IT'S ALL HAPPENING HERE.

AADE American Association of Diabetes Educators

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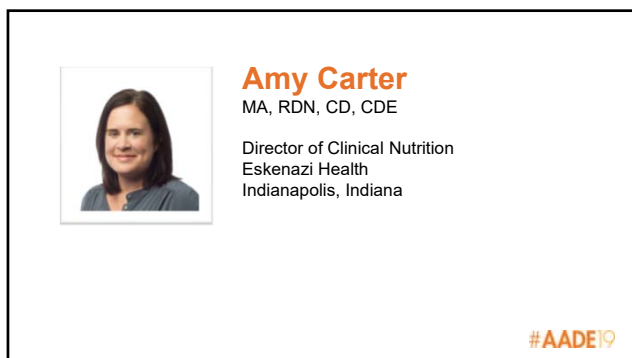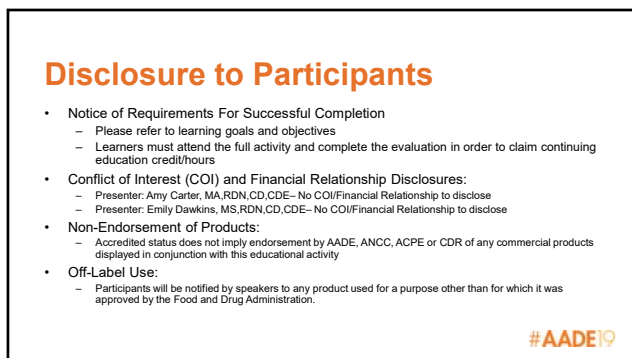
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Eskenazi Health

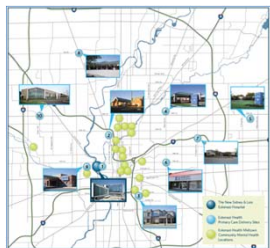Our Mission: to Advocate, Care, Teach, and Serve the vulnerable populations of Marion County, Indiana

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Eskenazi Health

11 Eskenazi Health Center Sites

- 300,000 outpatient visits annually
- Full range of services: dental, vision, pharmacy, behavioral health
- Patient Centered Medical Home

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Patient Population

Socio-economic Barriers

- 39% of Marion County live under 200% FPL and 85% of Eskenazi Health patients have Medicaid/Medicare or no payer source

General Health Profile

- 54.6% report a chronic disease; including hypertension (39.9%), diabetes (25.7%), heart disease (7.8%), or COPD (7.3%).

Patient Access to Healthy Foods

- Overall, 16% of Marion County does not have convenient access to fruits and vegetables, including 31% of those in poverty.
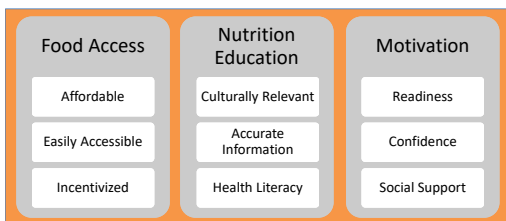
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RD Coverage

Prior to programming:
- 6.7 FTE over 15 clinical sites
- No revenue
- High no show rate
- 2.3 patients per RD/day in health center sites
- No quality data

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Nutritional Change Principles

Food Access	Nutrition Education	Motivation
Affordable	Culturally Relevant	Readiness
Easily Accessible	Accurate Information	Confidence
Incentivized	Health Literacy	Social Support

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I have an idea… now what?

Idea Building → Leadership Support → Implementation

- Idea Sharing
- Needs Assessment
- Partners/Funds
- Design

- Staff Time
- Resources
- Organizational goals

- Timelines
- Team building
- Training
- Testing

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Eskenazi Health Sky Farm

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Sky Farm Overview

- **Produce integrated** into programs run by Eskenazi Health outpatient dietitians, which focus on healthy living and eating, and into the menus at the Ingram Micro Mobility Marketplace and Café Soleil at Eskenazi Health.

- **5,000 square feet** of available growing space

- **More than 3,500 pounds** of fresh produce harvested each year

- **Items grown include** kale, tomatoes, carrots, beets, turnips, fennel, greens, lettuce mix, arugula, spinach, tatsoi, broccoli, cabbage, leeks, scallions, peas, pumpkins, squash and fresh-cut flowers

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Sky Farm in Action

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Sky Farm Employee Engagement

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Fresh Veggie Friday

Biweekly series offered each summer
- Open to public and employees
- 125+ attendees weekly
- Recipes and Samples, Brief Nutrition Lesson, and Free Produce

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Fresh Veggie Friday

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Taking It One Step Further

How can we leverage our resources to help everyone get affordable produce everyday?

