

HealthVisions Update

*HealthVisions Midwest, Inc.—Lake County, IN
Health Ministry Partnership— St. Joseph, Marshall, Elkhart County, IN
HealthVisions Fort Wayne—Allen County, IN
Living for Life—Starka County, IN*

Volume 2 Issue 1: January 2002

This issue features: HealthVisions Fort Wayne, IN

HealthVisions of Fort Wayne



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Fort Wayne, Indiana 46802
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Funded by the St. Joseph
Community Health Foundation

Happy New Year

Dental Health

The Dental program is a partnership between HealthVisions and Indiana-Purdue Fort Wayne Dental Education Department, Matthew 25 Health and Dental Clinic, local dental hygienists, churches, HealthVisions Chapter Two Outreach sites, and transitional houses. The goal is to provide dental health education and promote good oral health behavior among adults, 18 and older. The program provides a standardized dental teaching plan, which promotes healthy behaviors of brushing, flossing, regular checks ups, and proper nutrition. The program also educates participants on the effects of smoking and tobacco use on oral health.

Managing Your Diabetes

Diabetes in the United States is fast becoming an epidemic. Today, there are almost 16 million people (5.9% of the population) who have diabetes, with five million of those unaware of their disease. Diabetes is the seventh leading cause of death, and can cause major health problems including blindness or amputation. On Friday, November 16, 2001, HealthVisions of Fort Wayne in conjunction with National Diabetes Awareness month presented a free health luncheon seminar on diabetes. This program is part of the Chapter Two Outreach Initiative to educate the public on the basic facts about diabetes. Over 30 people attended the health seminar at Union Baptist Church. The speaker was LeAnn Nobel, RN, BSN, certified Diabetic Educator at St. Joseph Hospital. Ace Medical Supply provided information on proper shoes for diabetic patients, and Pizza Hut catered the event introducing its new low fat veggie mozzarella pizza. If you are interested in an education program on diabetes contact HealthVisions at 219-420-5442 for more information.

Childhood Lead Poisoning Program

The Childhood Lead program goal is to eliminate lead poisoning in children in Allen County. HealthVisions and its partners, Allen County Health Department and Allen County Lead Safe Coalition have developed a community wide screening, education and treatment plan to care for children with lead poisoning. HealthVisions also assisted in the development and implementation of a case management and follow-up system for children with elevated blood level of lead. HealthVisions in partnership with the Allen County Lead Safe Coalition has also implemented a system to educate residents in the targeted high-risk areas about cleaning and maintenance to reduce and eliminate lead poisoning.

Director's Message

Renetta H. Williams, BA, MSM,
It is with great humility and pleasure that I serve as the team leader of HealthVisions Fort Wayne. I bring to this position seven years experience as an executive director, strong leadership, and organizational skills, as well as the ability to coach and lead a team. I am committed to the mission and vision of HealthVisions. My goals for this year are to increase awareness of the HealthVisions organization, and its models of disease prevention and health promotion to the Fort Wayne community; partner with organizations to build healthier communities; replicate Health Visions' core health models; and identify and seek funds for sustainability.

HealthVisions Fort Wayne Team Members:

Joline Bowers, BS, BA,
Chapter Two Outreach Program

Tina Leatherman, Lead Program

Barbara Putt, Project Coordinator

Sr. Loretta Schleper
PHJC.BGS, Community Health Improvement Program

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Chapter Two Outreach Program

The Chapter Two Outreach Program is a community initiative developed to eliminate health disparities. The program is a comprehensive exercise, nutrition, and health education program. The program was planned and implemented in January 2001, using the Healthy People 2010 "Health Disparities model," which is a national initiative, developed by the U.S. Department of Health and Human Services, Office of Disease Prevention, and Health Promotion. The model identifies physical activities, nutrition, health education, and chronic disease as focus areas. The Outreach program examines the effects of physical activity on a variety of health problems. Our model focuses on chronic diseases, such as high blood pressure, stroke, diabetes, arthritis, heart disease, and cancer. The Chapter Two Outreach pilot program consists of eight-week sessions, which includes pre- and post fitness testing. The number of participants ranges from 6 to 24 people. Participants are asked to obtain permission from their physician and must sign a waiver/release of liability. Assessment consists of an activity readiness and physiological questionnaires. Testing consists of height, weight, blood pressure, Body Fat, and Body Mass Index (BMI). All participants receive a workout log and a personal wellness contract. The Chapter Two Outreach Program has been active in the community for eight (8) months. In this time frame, we have had 233 enrolled in the program. Our assessments show participants' Body Mass Index was reduced by 50 percent, weight by 46 percent reduction, (3 to 5 pound weight loss) and blood pressures were reduced by 53 percent, (29 points). The physical and mental assessments show 57.6 percent physical improvement and 42 percent mental improvement. The overall goal of the program is to promote health and disease prevention.

Site Locations:

West Central Neighborhood, ASK Ministries, Community Center, Southern Heights Baptist Church, Unity Christ Church, St. Hyacinth Center. In January we will add Life Steps/St. Joseph Hospital, and Love Church as additional sites.

Parish Health

Parish Health is HealthVisions' newest program and is administered by Sr. Loretta Schleper, PHJC. The goal of the program is to partner with interfaith congregations and community organizations with a common mission, to provide supportive services to individuals who are homebound, frail, elderly, or who are affected by long-term health conditions. The program is designed using the Robert Wood Johnson Foundation's "Faith-In -Action" model. We are working with five parishes in a pilot program: St. Mary Catholic Church, St. John Missionary Baptist Church, Union Baptist Church, Bethlehem Evangelical Lutheran Church, St. Henry's and Sacred Heart Catholic Church. The program will recruit, train, and coordinate 50 volunteers to provide health services in the 46803 zip code area of Fort Wayne. HealthVisions will look for partners with the skills to sustain and take ownership of the individual parish programs.

HealthVisions has just received a grant from the Robert Wood Johnson Foundation to fund this project.

"I am confident that it is quite important for our congregation to take part in the program. I feel there is so much to be done for the homebound, elderly and those affected by long-term health problems"

Pastor Placard Fernando of and St. Henry /Sacred Heart Parishes