

# Johnson County

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# Background

- Grant
- Establish a diabetic registry
- Problems discovered
- Results



# Needs Statement

## Section 1-Nature and Extent

~Type II Diabetes- Statistics for US, TN, and Johnson County

~ Focus on Obesity as a way to combat the problems for diabetes

~ Focus on the adult population, which was represented in the subset of diabetic pt at the medical Group in Mountain City

# Continued Need Statement

## Section 2 – Contributing Factors

- ~Lack of health literacy about the disease and proper food choices.
- ~A health belief that is not conducive to self accountability to manage the disease and prevent negative outcomes
- ~Lack of empowerment over the management of the disease and preventing negative outcomes
- ~Limited access to gyms, swimming pools, recreational areas

# Continued Need Statement

## Section 3 -Impact

~Long term health problems that will not only impact the quality of life of the pt, but also the pt's family

~Financial consequences to the pt and family; financial consequences for local and national health care system

# Continued Need Statement

## Section 4 – Promising Approaches

- ~ Focusing on one aspect of the larger problem of diabetes-obesity
- ~ Focus on ONE aspect of the individual's diet, thus setting forth an attainable goal
- ~ “Think before you drink”  
campaign

# Our Major Goal..

To improve patient self- management of Type 2 Diabetes by increasing their awareness and to prevent future incidence of the disease by focusing on obesity as a major risk factor in Johnson County.

# Specific Aims

- ~ To educate people about the need to reduce weight to lower their risk of health problems.
- ~ To assist people in reducing their weight by negotiating on any one of their dietary habits.
- ~ To organize and conduct various community events in Johnson County to raise awareness among the people against obesity.
- ~ To promote intake of drinking water/flavored water as opposed to high calorie sodas and other juices.

# Description of project

- Sidewalk survey
- One-on-one pt encounters
- Mass Media
  - ~Trunk-or-Treat
  - ~Senior Citizen Health Fair