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Fresh for You Market

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Fresh for You Market

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FFYM: Lessons

- Meal Prep and Time Savers
- Breakfast-on-the-Go
- Tips n' Tricks of the Kitchen
- Dinner is Solved
- Eating for the Healthy Mind
- Build-a-Bowl Nutrition
- Back to School: Bring Back the Brown Bag

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Added Value to the Community

Fresh for You Market	Sky Farm
• Sales increased 90% each quarter for the first 6 quarters of business.	• 14,000 pounds of produce distributed in classes.
• Most cost effective retail produce	• 600 patients participated in 4 week CSA program
• 2,000 visitors receiving recipes and nutrition advice	• 5,000 attended Fresh Veggie Friday

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Eskenazi Health Center Forest Manor

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Sky Farm Produce Classes
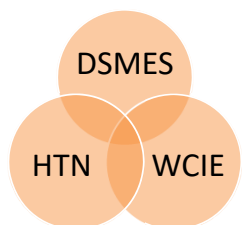
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Sky Farm Health Center Classes

Curriculum:
- Health benefits
- Home gardening
- Selection and storage
- Cooking skills
- Kitchen confidence
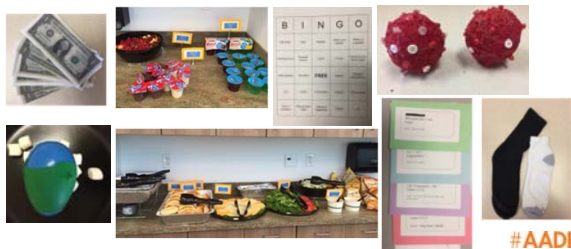
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Chronic Disease Programs in FQHC

DSMES

HTN   WCIE

Overview:
- Design
- Instructor team
- Teaching methods
- Use of food
- Incentives

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Learning by Doing DSMES

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Learning by Doing HTN Group

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Learning by Doing: What Can I Eat?

Focus on Nutrition and Diabetes
- Emphasis on adding vegetables to diet
- Teaching of basic cooking skills
- Cooking demonstration each week
  - No bake energy bites
  - Greens with cumin and tomato
  - Green smoothie
  - Skillet zucchini
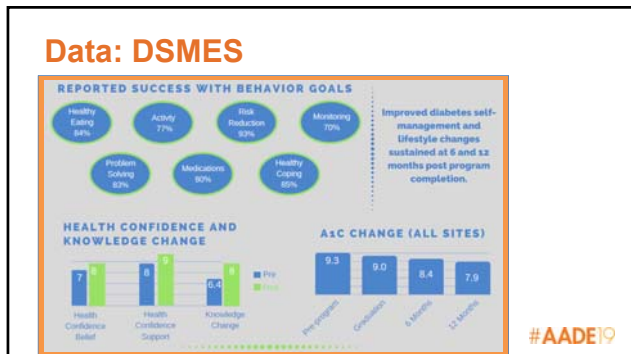 - White bean dip

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Data Collection and Results

- Measurable
- Retention
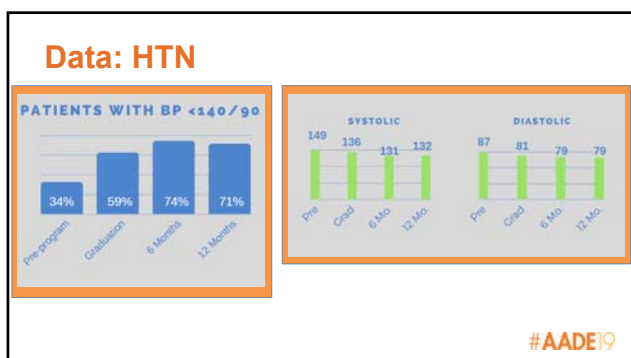- Satisfaction
- Process and Tools

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Data: DSMES

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Data: HTN

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Satisfaction and Engagement

- Program retention 80-90 %
- 75 % engagement post program
- > 90 % satisfaction on anonymous surveys
- Patient suggestions and comments

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Quality Data Change

<u>Diabetes Control</u>
2013: bottom of health centers with patients % of A1c less than 8, with 59% meeting goal.
2018: Fourth highest health center in diabetes success, with 75% meeting goal

<u>Hypertension Control</u>
2013: 20% below achieving total clinic goal
2018: 13% below achieving total clinic goal

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Effect on Volume/Growth

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Eskenazi Empowering Services

RESEARCH ARTICLE   **DETERMINANTS OF HEALTH**

HEALTH AFFAIRS > VOL. 37, NO. 10 : SOCIAL DETERMINANTS, DRUG & DEVICE PRICES & MORE

Indianapolis Provider's Use Of Wraparound Services Associated With Reduced Hospitalizations And Emergency Department Visits

Joshua R. Vest, Lisa E. Harris, Dawn P. Haut, Paul K. Halverson, and Nir Menachemi

AFFILIATIONS ∨

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Next Steps

- CDC evaluation
- Pilot of Produce Prescription
- IRB study on Produce Incentive Programs
- New opportunities for patient engagement

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Thank You.

Questions?

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