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Nutrition and Exercise Resources for Clinton County

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Nutrition and Exercise Resources for Clinton County

CVPH Family Medicine Center, Plattsburgh, NY

Paige Wood

May/June 2017

Dr. Lindsay Wilhelm, DO

Problem Identification

- Obesity is a condition associated with a significantly increased risk of many serious health conditions and outcomes including a significantly increased mortality risk as compared to a health weight population¹.
- 2017 Data for Clinton County, NY →
 - More than 1 in 4 residents are obese²
 - 64% of adults are obese as compared to 60% for NY State overall² and 69% nationally³
- A 2016 Survey of the Clinton County Community found that:
 - Obesity is the top health concern for individuals and families⁴
 - Individuals view obesity as the second most concerning health issue affecting their community⁴
 - 1 in 3 respondents felt that lack of opportunities for physical activity was an issue in their neighborhood
 - 1 in 4 respondents listed access to healthy food as an issue

Public Health Costs

- The public health cost of treating otherwise preventable, obesity related diseases is projected to increase
 - In 2008 the US spent an estimated dollars \$147 billion on the medical care on obesity⁵.
 - The productivity costs estimated to be associated with obesity-related absences in 2008 was between \$3.38 billion (\$79 per obese individual) and \$6.38 billion (\$132 per obese individual)⁶.
 - In 2030 the projected cost for the US is \$204 billion - \$267 billion/year
- The Clinton County Health Department estimates that with a 5% reduction in BMIs across the county 6,419 lives in Clinton County, NY could be saved

Community Perspective

- Lisa LaValley, RN *Care Manager, Northern Adirondack Medical Home*
 - “Cost is the biggest barrier – for both gym memberships and eating healthy”
 - There is also an educational barrier, ‘the lower education level creates a barrier in terms of understanding nutrition’
- Dr. Steven Heintz, MD *UVMHN/ CVPH Family Medicine Clinic*
 - “This is one of the worst areas for the ratio of gyms to people. Once you get outside of Plattsburgh there are almost no options for fitness centers. This makes it really hard for some people”
 - “The attitude of the community as a whole is not very fitness and health focused when compared to areas such as Burlington”
 - “Obesity is defiantly a concern for this community that does not seem to be going away”

Intervention

- In order to address the concern surrounding lack of opportunities for physical exercise a portion of my patient centered resource will focus on:
 - Fitness opportunities that exist in the Community
 - Ways medical insurance can help with the financial barrier of gym memberships
 - Resources for working out at home
 - Resources for exercise motivation
- Diet and Nutrition assistance are the other aspect of my patient centered resource
 - Nutritional education
 - Diet motivation assistance resources
 - Where and when to access farmers markets for fresh fruits and vegetables
 - How to access financial assistance for nutrition needs

Results/Response

- The brochures are available to patient's at the CVPH Family Medicine Clinic and the Champlain Valley Physicians Hospital
- Due to the limitations of time during the scope of the Family Medicine Clerkship Rotation there isn't any qualitative or quantitative feedback response at this time.
- The physicians and residents at CVPH Family Medicine Clinic feel these resources will benefit their patients and allow them, as providers, to provide more resources to their patients to give them a better chance at successful creating life style changes and loosing weight.
- Many of the residents downloaded the apps mentioned in my resource on their phones and tablets so that they could use them themselves and show their patients how to use them and what they look like
- Overall the providers at the clinic felt this resource will fill a gap in the previous resources they had on a similar topic. The current resources they have were geared at elderly and chronically ill patients with PT resources and walking groups. My resource focuses on the more active and independent patients with busy schedules who need assistance as well.

Evaluation of Effectiveness

- Due to the time constraints of the clerkship feedback and evaluation of effectiveness was limited.
- The pamphlet printed and available at the clinic.
- Providers felt the issues addressed in the resource were of use to the community and would answer patient's questions about how to get started and where to go for help making the life style changes they wanted to make
- This resource will expand the scope of resources previously available in the clinic by provided a different type of resource – apps!
- I shared the apps with multiple patients prior to the brochure being printed and they all had a positive response to them and most agreed to give them a try stating they felt the apps would be helpful to them

Recommendations for Future Intervention

- Future intervention would include:
 - Developing programs for person-to-person nutritional education
 - Developing more programs for gym vouchers for those of lower socio-economic status to use during the harsh upstate NY winters
 - Creating an app or website that allows patients with similar goals and obstacles to interact with each other and encourage each other on their paths as well as learn from and teach each other

Resources

1. CDC
2. Clinton County Health Department. (2017, February). Clinton County Profiles in Public Health. Retrieved from <http://www.clintonhealth.org/pdf%20files/CCProfilesInPublicHealth2017.pdf>
3. <https://www.cdc.gov/nchs/data/databriefs/db219.pdf>
4. Clinton County Health Department. (2016, June). Clinton County Health Department 2016 Community Health Needs Survey Key Findings. Retrieved from <http://www.clintonhealth.org/pdf%20files/CommunitySurveyKeyFindings.pdf>
5. Finkelstein EA1, Trogon JG, Cohen JW, Dietz W. Annual medical spending attributable to obesity: payer-and service-specific estimates. *Health Aff (Millwood)*. 2009 Sep-Oct;28(5):w822-31. doi: 10.1377/hlthaff.28.5.w822.
6. Trogon JG, Finkelstein EA, Hylands T, Dellea PS, Kamal-Bahl. Indirect costs of obesity: a review of the current literature. *Obes Rev*.2008;9(5):489–500.
7. <http://www.clintonhealth.org/pdf%20files/CCProfilesInPublicHealthFall2012.pdf>

Interview Consent Form

- Thank you for agreeing to be interviewed. This project is a requirement for the Family Medicine clerkship. It will be stored on the Dana Library ScholarWorks website. Your name will be attached to your interview and you may be cited directly or indirectly in subsequent unpublished or published work. The interviewer affirms that he/she has explained the nature and purpose of this project. The interviewee affirms that he/she has consented to this interview. Yes ☒ / No ☐ If not consenting as above: please add the interviewee names here for the department of Family Medicine information only. Name: _____ Lisa Lavallee _____
- Thank you for agreeing to be interviewed. This project is a requirement for the Family Medicine clerkship. It will be stored on the Dana Library ScholarWorks website. Your name will be attached to your interview and you may be cited directly or indirectly in subsequent unpublished or published work. The interviewer affirms that he/she has explained the nature and purpose of this project. The interviewee affirms that he/she has consented to this interview. Yes ☒ / No ☐ If not consenting as above: please add the interviewee names here for the department of Family Medicine information only. Name: _____ Dr. Steven Heintz _____