WALKER COUNTY HEALTHY INITIATIVES

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WCHI COALITION

Walker County

- Population 64,119
- Prison inmates
- SHSU has 18,000 students
- Much our population aren't really residents but they spend more than 60% of their time in Walker County
- Tied with Potter County for second most obese county. Statistic published in 2012.
- We serve many patients from outside our county.

Population Addressed

- Diabetes
- Hypertension
- Asthma

Interventions

- Community Casemanagement
  - Care coordination
  - Drug discount cards
  - Diabetic supplies
  - HTN supplies
  - Patient/caregiver education
  - Assistance with MD location and appointments
  - Medication teaching

Interventions

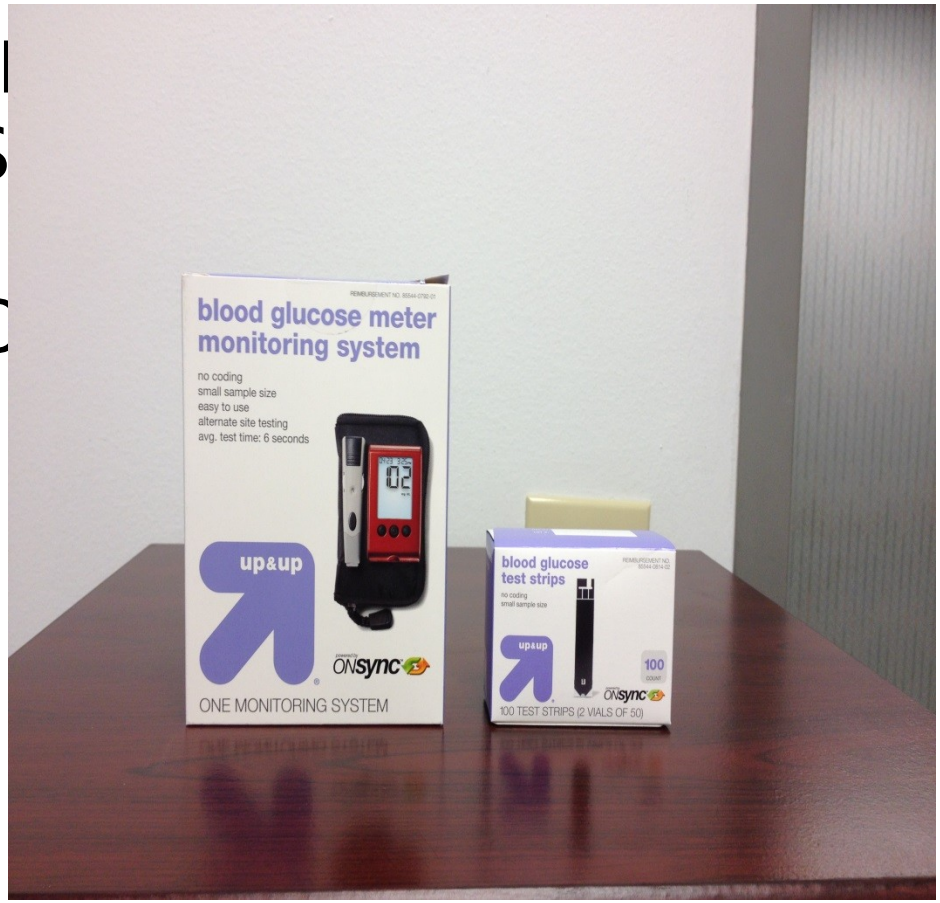
- Exercise programs
  - Sittercise
  - Monday walking group
  - Wednesday workout at the Y
- Food and nutrition education
  - Step up and Scale Down
  - Dinner Tonight
- Diabetes Support Group
- Community Health Fairs

What is working

- All of it!
- We are touching over 1000 patients per month!

