

Story Title Adirondack Medical Home
Program Franklin - Nutrition Education Local
Educators Vanetta M. Conn

Is this related to an Equal Program/Employment Opportunity? Yes

Executive Summary At risk patients of local healthcare providers benefit from developing strategies to reduce health risk.

Issues/Needs and Audiences Recently changing paradigm in healthcare moves from responding to illness and disease to prevention and wellness centered. One response includes the creation of the managed care medical home model. Healthcare providers seek to increase knowledge of the link between good nutrition practices and physical activity with better health outcomes.

According to the New York State Department of Health 65.2% of adults living in Franklin County are overweight or obese with Body Mass Index (BMI) of 25 or greater. Over 29% of adult residents did not participate in leisure time physical activity in the past 30 and 10.8% of residents have healthcare provider diagnosis of diabetes. People in these categories are at greater risk for chronic disease, illness and even death.

Extension Responses Under contract with the Adirondack Medical Home, CCE Franklin meets with patients identified as being at high risk for poor health outcomes by their healthcare providers.

Accomplishments and Impacts Family Health and Well-being educator meets one-on-one with patients referred by their healthcare provider to develop strategies for change. The process beginnings with examining past successes and barriers along with developing individualized goals as these vary from person to person. The client is encouraged to separate their personal goals from those of their healthcare provider. To increase the likelihood of success, goals are created using the SMART format.

Discussions included the many benefits of eating a balance diet, balancing food intake with activity and the importance and role of daily or at least regular physical activity. Clients are encouraged to schedule multiple visits with the educator in order to celebrate changes and improvements or problem solve barriers. Patients state their intentions to make changes, track food and activity patterns, and participate in regular physical activity including another CCE Franklin program, Growing Stronger.

Collaborators Adirondack Medical Home, Healthcare providers in the Adirondack Medical Home system

Special funding sources (if any) Adirondack Medical Home