# Rethink Your Drink

## Trunk-or-Treat

- 1,200 bottles of water with calorie information distributed at Trunk-or-Treat



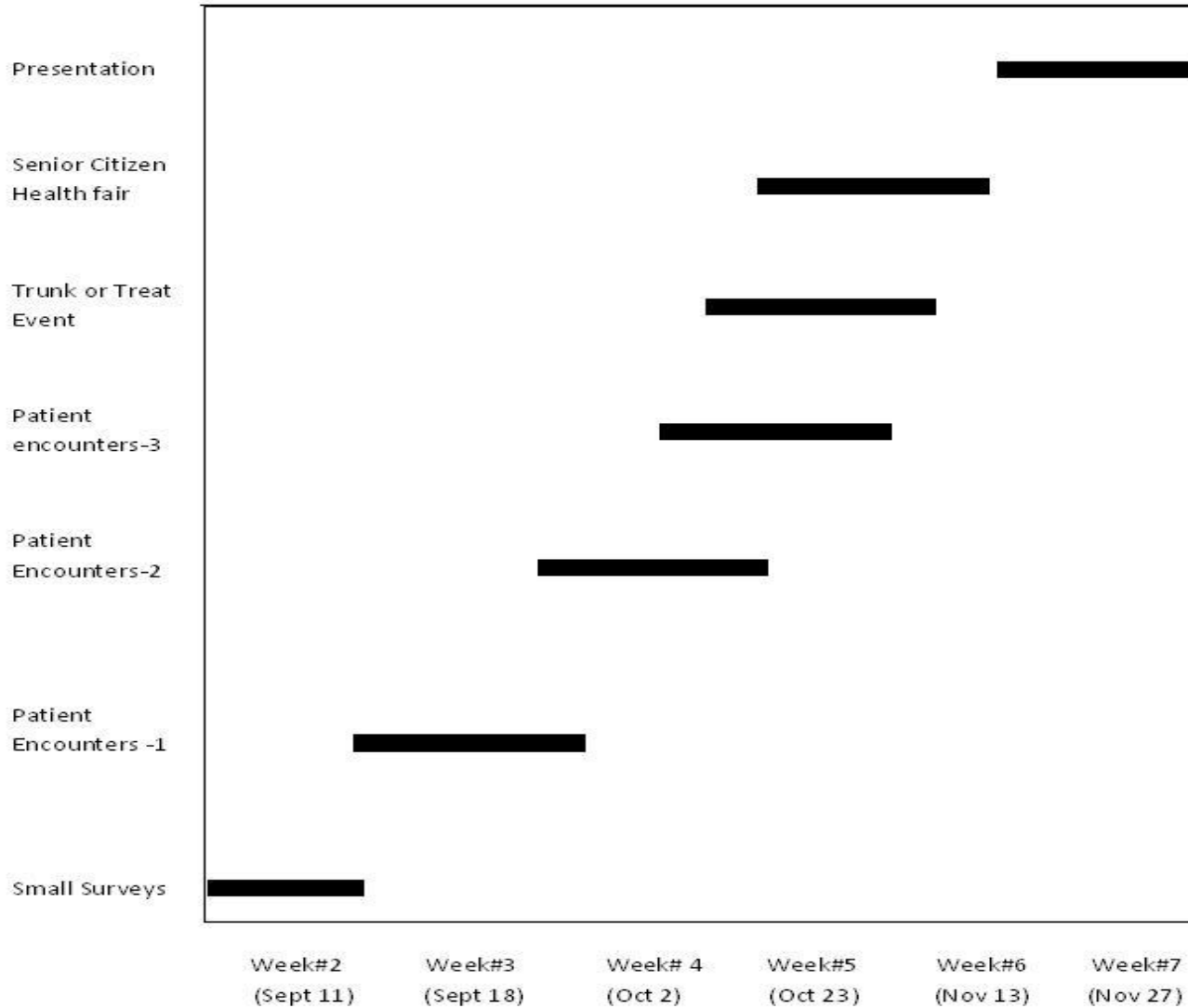
# Rethink Your Drink

## Senior Center Health Fair

- 200 bottles of water with calorie information distributed at the Senior Center Health Fair



# Time Line



# Evaluation process

- Sidewalk survey
- Nutritional survey
- Pre-interview
- Post-interview

# Evaluation Process

## “One on One” Data Analysis

### Descriptive Statistics

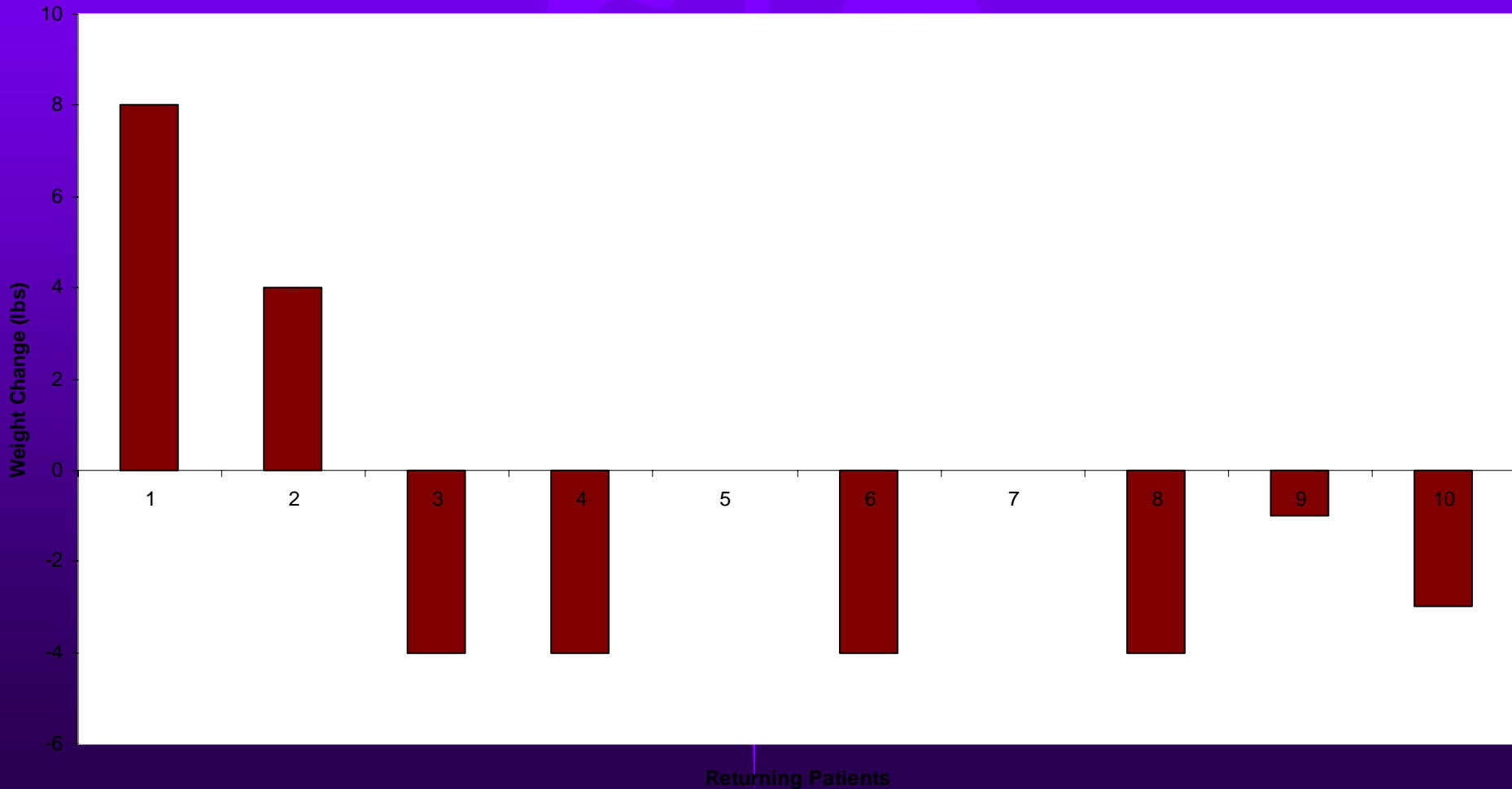
- 22 patients participated in a Initial Interview and Nutritional Assessment, including measurement of height and weight
- 54% of the patients who were interviewed **did not show up** for their second appointment, only 10 patients came to their follow up appointment