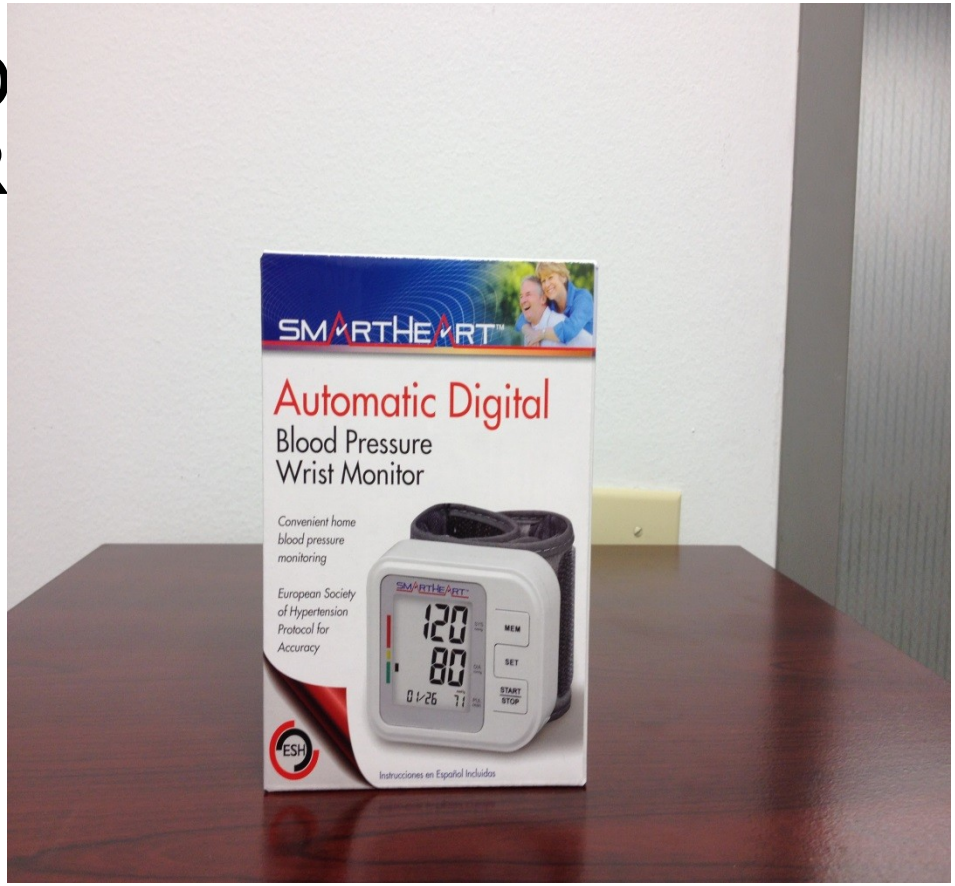
REACHING OUT TO COMMUNITY DIABETICS

- THROUGH EDUCATIO
  DISTRIBUTION OF TES
  GLUCOSE METERS WE
  REDUCE HOSPITAL CO
  $1.4 MILLION



HYPERTENTION IN THE COMMUNITY

- THROUGH EDUCATIO
  DISTRIBUTION OF WR
  MONITORS WE HAVE
  CHARGES BY 9% SAVI



Challenges

- Lots of great ideas and not enough time. Solved by adding a part time grant coordinator this year who manages activities and funds.
- More and more people are seeking help.
- Lower dollar amount per month allocated for community casemanagement.
- We are so successful that patients and physicians are seeking casemanagement services.

FUTURE GOALS

- REACH OUT TO ASTHMATICS THROUGH VACCINES AND EDUCATION
- REDUCE MORE HOSPITALIZATIONS OF DIABETICS AND HYPERTENTIVE COMMUNITY MEMBERS THROUGH HEALTH FAIRS, OUTREACH PROGRAMS, AND HEALTH PROVIDERS.

Success Story

- Entire family diagnosed with diabetes.
- Both parents diagnosed with HTN.
- Started with the father being tested.
- Wife then diagnosed.
- Because of family history of diabetes, two children were tested and oldest child (16 y/old) was diagnosed.
- Entire family testing blood and holding each other accountable.

THANK YOU

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