



2011 HEALTHY COMMUNITIES/HEALTHY AMERICA GRANTS

Supported by a contribution from Lilly USA, LLC.

Additional funding provided by Don Mitchell, MD, Mary Sue Mitchell and other generous donors.

Bergen Volunteer Medical Initiative, Inc.

Hackensack, NY

Grant Amount: \$10,000

www.bvmi.org

Number of physician volunteers: 235



Since opening the Bergen Volunteer Medical Initiative (BVMI) in November 2009, over 75 volunteer physicians, nurse practitioners, nurses, social workers, nutritionists, and others have treated over 800 patients with nearly 4,000 medical visits. Many of the uninsured families come from ethnically and linguistically diverse communities and are unaccustomed to regular medical care for chronic conditions. BVMI's grant project involves improvements to counseling and patient

education for diabetes and related conditions. Their plan involves more frequent counseling sessions conducted by a trained registered nurse, which will include family members if possible. They will increase the emphasis on patient self-testing. In order to help their patients maintain a healthy diet, they will supplement the education counseling sessions with group evening meetings focused on healthy cooking and shopping skills for diabetics.

*BVMI is part of the **Volunteers in Medicine Network**, a free clinic model that emphasizes the use of retired medical professionals to provide quality health care services, focusing on the needs of the working uninsured. www.volunteersinmedicine.org*

Community Care Clinic

Boone, NC

Grant Amount: \$10,000

www.ccclinic.org

Number of physician volunteers: 10



Community Care Clinic serves Watauga County, an area with the highest uninsured population in North Carolina (32%). The average wage is \$6.77 per hour, meaning many people do not earn a living wage. Community Care Clinic's goal for its grant project is to create a sustainable, replicable physician-led diabetes program for the uninsured that leads to successfully achieved and maintained A1C levels through self-management. This program will create individualized healthy lifestyle and education diabetes

kits, establish a buddy-plan support system and provide monthly Lunch-and-Learns with physicians. Transportation will be provided.

Community Health Mission

Savannah, GA

Grant Amount: \$10,000

www.chmsavannah.org

Number of physician volunteers: 78



Community Health Mission (CHM) employs the medical home approach as the cornerstone for service delivery with an emphasis on continuity of care that is accessible, coordinated, comprehensive, family-centered, compassionate and culturally effective. In 2010, CHM provided more than 20,000 patient visits and served more than 1,200 patients. CHM's diabetes program will offer a multi-level approach for the control of diabetes. Patients will receive regular medical care from a volunteer physician or nurse practitioner. Patients also participate in an

interactive, collaborative, ongoing self-management program. This individualized process will include an assessment of specific education needs, identification of specific diabetes self-management goals and evaluation of the attainment of goals.

Community Health Services of Union County, Inc.

Monroe, NC

Grant Amount: \$10,000

www.chsuc.org

Number of physician volunteers: 6



Community Health Services of Union County (CHSUC) is the only Union County agency to offer the free services of community-based healthcare screenings for diabetes, hypertension and cholesterol, a physician-based diabetes free clinic, diabetes education by full-time Certified Diabetes Educators, prescription assistance and glucose meters and test strips to the area's uninsured population. CHSUC's grant project provides comprehensive diabetes management and includes diabetes focus groups using the Conversation Mapping game which brings diabetic clients together in a game setting to learn from each other and to increase awareness of diabetes and its related complications. Patients also receive educational seminars, handouts, healthy tip sheets, videos and meal plans in a manner appropriate to their culture.

Fayette CARE Clinic, Inc.

Fayetteville, GA

Grant Amount: \$10,000

www.fayettecareclinic.com

Number of physician volunteers: 13



The Fayette CARE Clinic fills a gap in the health care system by providing care for health maintenance, management of chronic diseases and acute episodic illness, thus decreasing potential for health crises and unnecessary emergency room visits. Uninsured patients' household income does not exceed 200% of the federal poverty guidelines. The Fayette CARE Clinic's grant project focuses on the use of peer coaches as a method to help diabetic patients achieve glycemic control. Peer coaches must have an A1C level less than 7. They will undergo training and be assigned 4-5 peer diabetics. Participants will be monitored regularly by medical personnel as well as receive testing supplies.

HUDA Clinic

Detroit, MI

Grant Amount: \$10,000

www.hudaclinic.org

Number of physician volunteers: 30



The HUDA (Health Unit on Davison Avenue) Clinic serves the underserved of Detroit, an area that has been hit hard by unemployment. The need for free medical care has seen a large increase as the economy worsened. The patient population is 70% African American and 25% Bangladeshi. The average A1C level for diabetic patients in recent months has been 12, indicating that blood glucose level is not well controlled. To get A1C levels to below 7, the HUDA Clinic's grant project will establish protocols for a rotating volunteer staff for consistent patient record-keeping geared to diabetes management. At the same time, diabetes management and education classes will be offered once a month and will provide a toolkit for self-management. Family participation is encouraged to reinforce positive behaviors.

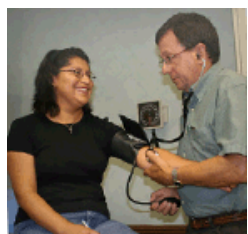
Lake Area Free Clinic

Oconomowoc, WI

Grant Amount: \$10,000

www.lakeareafreeclinic.org

Number of physician volunteers: 23



The Lake Area Free Clinic (L AFC) was established after a comprehensive community assessment revealed a lack of primary medical care. Services for those without primary care were provided at the most costly point of service – local emergency rooms. Care was fragmented and inconsistent. In 2010, the clinic served 1200 patients with 4063 patient visits. L AFC's grant project includes the Journey for Control diabetes education program. This standardized patient interactive program consists of four large table-sized maps and several corresponding conversation cards. These cards ask questions and make comments designed to encourage discussion and participation among patients. This results in the

educational series being more like a game than a lecture. LAFC will be using four maps – Monitoring Your Blood Glucose, On the Road to Better Managing Your Diabetes, Learning about Foods & Diabetes, and Continuing Your Journey with Diabetes. A dietitian and foot care specialist will provide education, and patients will regularly visit with a volunteer physician or nurse practitioner.

Puget Sound Christian Clinic

Seattle, WA

Grant Amount: \$10,000

www.pschristianclinic.org

Number of physician volunteers: 15



Puget Sound Christian Clinic (PSCC) provides comprehensive health care free of charge through its clinic in north Seattle as well as its new Mobile Medical Clinic, taking primary care to the areas where it is needed most. PSCC serves uninsured patients whose family income is less than 250% of poverty level. PSCC's grant project focuses on expanding their successful diabetes pilot project, which combines active medical care with active patient self-care through a 12 month diabetes management system. In the first six months, each patient receives regular medical care, counseling and education from medical personnel, a Diabetes Educator, and others such as a Registered Nurse Practitioner or pharmacist. The diabetes care team helps ensure patients have access to medications, testing supplies, written educational material and tools to help manage diet and exercise. Patients continue to receive follow-up care in the second six months, as well as group education sessions that include meal planning and nutrition, how to avoid high and low blood sugar, development of a personalized exercise plan, and diabetes foot care.