- 60% patients who came to their 2nd appointment lost some weight
  - 20% lost no weight
  - 20% gained weight
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- Average change in BMI is a gain of 0.22
  - Of those patients who lost weight, the loss of BMI is 0.55
  - Average change in weight is a loss of 0.8 pounds
  - Of the patients who lost weight, the weight loss was 3.3 pounds

# Weight Change of Returning Patients for "One on One" Education

Weight Change for "One on One"



# **“One on One” Post Study Questionnaire**

Did the nutrition questionnaire increase your awareness of your diet?

100% said "yes"

Did the personal contact with me make any difference?

70% said "yes"

20% said "no"

10% said "don't know"

Do you think you can continue the changes that you have made?

80% said "yes"

20% said "maybe"

Did you see any value in participating in this project?

100% said "yes"

# Interpretations of factors associated with health

## disparities in Johnson County

- Poverty - 56% of the residents in Johnson County live below the national average. One statistic showed that the average yearly wage in Johnson County was \$22,764.
- Other factors- Lack of empowerment, inadequate health literacy, and lack of funds to buy nutritious foods

# What did you learn about the health issue?

- Behavioral and educational changes are difficult and require a multiplicity of approaches

# Views of the Community About Health Issues

## **Sidewalk Survey**

1. Do you think obesity is a problem in Johnson County?
  - Yes = 74
  - No = 7
  - Don't Know = 3
2. Do you think obesity can lead to other health problems?
  - Yes = 74
  - Don't Know = 10

# Sidewalk Survey

3. What health problems can obesity cause?

56% Cardiac  
34% Diabetes  
19% Hypertension  
9% Circulatory  
8% High Cholesterol  
7% Joints  
7% Respiratory  
1% Early Death

4. Who is responsible for the obesity problem?

73% Yourself  
27% Fast Food  
16% Lack of Exercise  
13% Psychological (Stress & Depression)  
12% Parents  
9% Processed Foods  
6% Cultural  
3% Television  
2% Low Income

# Sidewalk Survey

5. How can obesity be prevented?

38% Should Eat Properly

31% Exercise More

18% Increase Health Education

16% Health Care Professionals Should Help  
Individuals

5% Decrease the Cost of Healthy Foods

# Views from Health Providers & System About the Obesity Problem

- Poorly Educated Population
- Fatalistic View of Health – Health Beliefs
- Patients are Unmotivated to Change
- Lack of Personal Resources (Transportation, Finances for Healthy Food Choices)
- Difficult to Match Health Outcomes to Lifestyle Choices
- Lack of Time for Effective Education and Follow Up – Providers are Not Reimbursed for Teaching Time
- Lack of Multicultural Capabilities in Health Care System

# What did you learn about your community

- The population realized that there was a problem but are not willing to take the steps to change.
- The patients also believe that change will make a difference

# Results

- ~27% of the people who participated in the project have lost weight.
- ~9 out of 22 patients (41%) has lost to follow up and 13 out of 22 (59%) showed up for the final follow up.
- ~One of the participants has gained some weight which was quiet surprising and questionable. It may be attributed to co-morbidities and several other medications being taken for the co-morbid condition.

**Thank You!**

*Any Questions?*

