

2021 Presbyterian Healthy Eating and Active Living (HEAL) Community Classes

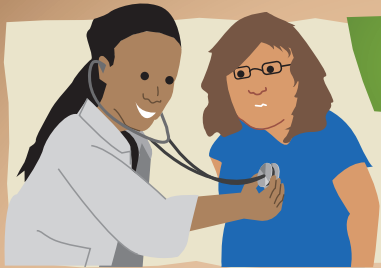
HEAL classes aim to improve prevention and management of chronic health conditions through healthy eating, cooking, and physical activity while also supporting social and emotional well-being.

Healthy eating classes provide nutrition education and opportunities to learn basic cooking skills for the prevention or management of chronic conditions such as diabetes, hypertension, and obesity.

Active living classes provide opportunities to decrease stress, increase strength, flexibility, and improve overall wellness, no matter the fitness level.



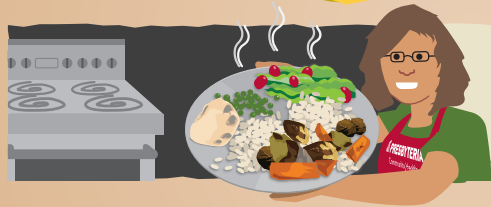
How does the program work?



1. A provider or community health worker (CHW) sends a referral to the Healthy Here Wellness Referral Center (WRC). Classes are open to the community at no cost and individuals have the option to self-register.



2. WRC contacts the patient to enroll in a healthy eating, active living, or chronic disease self-management class.



3. Patient participates in classes they are enrolled for at their scheduled time. Classes are held virtually or in-person at one of the three Teaching Kitchens.

4. Patients connect with others, learn practical ways to improve their eating and physical habits for prevention, and gain support for managing their chronic conditions.



IN 2021, WE SUCCESSFULLY



Hosted **124** Cooking classes with **2,255** total participants



Provided **378** meal kits for participants to cook along during class sessions



Se Habla Español

Hosted **24** classes taught in Spanish or had simultaneous Spanish/English interpretation



Hosted **234** Active living classes with **2,525** total participants



Connected patients to HEAL programs, with **243** providers and **40** clinics referring patients to classes

Participant surveys show that¹

94% report they apply nutrition information they learned from class when making food choices¹

92% participants increased confidence in cooking healthy meals at home¹

91% agree that attending classes is helpful and valuable¹

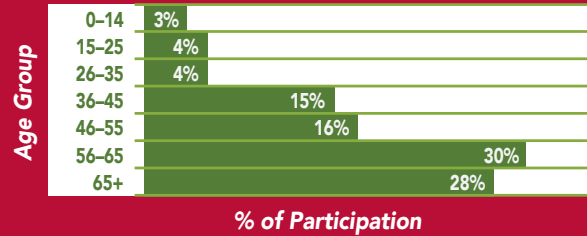
89% have tried a new ingredient they learned from class¹

81% increased their consumption of both fruits and vegetables¹

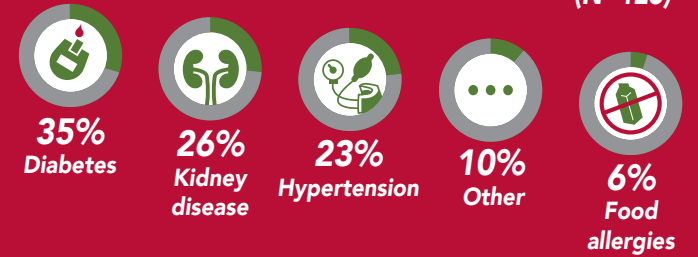
79% report decreased levels of stress after attending an active living class¹

Classes are generously supported by Presbyterian Foundation and are offered to patients, members, and the community at no cost.

HEAL Participation by Age Group, 2021 (N=240)²



Participants Managing Chronic Health Conditions, 2021 (N=126)²



Chronic Disease Self-Management Education (CDSME)

Programs aim to improve the physical and emotional health of individuals with chronic diseases, and their caregivers, by helping them gain confidence in their ability to manage their symptoms and their health.

In 2021, CDSME Programs Successfully



Enrolled **89** participants and **66** participants completed programs



Provided **21** workshops (126 total classes) via Zoom or phone

Workshops offered:

All CDSMP classes offered in English and Spanish

- Chronic Disease Self-Management Program
- Diabetes Self-Management Program
- Cancer: Thriving and Surviving
- Chronic Pain Self-Management Program

“The cooking classes not only provide me with cooking ideas and techniques, but in this isolated COVID environment, they also provide me with an important sense of community.”

Diabetes ReCHARGE

A nationally accredited Diabetes Self-Management, Education and Support (DSMES) program for individuals with diabetes. It is a highly personalized program led by dietitians and a diabetes educator that support individuals with their unique diabetes self-care goals.

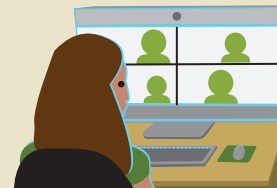
In 2021, Diabetes ReCHARGE Successfully



130 providers and **31** PMGs referred to diabetes classes



59 patients enrolled in DSMES
48 patients participated in DSMES



20 group sessions held virtually via Zoom

Average HbA1c decrease after participating in Diabetes ReCHARGE³

-1.2%

Thank you to our partners for their continued support and commitment to improving the health of the communities we serve. Special thanks to the Presbyterian Healthcare Foundation and Healthy Here Wellness Referral center for support with funding, class enrollment, and reporting.

1. Patients who responded to the post-survey on Qualtrics (N=240).
2. Demographic data from 2021 Qualtrics survey (N=240).
3. HgbA1c data from patients electronic medical record (EMR) (N=48).