



# Living for Health®

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# Florida Heart Research Institute



- ♥ Located in Miami, FL
- ♥ Independent, nonprofit 501(c)(3) organization
- ♥ No affiliations with any hospital or university

## **Mission:**

to stop heart disease through  
research, education and  
prevention

# Living for Health®



## Cardiovascular community health program targeting underserved and uninsured adults

- ♥ Use community-based cardiovascular risk factor screenings to identify those at risk for heart disease, stroke and diabetes
- ♥ Provide education and health coaching to encourage lifestyle changes to reduce risk
- ♥ Encourage those at risk to seek treatment and provide FQHC referrals to those without a medical home
- ♥ Provide telephonic follow-up to all high risk participants at 1, 3, 6 and 12 months

# Community Screenings

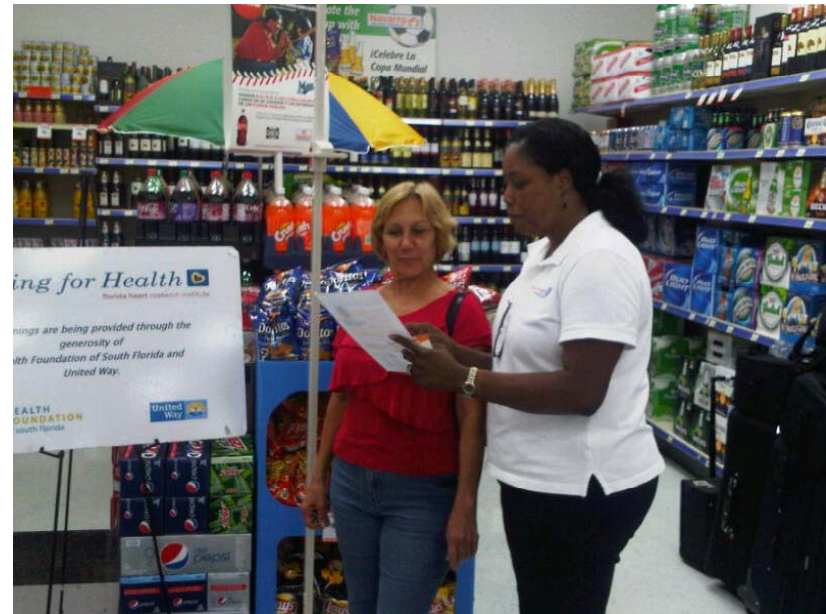


Churches, malls, health fairs, community centers located in medically underserved areas

# Screening Process



- ♥ Baseline Lifestyle Survey and Clinical History
- ♥ Blood Pressure
- ♥ Body Mass Index
- ♥ Fingerstick
  - Total Cholesterol
  - HDL
  - TC / HDL ratio
  - Glucose
- ♥ One on One Counseling
- ♥ Educational Information
- ♥ List of Local Resources



Counseling and education provided in English, Spanish and Creole

# Protocol for Medical Follow Up



Follow national NCEP / ATPIII, JNC(VII) and ADA guidelines for medical follow up:

- ♥ Systolic BP  $\geq$  140 mm Hg
- ♥ Diastolic BP  $\geq$  90 mm Hg
- ♥ Total Cholesterol  $\geq$  240 mg/dL
- ♥ TC / HDL ratio  $\geq$  4.1
- ♥ Glucose  $\geq$  200 mg/dL



Those without a PCP are referred to participating FQHCs that treat on a sliding fee scale based on ability to pay

# Outcomes Measured



**Follow all “at-risk” participants – (60% of participants)**

## ♥ Lifestyle changes

- Fruit and vegetable consumption
- Whole grain consumption
- Fast food frequency
- Fast food type
- Fat intake
- Physical activity levels
- Smoking



