



# JPS Health & Wellness Program Pilot

## Impact Report

Como Community Center | April 2022 - August 2023



## Impact of Collaboration

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The JPS Health and Wellness Program, led by JPS Community Health, provides hands-on training and health education activities to community members. This program is an essential and invaluable tool to help improve population health and quality of life. The Health and Wellness Program offers specific health classes and resources focused on behavioral health, heart disease, diabetes, COVID-19, nutrition, and injury prevention and provides referrals to other social services for patients and community members. This program presents a unique opportunity to deploy health education and wellness programs outside of the traditional hospital setting. The collaboration between the City of Fort Worth, Como Community Center, and JPS Health Network team made this year a success.

### Highlights For the Year

- Development of interdisciplinary team, comprised of medical providers, clinical personnel, and community partners
- Development of Como survey
- Successful integration of health education classes
- Improved physical endurance for seniors
- Health focused events
- Onsite health screenings
- Referrals to social service organizations



## Partnerships

Partnerships, both internal and external, helped to develop health education, wellness programs, and events to prevent and manage disease and promote wellness.

### Internal Partners

- Family Medicine Residency Program
- Marketing and Communications
- Nursing Clinical Services
- Trauma Services
- Research Team
- Community Outreach
- Patient Education
- Behavioral Health
- The JPS Foundation
- Population Health Management

### External Partners

- TCU School of Medicine
- Tarrant County Public Health
- One Safe Place
- Challenge of Tarrant County
- VIP of Fort Worth
- Safe Haven
- Cook Children's Peaks and Ladders
- MedStar
- FWPDP Crime Prevention
- Dementia Friendly of Fort Worth
- The Partnering Center
- Fort Worth Drowning Prevention Coalition
- Unbound

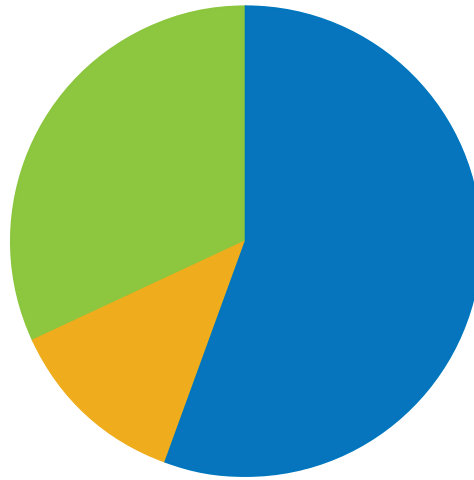


## Como Community Survey Highlights

A 12-question Health and Wellness survey was used to determine the needs of the Como community. Community health workers attended multiple community events and spent a week at the Viola Pitts-Como Health Center administering the survey. A total of 115 surveys were collected.

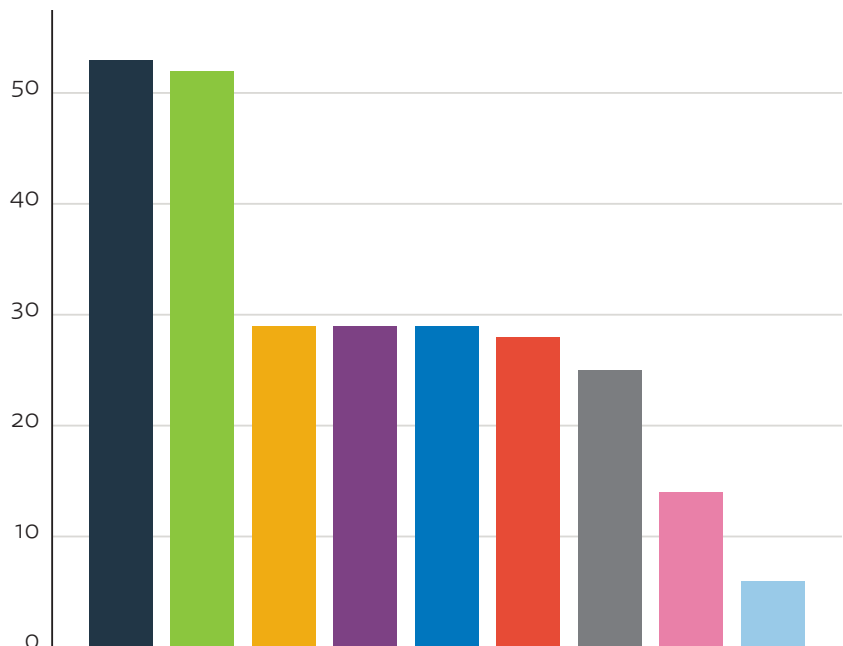
### Would you take part in a wellness program if we offered one?

