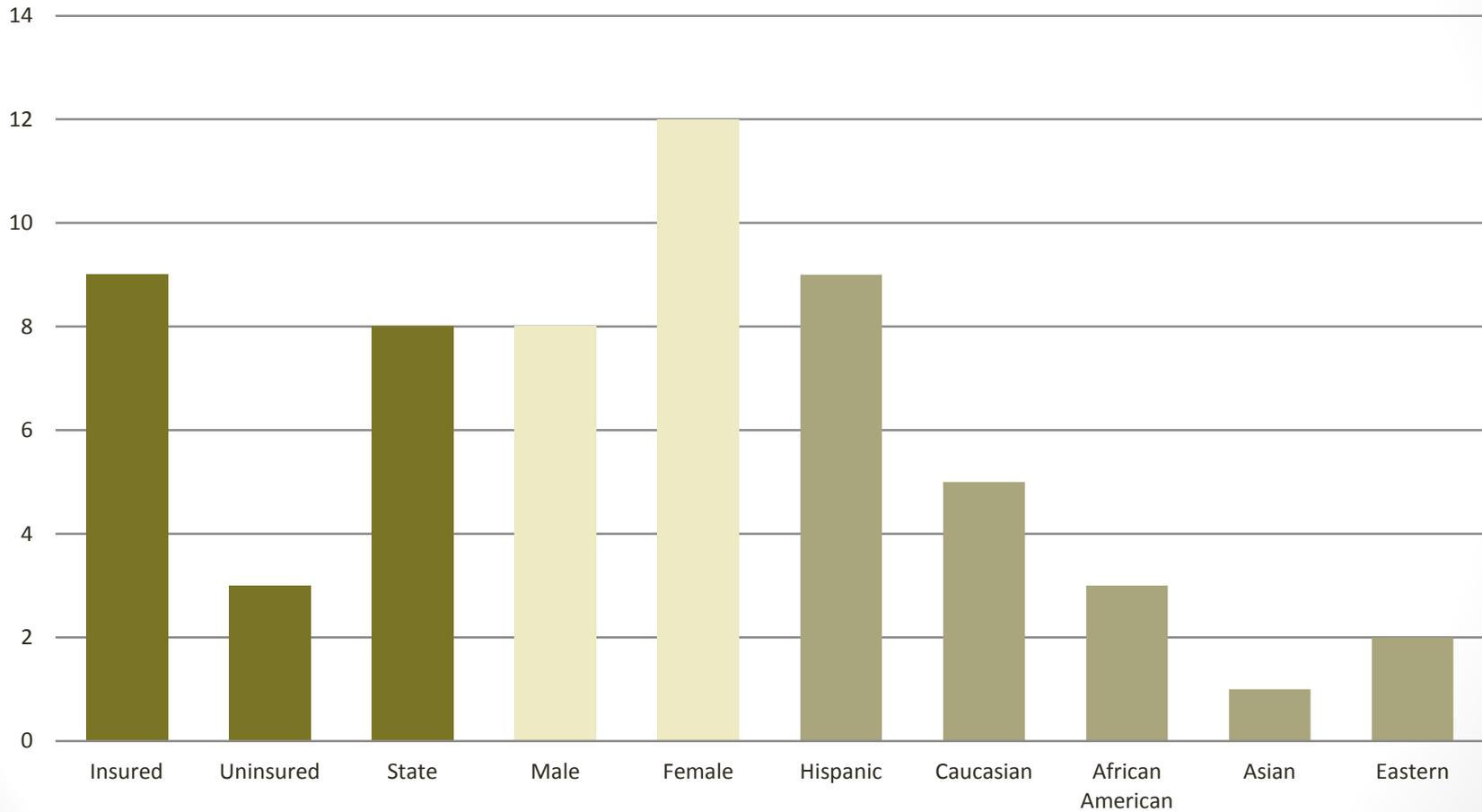


Associated Diseases





Results





Discussion

- Based on the results of the 'Healthy by Design' worksheet, it was seen that healthy lifestyle changes of diet and exercise can decrease the BMI of patients
- Average percent difference from initial BMI and two weeks after lifestyle changes was 1.9%
- Percent difference ranged from 0.5% to 4.9%
- Most patients stated overall they felt better and had more energy throughout the day



Conclusion

- Educational counseling about healthy lifestyle changes through the use of the 'Healthy by Design' worksheet helped decrease weight and BMI in most patients
- Following up with patients two weeks later held them accountable for their actions and encouraged them to stay motivated and on-track with the healthy lifestyle modifications

Final Recommendations



- Follow the 5-2-1-0 plan:
 - Five or more fruits and vegetables a day
 - Two hours of screen time or less
 - One hour of physical activity
 - Zero sugary drinks and more water
- Eating a low-calorie, low-fat diet and increasing physical activity can help reduce the incidence of diabetes and other diseases associated with obesity
 - For example: hypertension, hyperlipidemia, congestive obstructive pulmonary disease, asthma, depression, and heart disease

References



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