## ♥ Clinical changes (TC, TC/HDL, BP, GLUCOSE)

## ♥ % who sought treatment

## ♥ Matches to new medical home

# Outcomes Measurement



**Follow up phone surveys  
at 1, 3, 6 and 12 months  
from initial screening**



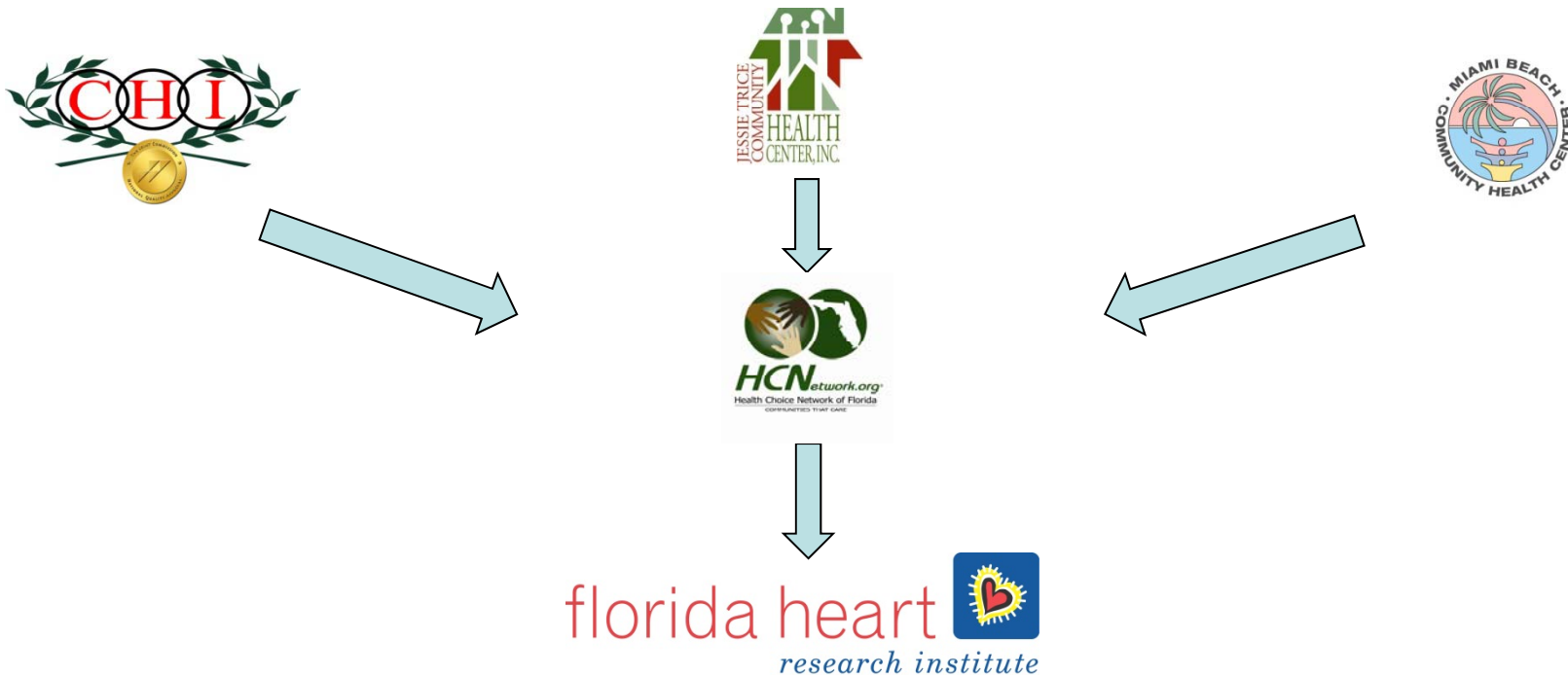
- ♥ to collect **post lifestyle** data
- ♥ determine who sought treatment
- ♥ opportunity to re-educate and coach
- ♥ encourage participants to seek treatment

# Outcomes Measurement



## Data Downloads from Participating Clinics

- ♥ to collect **post clinical** data
- ♥ determine who sought treatment
- ♥ identify matches to a new medical home



# Lifestyle Results



- ♥ Showed statistically significant improvements in 6 out of 7 lifestyle indicators after 3 months
- ♥ Showed statistically significant improvements in 5 out 7 lifestyle indicators after 6 and 12 months

**Lifestyle changes were made and sustained among those at-risk participants we were able to reach in the phone surveys**

# Clinical Results



Showed statistically significant improvements in all 4 clinical indicators after 3 and 6 months

Showed statistically significant improvements in 3 out of 4 clinical indicators after 12 months

**Clinical indicators among those at-risk participants followed and treated by the FQHCs were improved and sustained**

While the N is small, the data supports the self reported lifestyle changes

# Match to a Medical Home



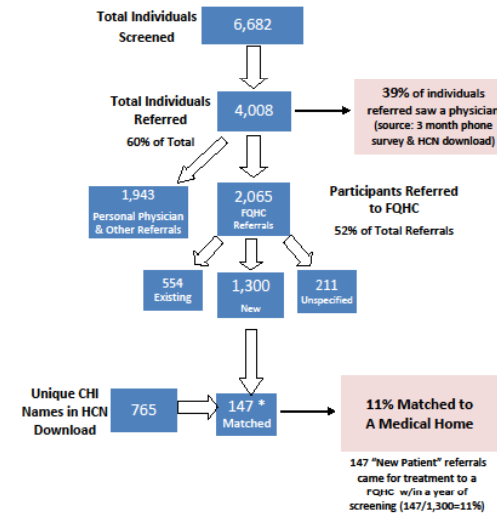
Out of the 6,682 screened in the program, 4,008 (39%) required medical follow-up. Of those, 1,300 had no medical home so were “new” referrals. **147 out of 1,300 (or 11%) were successfully matched** – independently verified from data download

Living for Health

North & South Miami-Dade Combined

Scope of Study for the Period: May 2008 - June 2011

This chart combines the 4,869 unique participants from South Miami-Dade with the 1,813 unique participants from North Miami-Dade to show overall aggregate match rate for the L4H program:



\*There are 101 patients who appear in the HCN download who went to an FQHC for the 1<sup>st</sup> time within a year after their screening event but may not have been properly classified as a New Patient Referral by FHRI screeners to count as a match. Including these 101 people would bring our Match Rate up to 18%.

# Testimonials



## **Maria Alvez – Event #33**

screening showed she had high blood pressure. When she reported that she had no insurance or a doctor, Maria received a referral to a participating FQHC. She was seen by a physician,

received a prescription and is thankful for Florida Heart's Living for Health® program for helping her to get the treatment she needs.



# Summary



- ♥ L4H is a cardiovascular community health program targeting underserved and uninsured adults
- ♥ Statistically significant improvements were seen in BOTH lifestyle and clinical indicators over time
- ♥ L4H led to new connections in healthcare – thereby increasing access to care
- ♥ Costs less than \$50 per person

**Next Steps:** Continue to collect more data, publish outcomes and encourage replication

# Acknowledgements



## L4H Funders



## Community Partners





[www.floridaheart.org](http://www.floridaheart.org) ♥ [www.livingforhealth.org](http://www.livingforhealth.org)

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