

## RHIP and COVID-19 MINI-GRANT PROJECT SUMMARIES

### **RHIP Mini-Grant Final Report for La Pine Community Health Center “Enhance Physical Health Project” Reviewed by the Promote Enhanced Physical Health Workgroup**

#### **Summary of Results:**

- The project goal was to improve the health of our low-income, at-risk patients with chronic disease management and food insecurity issues by supplementing their diets. We did this by:
  - augmenting our at-risk, low-income patient diets with fresh and frozen fruits and vegetables over a 6-month period
  - providing individualized nutrition counseling, patient self-management education, behavioral modification strategies and case management
  - measuring and tracking improved health outcomes in areas like weight loss, blood pressure reduction and improved diabetes numbers
  - reducing food insecurity (which is a significant problem in our low-income, high-poverty service area)
- The project enabled our patients to successfully improve their medical conditions through proper nutrition and by receiving support through counseling with the Registered Dietician.
- 66% of the participants reduced their blood pressure and about half reduced their A1c diabetes numbers.
- About 55% of 27 participants lost weight. Losing weight is a challenge for many patients since they are on food stamps and continue to eat high calorie, unhealthy food.

#### **Story:**

La Pine Community Health Center currently has a patient who had a BMI of 87 at the beginning of the year. This patient is a resident in the rural/frontier area. They must drive a long way to get groceries that support their weight loss and health improvement efforts. LCHC partners with a produce business closer to patient's residence. Through this program this patient has been able to continually procure fresh produce to supplement their diet. They have lost 30lbs and their BMI is now 83.