● Yes	63
● No	14
● Don't know/Not sure	36



### What are the top three health concerns for people living in Como?

● Diabetes	53
● High Blood Pressure	52
● Substance Abuse	29
● Mental Health	29
● Heart Disease	29
● Cancer	28
● None of the Above	25
● Teen Pregnancy	14
● Other	6



## Health Education Classes

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As a community engagement and population health management strategy, the Health and Wellness Program offers a place along the continuum of care to encourage patient self-management and promote behavioral changes. The program offers specific health classes and resources focused on behavioral health, heart disease, diabetes, COVID-19, nutrition, and injury prevention and provides referrals to other social services.

### Health Education Classes Offered

**Heart Failure:** This class taught how to live with heart failure. Attendees learned about how medications, symptom management, healthy eating, and lifestyle changes can keep someone with heart failure out of the hospital. Four classes were offered.

**Living with Diabetes:** This class is about how to live a healthy life with Type 1 or Type 2 diabetes. Attendees learned what diabetes is, how to check blood sugars, and medication. Also, learn how healthy eating, physical activity and reducing risk can keep people living with diabetes as healthy as possible. 17 classes were offered.

**Living with High Blood Pressure:** This class taught how to live a healthy life while having high blood pressure. Learn about the symptoms and treatments of high blood pressure and how diet and a healthy lifestyle can prevent long-term problems. 15 classes were offered.

**Glucometer & Insulin:** This class educated people who are living with diabetes how to test the amount of sugar in their blood with a glucometer device. Three classes were offered.

**Behavioral Health:** A behavioral health specialist was available to provide resources about mindful living. Behavioral Health staff were on site five times, providing resources to families.

**COVID-19:** This class answered questions and concerns about COVID-19 and how to keep families and communities safe. Five classes were offered.

**Heart Attack and Stroke:** Class attendees learned how to identify the signs of a heart attack or stroke, risk factors, and how to live a healthy lifestyle to avoid these things from happening. Two classes were offered.

**Chronic Disease:** Attendees learned about chronic diseases and managing them to have a healthy lifestyle. Three classes were offered.

**Smoking Cessation:** Smoking cessation is another way to say “quit smoking”. It means that a person wants to stop smoking tobacco and nicotine products. JPS refers people who want to quit smoking to the Live Tobacco Free virtual program provided by Tarrant County Public Health.

**Osteoporosis:** This class was about bone health, as well as the signs and symptoms of osteoporosis. Two classes were offered.

**Stress Management:** Attendees learned what stress is and discovered tips on managing and reducing stress. Two classes were offered.

**Stay Active and Independent for Life (SAIL):** The SAIL program is a strength, balance, and fitness program for older adults. Performing exercises that improve strength, balance, and fitness are the single most important activity that adults can do to stay active and reduce their chance of falling. The average SAIL participant was 75 years of age. Over 60 SAIL classes were offered.

- 9.12% increase in the 8 ft. up and go test
- 34.08% increase in number of bicep curls
- 69.78% increase in the chair stand assessment

100% of the participants felt the instructor encourages and challenges them during the classes.



## Health Fairs & Special Events

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As part of the Health and Wellness Program, educational and interactive events were hosted to provide basic preventive information and medical screenings to Como community members.

### **JPS Community Health & Wellness Fair**

Attendees of this event had the opportunity to meet with JPS departments and receive helpful health information. TCU medical students provided blood pressure and blood glucose screenings. The JPS Lifestyle Medicine resident physicians also explained healthy eating for cancer prevention and invited participants into the kitchen to learn how to prepare a healthy meal.

### **Heart Health “Go Red” Lunch and Learn**

The “Go Red” Lunch and Learn session empowered people to take charge of their health by learning their family history, knowing their numbers, and understanding the warning signs and risk factors for heart disease or stroke. A presentation was conducted by JPS nursing and blood pressure checks were provided by TCU medical students.

### **Health Eating and Cooking Classes**

The JPS Lifestyle Medicine resident physicians hosted quarterly healthy eating and cooking classes. The classes focused on the importance of incorporating fresh fruits and vegetables into the diet, preparing healthy meals on a budget, and foods that aid in maintaining overall health. Participants were provided with nutrition education and were shown how to prepare meals in real time.

### **JPS Injury and Violence Prevention Day**

Attendees met with community organizations and JPS departments and received information on alcohol and substance abuse, child safety, intimate partner violence, and more. JPS team members also offered free CPR training and Stop the Bleed training.

