HEAL in Healthcare:  
Good for the Patient, Good for the Provider 
Kaiser Permanente Southern California HEAL Initiative  
Virtual Brown Bag Learning Series  
June 26, 2014 

Please make sure you have connected with the telephone using the number and conference ID provided in your confirmation email. 

Also please mute your phone.
Practice Getting Started

PHONE
- Connect with Phone
- Mute Your Phone

PARTICIPATORY FORMAT
- Active Dialogue
- Chat Box
What is a “Virtual Brown Bag”? 

- **Purpose:** To generate discussion and peer learning between Southern California HEAL grantees and partners.

- **Expected Outcomes:** Accelerated learning, inspiration, dissemination of best practices, and enhanced likelihood of successful community transformation.

- **Schedule:** Web/phone convening on fourth Thursday from Noon – 1:30 pm.
Today’s Learning Objectives

- Strategies for operationalizing HEAL inside and outside the healthcare setting
- Benefits and incentives for providers to implement HEAL strategies
- Methods to monitor implementation and evaluate patient outcomes
Agenda

- **Introductions:** Who’s in the Room?
- **Invited “Instigators”** Launch Discussion
- **Active Dialogue** with All Participants
- **Ideas** for Replication, Adaptation, or Inspiration!
Who’s in the Room?

- **Northern California**
  - HEAL Communities
  - Kaiser Permanente

- **Southern California**
  - HEAL Communities
  - Healthcare Providers
  - Kaiser Permanente
  - County and City Public Health
  - Community Based Organizations
## Cross Site Strategies

<table>
<thead>
<tr>
<th>Community</th>
<th>Strategies</th>
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<tr>
<td>Anaheim</td>
<td>HEAL Prescriptions</td>
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<td>HHS</td>
<td>School Based Health Center</td>
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<td>Lemon Grove</td>
<td>HEAL Prescriptions, Resource Guide</td>
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<td>Long Beach</td>
<td>HEAL Prescription, Healthy Lifestyles Program, and Fruit and Vegie Vouchers</td>
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<tr>
<td>Ontario</td>
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<td>Riverside</td>
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<td>Ventura</td>
<td>HEAL Prescription, Resource Guide, BMI Screening</td>
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Group Discussion

- How are providers operationalizing HEAL strategies in the healthcare setting? What is working, what are challenges, and lessons learned?

- What are the benefits and/or incentives for providers to implement HEAL strategies?

- How can partners implement healthcare strategies outside the clinic walls?

- What are strategies to monitor implementation of HEAL in the healthcare setting? What impact does the strategy have on patients and providers?
Discussion “Instigators”

Cecilia Arias
Community Benefits Manager
Kaiser Permanente
Riverside, CA

“Main benefit is to lead patient to healthier lifestyle. They are healthier, they are less costly to our system of health. They tell their comadres, their sisters, brothers, and neighbors.”

– Fred Deharo, Director of Corporate Development
Borrego Community Health Foundation
Riverside, CA
Discussion “Instigators”

Lily Martinez
Director of Health Education and Outreach
The Children’s Clinic
Long Beach, CA
Beyond Clinic Walls

Beverly Speak
Director and CEO
Kids Come First Community Health Center
Ontario, CA
Ontario HEAL Zone

Rx for Healthier Living

IDEAS FOR HEALTHIER LIVING

1. Get 1 hour or more of physical activity every day.
2. Limit screen time (for example, TV, video games, computer) to 2 hours or less per day.
3. Eat at least 5 fruits and vegetables every day.

MY HEALTHY LIFESTYLE GOALS

- Eat _____ fruits and vegetables each day.
- Reduce screen time to ______ minutes per day.
- Get ______ minutes of physical activity each day.
- Reduce number of sugared drinks to ______ per day.

Patient name

Patient or Parent/Guardian signature

Doctor signature  Date

Let’s Move!  America’s Move to Raise a Healthier Generation of Kids

For more information, contact (909) 984-7384

Kids Come First
Community Health Center

Healthy Eating Active Lives
Evaluation

**Evaluation Question**
- What impact does the strategy have on patients' healthy eating and active living behaviors and/or other health indicators?
- What impact does the strategy have on doctors, nurses, and other clinic staff?

**Data Collection**
- Document the process (tracking number of people who receive the intervention, how the intervention is implemented, challenges and successes)
- Assess changes in patients' attitudes, knowledge, perceptions, self efficacy about healthy eating and active living
- Measure reported healthy eating and physical activity behaviors or health outcomes of patients who receive the intervention (EMR system)
- Assess changes in clinic staffs attitudes, knowledge, and perceptions
Replication, Adaptation, or Inspiration!
Thank You for Participating!

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Please complete the survey prompted in your chat box.