

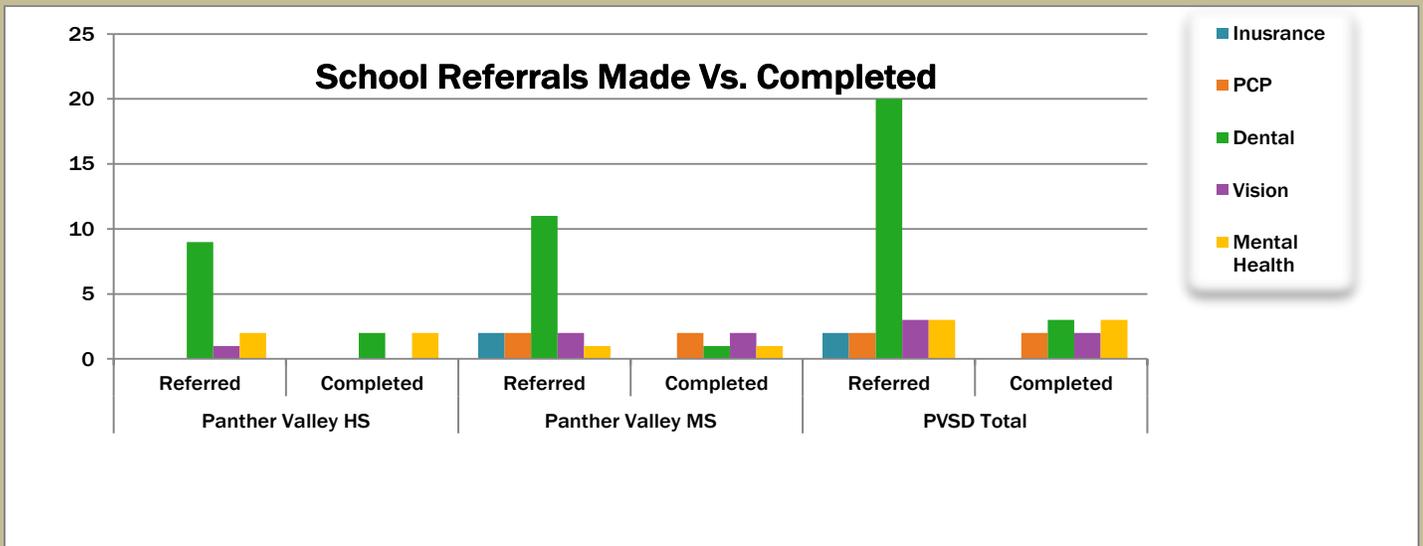
The Community Health Adopt a School Program at the Panther Valley School District is addressing the identified needs in developing programs to report process, impact, and measure outcomes. The Goal of the SLUHN Adopt a School Program is to partner with the School District to improve health outcomes through our Mobile Health Services (Medical, Vision Vans, and Mental Health Assessments), Healthy Living Initiatives, Literacy Programs, Youth Development, and Mental Health Programs.

SLUHN Miners Adopt a School Program at Panther Valley

SLUHN Miners / PV Adopt a School Programs:	Community Outreach	Chronic Disease Prevention	Chronic Disease Management	Access to Care	Mental Health	Substance Abuse
Mobile Health Services	X	X	X	X	X	X
Reading Rocks and Dr. Seuss Day Literacy Programs	X	X		X		
Live Your Life Wellness	X	X	X	X	X	
Tail on the Trail –Physical Activity	X	X	X	X	X	
Kellyn Foundation Nutrition and School Gardens	X	X	X	X	X	
Weller Health Education <i>*Programs in planning</i>	X	X	X	X	X	X

**Mobile Health Services:** St. Luke’s Mobile Youth Health Center provides services to adolescents in the Panther Valley Middle and High School. The Van visits each school monthly and provides medical care for chronic/acute illnesses, Adolescent Health Risk Assessment, Vision Assessment, and connection to medical and dental services. 71 students (8% of the student population) were seen on the Vans. Our goal this year is to identify the students in need of services and increase the percentage of students seen and connected to services. To view the population health report of Identified Needs vs Connection for Panther Valley Schools, please use the following links:

- *St. Luke’s Mobile Youth Health Center – Identified Need vs Connection Report for Panther Valley High School and Middle School.*
- *St. Luke’s Adolescent Health Risk Assessment for Panther Valley Schools*