### **Community Health Worker (CHW) Assistance**

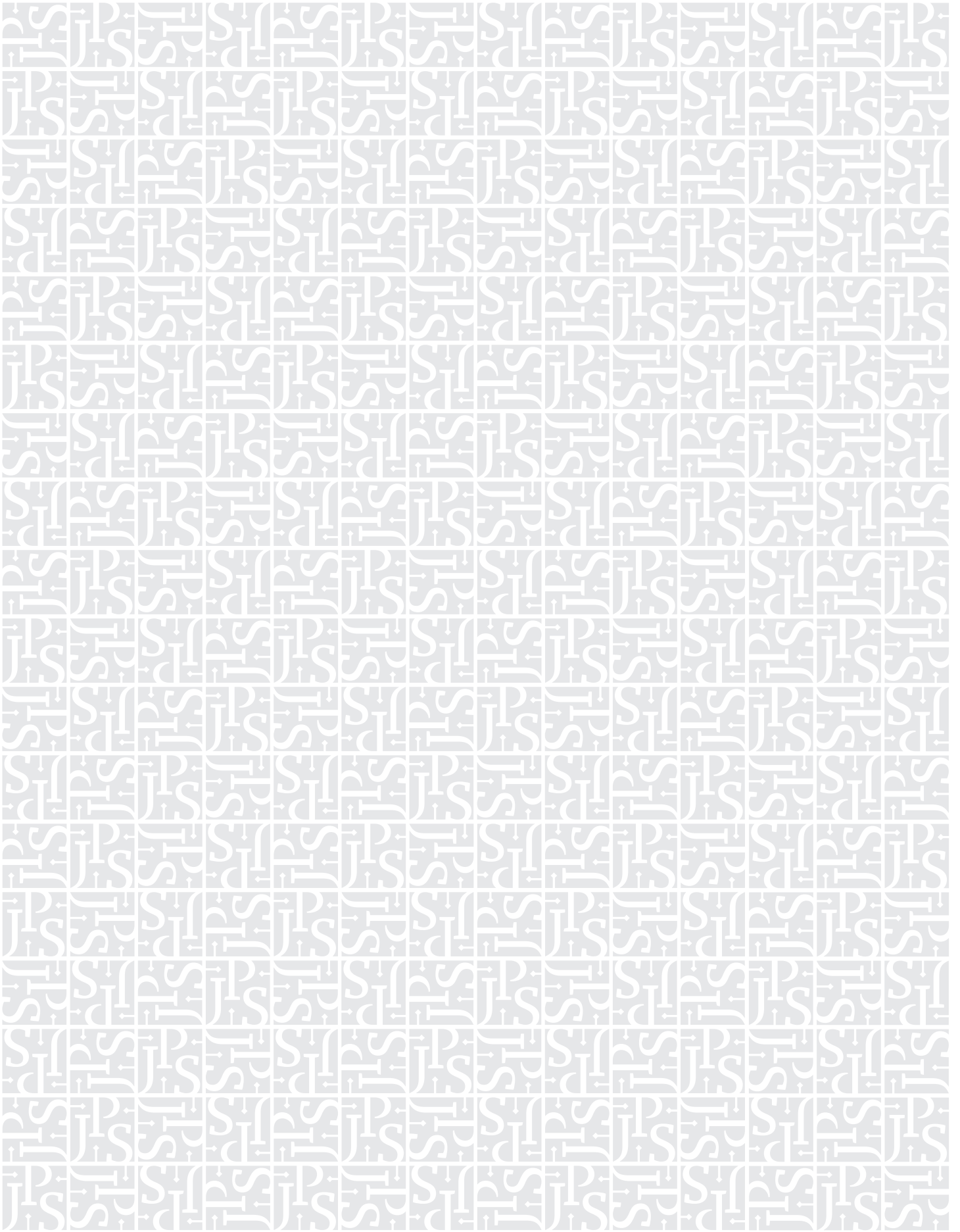
JPS Community Health Workers (CHWs) refer people to social services. To keep community members healthy and address social barriers that may affect health outcomes, these referrals may include local food banks and utility and housing assistance. In the future, CHWs will be able to refer patients to other social needs services, identified through assessments. This approach also allows individuals from the community to access additional support when needed. CHWs are onsite twice a week to provide additional support for the Como Community Center.

## Special Thanks to the JPS Foundation

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Funds received through the JPS Foundation allowed JPS teams to provide services to JPS patients and Como community members. Donations helped fund and build a successful health and wellness program. Funds donated helped cover items such as computers, software, printing, blood pressure cuffs, bags, and other health education and maintenance tools. Items purchased were given to wellness program participants to help assist them with developing and maintaining a healthy lifestyle.







**JPS Health Network**  
Fort Worth, Texas

