

The purpose of this brief report is to summarize progress being made toward increasing provider referrals to community-based chronic disease self-management classes and activities in the South Valley and International District communities of Bernalillo County, NM. Specifically, the *Healthy Here* initiative aims to increase the number of clinics participating, the number of providers completing referrals, and the number of patients being referred.

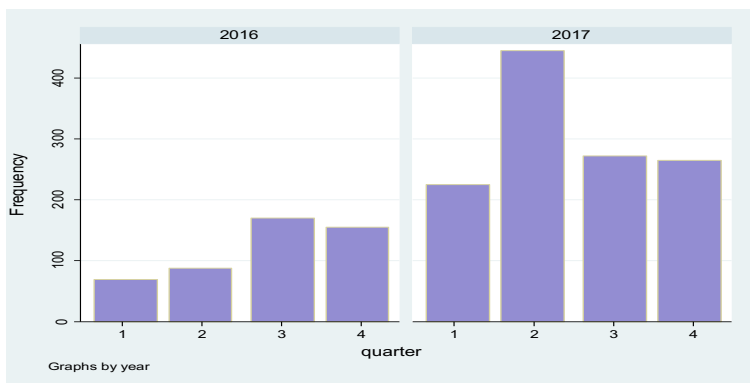
## How does it work?

Healthcare providers identify patients with or at risk for developing diabetes, pre-diabetes, high blood pressure, high cholesterol, and obesity and refer them to community-based prevention and self-management programs. The referrals go to the Wellness Referral Center (WRC) which began operation on January 4, 2016. The WRC, based at Adelante Development Center, Inc., then contacts the patients and works with them to determine when the programs that the provider recommended are available, and which programs patients are able to participate in.



## Who is being referred?

**Figure 1.** Referrals, by quarter, to the Wellness Referral Center during 2016 and 2017.



**Provider referrals jumped from 482 in 2016, to 1,207 in 2017**

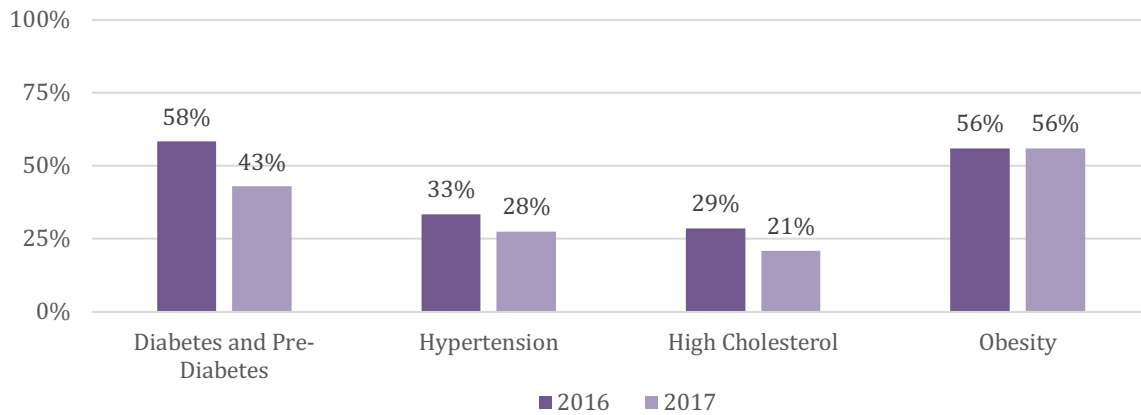
**Table 1.** Demographic characteristics of those referred to the Wellness Referral Center during 2016 and 2017.

	2016 (n=482)	2017 (n=1207)
Gender		
Female	330 (68%)	823 (68%)
Male	148 (31%)	353 (29%)
Unknown	4 (1%)	31 (3%)
Age (Mean)		
Adults (N=1480)	51.0	48.2
Children (N=186)	11.2	10.8
Hispanic/Latino		
Yes	376 (78%)	885 (73%)
No	43 (9%)	147 (12%)
Not given	63 (13%)	175 (15%)
Native American	22 (5%)	73 (6%)
Spanish preferred language	183 (38%)	354 (29%)
Live in focus ZIP codes	367 (76%)	790 (65%)
Medicare or Medicaid	207 (43%)	228 (19%)

**2 out of 3 adults referred were women, and half of children referred were girls**

*Note: People who contacted the WRC without a provider referral were not included in this report.*

**Figure 2.** Patient diagnoses\* among those referred to the Wellness Referral Center during 2016 (n=451) and 2017 (n=1125).



\*Diagnoses were not provided for all patients. Percentages do not add to 100 because patients could have more than one diagnosis.

## Who is doing the referring?

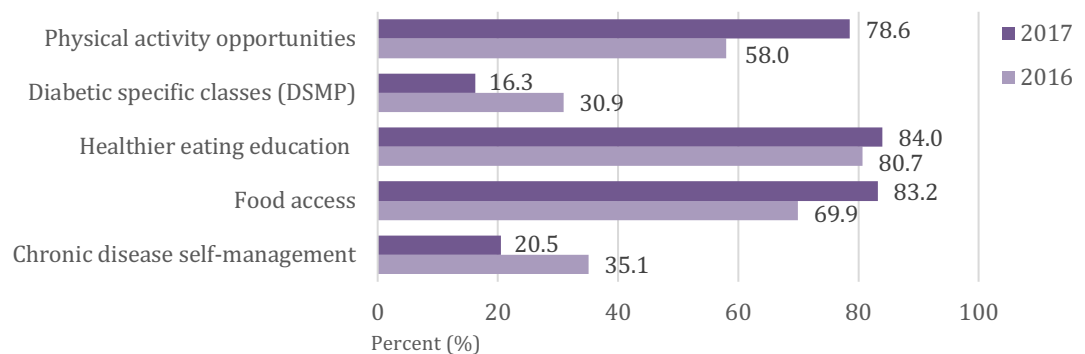
- During 2016, 11 clinics participated. In 2017, 13 clinics referred patients. Three new clinics participated and one clinic stopped referrals.
- During 2016, 72 individual healthcare providers made referrals. During 2017 that number increased to 123.
- The WRC offered prizes for the top three referring clinics during June and July 2017. This contest may have increased referrals during quarter 2.

**13 Clinics, including 3 new clinics, made referrals in 2017**

## Which programs were participants referred to most often?

Patients were referred to a variety of different prevention programs. The most common categories are included below in Figure 4.

**Figure 4.** Community-based chronic disease prevention programs patients were referred to during 2016 and 2017.



Note: Percentages do not add to 100 because individuals may have been referred to multiple programs.



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