

# Community-Based Wellness Center: Getting People to Move

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# 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



**AZUSA PACIFIC**  
UNIVERSITY



**Canyon**  
**City**  
FOUNDATION

- 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.



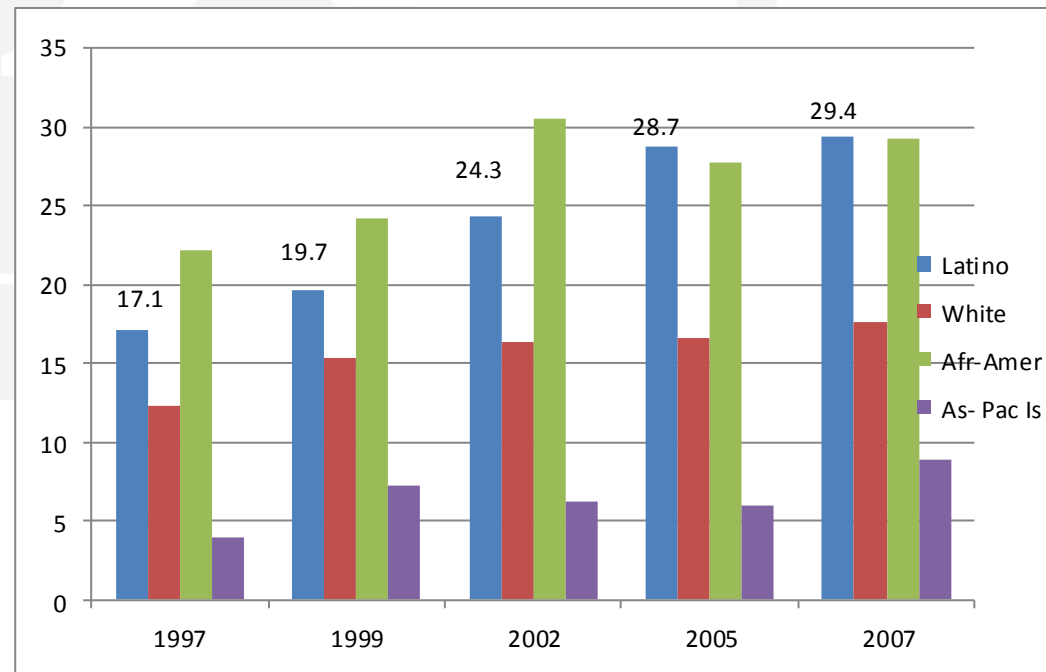
# Our Context in Azusa, CA

## 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 (2<sup>nd</sup> graders)**

## Obesity by race/ethnicity- Trends in Prevalence

L.A. County



\* L.A. County Trends- Nov. 2010

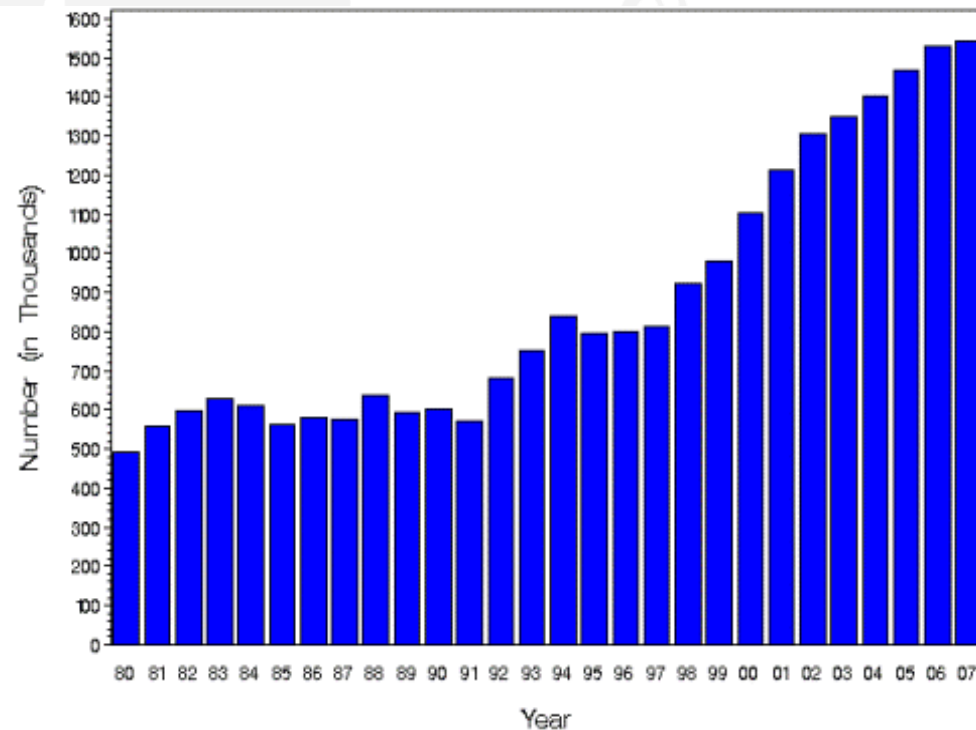


# Our Context

## 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 / 95cm
- 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???