Community-Based Wellness Center: Getting People to Move

Julie A. Pusztai RN, BSN, MSN, PHN
Catherine Heinlein EdD, RN, PHN, RD, CDE
Anna Marie Hefner RN, MSN, MaEd, CPNP
Neighborhood Wellness Center

- NWC was founded in 1998 by nursing faculty Susan McKeever Smith
- Now at 2 locations in Azusa
- Currently open 11 months out of the year
- Staffed by nursing faculty, Spanish bilingual translator, Certified Diabetic Educator
- Senior level community health nursing students
Neighborhood Wellness Center

- School of Nursing Azusa Pacific University, Azusa California, USA

- A small community of about 46,000 people
- Majority Hispanic, both multigenerational & immigrant
Learning Objectives

1. The learner will be able to describe an incentive walking program to assist the clients of a community based wellness center to improve their health.

2. The learner will be able to describe methods to improve health and decrease health risk factors in a community setting.
Purpose

• The purpose of this study was to increase the physical activity in low income Hispanic men and women in a community center.
Our Context in Azusa, CA

Obesity

- Over ½ of L.A. county’s adult population is obese or overweight
- 30% of Latinos
- Higher with low income

- 38% of 7 & 8 year-olds children in Azusa are obese (2nd graders)

*L.A. County Trends - Nov. 2010*
Our Context

Diabetes

- U.S.- 1,900,000 new cases diagnosed in 2010
- California - there are 2,318,000 people with diabetes (8.4% - 2009)
- Los Angeles county – 9.1% of population - 650,000 people (2009)
- Prevalence is two times higher among Hispanics than non-Hispanic whites
- Azusa - 67.4% of population is Hispanic (Census data)

Diabetes trends in the U.S.

*CDC-National Diabetes Fact Sheet, 2011*
Rationale

- With the increase in obesity rates, physical activity plays a central role in overall health, quality of life, and disease prevention.

- It has been documented a weight loss of 5-10 percent of current weight will lower one’s risk of developing diseases associated with obesity.
Methodology

• This was a pilot, descriptive study assisting clients to identify their healthy weight, measure body mass index (BMI), set goals, and develop a plan for healthy eating and exercise in an underserved Hispanic community.
Azusa Walks - Enrollment

- Receive 7-day memory pedometer
- Sign agreement to complete 4 week program
- Receive verbal personal health and family health history assessment including diabetic and cardiac risk factors
- Height, Weight, Waist Circumference, BP, and BMI
- Help setting personal goal for the week
Azusa Walks
Weeks 2 through 4

- Week 2: Moderate vs. Vigorous Activity & T-shirt
  PA guidelines for all Americans
  Calorie Burning

- Week 3: Food Portions
  Introduce Food Diary

- Week 4: Individual Dietary Needs
  Food groups and portions for them

Each week: Calculate average daily steps walked
Weight and Blood Pressure
Set SMART goal for upcoming week
Initial Demographics

• 92% Hispanic
• Average age of participants: 46 years 8 months (range 18-82 years)
• 82% Female
• Average weight: 168.08 pounds / 76.2 kg
• Average waist circumference: 37.39 inches / 95 cm
• Average BMI: 30.23
• 36% overweight
• 47% obese
Results

- 82 clients enrolled and 24 clients completed 4 consecutive weeks
- Average weight loss was 4.55 pounds or 0.97% body weight
- Average diabetic risk factor score: 8/18
- Cardiovascular risk factor score: 1.69
- The average steps for 4 weeks was 9,771
Conclusion

• Providing a community atmosphere of support can increase the wellness of low-income Hispanic clients

• Sensitivity to the cultural aspects of the group is important

• Participants had difficulty with 4 consecutive weeks

• “Word of mouth” is an excellent vehicle for advertising
Anecdotal Comments

- Increase in overall energy
- An increase in quality of life
- Sleeping better
- Stopped smoking
- Clothes are fitting looser and differently
- Less depression
- Making new friends
- Pedometer keeps me going
• QUESTIONS???