

Final RHIP Mini-Grant Report for Deschutes County Health Services
“Move for Better Health
Reviewed by the Promote Enhanced Physical Health Workgroup

Summary of Results:

- This pilot program was a collaborative effort between Mosaic Medical and Deschutes County Behavioral Health.
- The program began 6/7/21 and ended on 8/30/21.
- The goal was to see an increase in overall health of participants through tracking movement, blood pressure, and diet.
- We purchased Fitbits, blood pressure cuffs, and scales for clients.
- Two peer support specialists (PSS) ran support groups twice a week with a dual purpose: providing support in client’s health journeys and psycho education.
- The PSSs also met with the clients individually weekly, to assist clients in motivation, problem solve and encourage them.
- Curriculum for the 12 week peer lead group was developed.
- Weekly groups included check in, support, and weekly topic.
- Sometimes the PSS presented the topic, and guest speakers were invited as well.
- At the end of the program, we did a post program survey with all clients to ask clients about their perception of their success and meeting goals and to provide feedback to use about the program.
- 100% of participants were offered a smart device or another monitor to track daily steps/movement to increase movement and reduce metabolic syndrome.
- Participant connected (in person, telehealth, and/or phone) with a provider a minimum of 2x per week over the course of 12 weeks for a total minimum of 24 times in a three month period.