

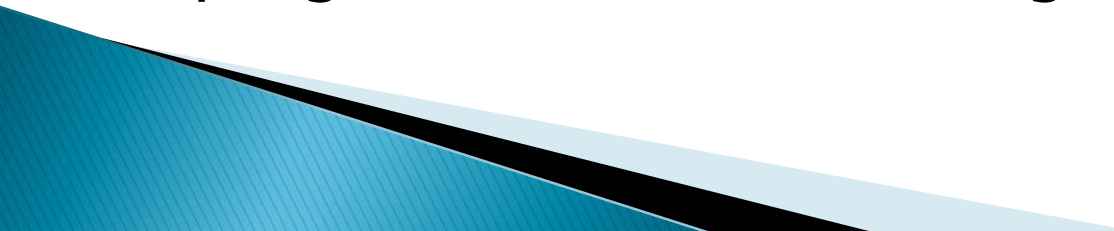
Case Manager

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Leaders in Health

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Project Background

- ▶ I am the case manager of a weight intervention program called WIN at the South End Community Health Center
 - ▶ WIN (Weight Initiative Now)
 - ▶ WIN is a year long program that is comprised of a nutritionist, pediatrician, AmeriCorps member and a case manager.
 - ▶ During the year long period patients receive nutrition counseling, referrals to physical activity programs, and case management support.
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Aims & target population

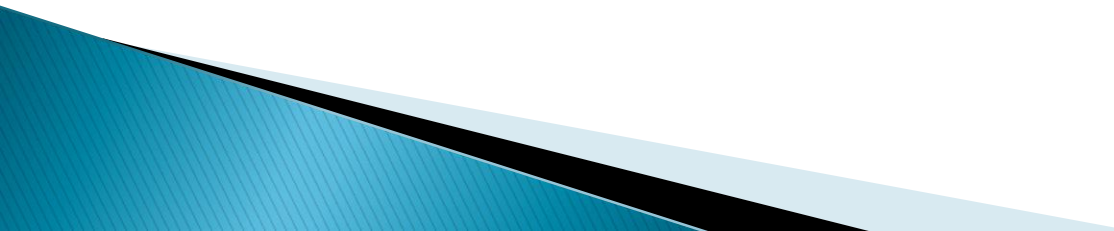
- ▶ Lowering patients BMI
 - ▶ Increasing knowledge and access of healthy food options.
 - ▶ My plan is to offer healthier vending machine choices at the Blackstone Community Center where we have the majority of our physical activity programs.
 - ▶ Our target population are 3–18 year old male and females located in the South End Community.
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Key activities & outcomes

In the WIN program we currently offer the following programs:

- ▶ Kickball/Soccer
- ▶ Xbox Kinect
- ▶ Basketball
- ▶ Self esteem program for young girls
- ▶ Cooking Classes
- ▶ Nutrition Counseling
- ▶ Nutrition Seminars

Outcomes

- ▶ Increase the number of minutes children are physically active
 - ▶ Increase consumption of fruits and vegetables
 - ▶ Increase knowledge of healthy food choices
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Initiative 1

The Leaders in Health concepts that I will be applying are the following:

- ▶ Healthy equity and/ or social determinants of health
- ▶ Public health approach/theories

Key strategies:

- ▶ Education and Communication
- ▶ Facilitation and Support
- ▶ Negotiation and Agreement

Short term action steps:

- ▶ Spoke with the administrator and the program supervisor about my plan
- ▶ Followed by and email with a list of vending machine standards
- ▶ Supervisor is in the process of changing vendors that provide healthier food options

Long term action steps:

- ▶ Collaborate with the Blackstone Community Center to offer them cooking demonstrations and cooking seminars

Conclusion

The most useful Leaders in Health concepts that I will use in the near future are the following:

- ▶ Community-based participatory research study
To make improvements in our program and in the South End neighborhood.
- ▶ Built Environment (system or policy changes)
Collaborate with Safe Routes to school and the Blackstone school to improve barriers in the environment that would allow families to feel safe and allow their child to be physically active around their neighborhood.