BUILDING STRONG & HEALTHY COMMUNITIES TO PREVENT DIABETES, HTN, & CHRONIC KIDNEY DISEASE

WITH THE RUBIN COMMUNITY HEALTH FUND

Presented by: Tricia Bulatao, Program Director, Albany County Department of Health
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MEET THE PARTNERS

BOYS & GIRLS CLUBS OF THE CAPITAL AREA

- BGCCA Development Update Video

ALBANY COUNTY DEPARTMENT OF HEALTH

- Chronic Disease Community Health Worker Team
Healthy Impact on Participants:
- ↓ Obesity, Diabetes, HTN
- ↑ Food Security

Innovative Implementation:
- Evidenced-based Lifestyle Change Program
- Food Security Screening and Referral
- Clinical-Community Linkages with CHWs
MUTUALLY REINFORCING STRATEGIES
Evidence-Based Lifestyle Program

Healthy Habits Program:
- Nutritional Skills
- Movement Skills
- Social-Emotional Skills
- 14 Weekly Sessions

Innovative Implementation:
- Food Security Screening at Registration
- Chronic Disease Parent Engagement Classes
- Link to Community Health Worker (CHW)
HEALTHY HABITS DEEMED A PROGRAM THAT WORKS

Promising Practices Network (PPN)- 2011

- 20-month longitudinal study
- 30 Clubs total (2,262 youth surveyed)
  - 20 treatment (running program)
  - 10 control (not running program)
### PPN Study Results - 30 Clubs

<table>
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<tr>
<th>Physical Activity</th>
<th>Nutrition</th>
<th>Developmental Traits</th>
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<tr>
<td>▪ Increased physical activity</td>
<td>▪ Improved eating habits</td>
<td>▪ Youth increased their peer to peer interactions</td>
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<tr>
<td>▪ More likely to engage in vigorous activity</td>
<td>▪ Increased overall nutrition knowledge</td>
<td>▪ Female participants felt that they had more control</td>
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<tr>
<td>▪ Female participants increased their physical activity</td>
<td>▪ Consumed more fruits and vegetables</td>
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MUTUALLY REINFORCING STRATEGIES
Food Security Screening & Referral

Validated Food Security Screening Tool

- Screen at Registration
  - We worried whether our food would run out before we got money to buy more.” Was that often true, sometimes true or never true for your household in the last 12 months?
  - The food that we bought just didn’t last, and we didn’t have money to get more.” Was that often, sometimes or never true for your household in the last 12 months?
- Referral to Community Health Worker
MUTUALLY REINFORCING STRATEGIES
Food Security Screening & Referral

OBJECTIVE: To measure recent food security status and potential impact of link to resources.

- Screen at Registration and Post-Program
  
  Which of these statements best describes the food eaten in your household in the last 3 months:
  
  - enough of the kinds of food we want to eat;
  - enough, but not always the kinds of food we want;
  - sometimes not enough to eat; or,
  - often not enough to eat?
MUTUALLY REINFORCING STRATEGIES
Clinical-Community Linkages with CHW

Evidence-based CHW Engagement

- Link families to resources
- Chronic Disease Awareness
  - 3 Parent Engagement Presentations
    - Control Asthma
    - Prevent Diabetes
    - Control Blood Pressure
- Ongoing Health Coaching
PUTTING IT ALL TOGETHER

- Canvassing at Ezra Prentice
- Schools
- BGCCA

Program Promotion

Enrollment
- Program Registration
- FS Screening

Healthy Habits Program
- 2 Sites
  - Ezra Prentice
  - BGC Delaware Ave
- 2 Age Groups

BOYS & GIRLS CLUBS OF THE CAPITAL AREA

ALBANY COUNTY CARES: about our health
PUTTING IT ALL TOGETHER

- 14 Weekly Sessions by BGCCA
- Chronic Disease Program by ACDOH CHW
- Healthy Snacks by Youth
- Parent Engagement
- Individual Health Coaching
- Link to Resources
- Link to Self-Management Programs
- CCL with CHW Support
MAKING A DIFFERENCE

- Families Screened for FS
  - 80+ Youth & Families
- Identified as Food Insecure
- Referred to CHW
  - Linked to Resources
- Referred to Resources
  - Linked to Resources
- Healthy Habits Program Evaluation
  - Knowledge – Attitude - Behavior
For additional information, please contact:

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REFERENCES