### **Healthy Living Initiatives:**

St. Luke's Community Health has partnered with the Kellyn Foundation to teach healthy living nutrition and garden programs to Panther Valley Elementary School. The Following are the measurable results from the Eat Real Foods lessons:

- 91% of the students were able to identify what is real food two weeks after the presentation, an increase of 11% from the pre-test to the post-test. The most significant factor in this question was the dramatic decrease of wrong answers ranging from 12-75%, showing understanding of what is NOT real food.
- 76% of the students recognized that more fiber from real food is better, an increase of 37% from the pre-test to the post-test.
- 75% of the students understood that you can find real food at a local farm, an increase of 39% from the pre-test to the post-test.
- 65% of the students choose five daily fruits and vegetables as the correct answer on the post-test, compared to 12% on the pre-test, an increase of 437%.
- 71% of the students understood that locally grown food is fresher and last longer, an increase of 33% from the pre-test. 35% of the students recognized that locally grown food helps produce local jobs, an increase of 137% from the pre-test

*To view the complete report from the Kellyn Foundation, please see this link*

*To learn more about the Kellyn foundation, please see this link.*

**Live Your Life:** St Luke's Miners Memorial Hospital has been educating community residents by building and strengthening partnerships to spearhead a year-long campaign entitled Live Your Life. The goals of the campaign are to promote healthy eating habits and increase physical activity while reducing prevalence and the burden of diabetes and other chronic diseases.

- **Process and Impact Outcomes:** A National Webinar presentation, taking place August 2014, will focus on how to educate, motivate, and mobilize community members toward living healthier lives through a population based initiative and collaboration with local community partners.
- **Measurable Outcomes:** *To view the Live Your Life data report please activate this link.*

**Tail on the Trail:** A network wide initiative to increase physical activity by walking, running, or biking. Community members log onto [tailonthetrail.org](http://tailonthetrail.org) to track miles and earn incentives. The program is promoted through the local schools and throughout St. Luke's Miners and the Community.

- **Process and Impact Outcomes:** Tail on the Trail at the Panther Valley Track is a new initiative that promotes community walking for St. Luke's Miners Employees, patients, Panther Valley Schools, and the community. A Use of Facilities Agreement between Panther Valley Schools and St. Luke's Miners promotes walking on Mondays from August through September 2014. St. Luke's Providers lead the way and promote the walking to their patients and the community. To learn more visit: <https://www.slnh.org/News/2014/Get-Your-Tail-on-the-Trail-PV>
- **Measurable Outcomes:** *To view the Tail on the Trail data report please activate this link.*

### **Diabetes Prevention and Education Programs:**

The St. Luke's Miners Community Health provides a nationally recognized Diabetes Education Accreditation Program (DEAP) through the American Association of Diabetes Education. Chronic Disease Prevention and Management are being addressed through this Diabetes Management Program.

**Aggregate Patient Clinical Outcomes:**

- 76% of patients had pre/post weight data. Average weight decreased by 10.68%.
- Average A1C decreased by .91%. 51% of patients had pre/post data for A1C.
- 73% of patients had pre/post data for BP. Average Systolic BP decreased by 18%. There was no change in diastolic BP.
- 76% of patients had pre/post BMI data. Average BMI decreased by 1.87%.

**Our Measurable Goals are to improve the percentage of patients who practice self care behaviors.**

**Eighty one patients were seen through the Diabetes Education Program (see table below):**

- 100% of patients reported success with taking their Medication
- 80% of patients reported success with Problem Solving
- 47% of patients reported success with Healthy Eating

	Number of Patients Who Chose this Goal	Number of Patients who Chose this Goal and Completed the Program	Number of Patients Who Reported Success with this goal and Completed Program	Percentage of Patients who Reported Success with this Goal	Benchmark Percentage of Patient Goal Achievement
Healthy Eating	77	38	18	47%	50%
Being Active	30	18	6	33%	50%
Monitoring	17	5	2	40%	50%
Taking Medication	9	1	1	100%	50%
Problem Solving	10	5	4	80%	50%
Reducing Risks	3	1	0	0	50%
Healthy Coping	10	7	0	0	50%

*\*Data Link: St. Luke's Miners Diabetes Education Center DEAP Annual Status and Measurement Report, 6/2014*