

Implementation of a Tailored Nutrition Intervention with Health Bucks to Improve Outcomes

Vanessa Haney, MFA

Pamela Sailor-Bonney, MS, RD, CDN, FAND

Christopher La Rosa, BA

Cynthia Zhou

Dave Pattison

Carmen Melendez

Olapeju Osunkayode



Acknowledgements

- IAM Quality Improvement Team:
 - Director of Quality Management & Evaluation: Shruti Ramachandran, MPH, MID
 - HIV QI Manager: Amy Newton, MPH
 - Senior Analyst, Quality Improvement: Rebecca Lindner
- Care Coordination Funders:
 - New York City Department of Health and Mental Hygiene (NYC DOHMH)
 - Program Officer: Scarlett Macias, MPH
 - Health Bucks team: Kristine Momanyi
 - Public Health Solutions (PHS)

BACKGROUND

Vanessa Haney, MFA
 Program Manager
 Care Coordination
 Peter Krueger Clinic
 Institute for Advanced Medicine



The Institute for Advanced Medicine

- Five HIV prevention & treatment practices across Manhattan
- Represents the largest HIV primary care practice in New York and provides HIV primary care to over 10,000 people with HIV (PWH)



Peter Krueger Clinic Demographics

Total number of people receiving primary care at PKC = 1158

Number of people enrolled in Ryan White Care Coordination = 180

Care Coordination:

- Provides Home/Field-Based Adherence Support and Medical Case Management
 - Linkage to Health Care & Social Services
 - Health Education/Promotion on HIV, Comorbidities, & General Well-Being
 - Advocacy & Empowerment
 - Treatment adherence support & skill-building
 - Coordination of care by relaying information and supporting interdisciplinary treatment plan

Care Coordination Team



HEALTH BUCKS!



Use Your EBT Card at a
Farmers Market

Manhattan Farmers Markets



Spend \$5 Get \$2

Farmers markets are located in all five boroughs! For a list of farmers markets near you, visit nyc.gov/health and search "farmers markets" or text "folkbud" to 878777

Health Bucks are \$2 coupons redeemable for fruits and vegetables at all NYC farmers markets. The program helps make fresh, locally-grown produce more affordable for low-income New Yorkers.

Importance of Optimal Nutrition

Optimal nutrition is an important adjunct in the clinical care of people with HIV. "Nutritional interventions can:

- improve the quality and span of life and symptom management,
- support the effectiveness of medications, and
- improve the patient's resistance to infections and other disease complications by altering immunity."*

Somarriba G, Neri D, Schaefer N, Miller TL. The effect of aging, nutrition, and exercise during HIV infection. HIV AIDS (Auckl). 2010;2:191-201.

Current Health Indicators

- **Viral Load Suppression: 87.6%**
- **Obesity 25.7%**
- **Diabetes: 17.3%**
- **Cardiovascular Disease: 36%**
- **High Cholesterol: 43.0%**

Care Coordination:

- **Over 69% are over 50 and many have lived with the virus for over 20 years**
- **Older HIV + people can display an accelerated aging process with an increase in the co-morbidities listed above***

Somarriba G, Neri D, Schaefer N, Miller TL. The effect of aging, nutrition, and exercise during HIV infection. HIV AIDS (Auckl). 2010;2:191-201.

Purpose of the Pilot Intervention

The purpose of this project is to develop a pilot intervention utilizing Health Bucks to:

- **Increase the delivery of nutrition education, and**
- **Improve health outcomes for viral load suppression, blood pressure, cholesterol, and diabetes between September to December 2018.**

Creation of the Pilot Intervention

What we already had in place:

- **CC CQI Team (PM, 2 CC, 3 PNs)**
Identified need: CQI health curriculum topic survey indicated CC staff highly valued nutrition but did not feel confident in their delivery of Topic15: Health Living - Diet and Exercise
- **History of Health Promotion Groups**
We have 5 staff who have attended the TOT workshops at NYCDOH
- **Knowledge that the majority of our consumers (approx. 65%) are eligible for the Supplemental Nutrition Assistance Program (SNAP) and low income neighborhoods frequently lack full service grocery stores with fresh fruits and vegetables**
- **Onsite Nutritionist and 9 Navigators**
- **Willingness to Collaborate**

Pilot Intervention QI Strategies

- Health Bucks distribution: 4 HBs for each visit to the Union Square Farmers Market accompanied by Patient Navigator and 5 HBs for each attended session with Nutritionist;
- Twice monthly Health Promotion Groups featuring nutrition health education tailored to the needs of low income HIV-positive clients, shopping tips, and cooking demonstrations;
- Required scheduling of Individual sessions with RD;
- PN accompaniment (with HP delivery) to local Farmer's Market, and
- Frequent check-ins to assess effectiveness

HEALTH PROMOTION GROUPS

Christopher La Rosa, BA
Coordinator of Medical Case Management



HP Groups Team



Some History with the Health Promotion Groups

- Initial group was launched on May 5th, 2015
- Groups are conducted in English and Spanish
- Various providers of the clinic facilitated some of the groups, allowing people to engage with their providers in a group setting
- Consumers developed their own social network which enabled them remind each other of upcoming groups
- As of 11/13/18 a total of 65 Health Promotion Groups have been conducted **in English and Spanish**

Health Promotion Group Goals

- Strengthen relationships with both consumers and staff who can support them.
- Help participants feel comfortable talking about their medical and social service needs.
- **Adherence!** Increase their ability to make appointments, arrange for their transportation and adhere to medications.
- Enhance their positive sense of self and help them take control of their HIV disease.
- Improve their overall health and well-being.

Topic 15: Healthy Living – Diet and Exercise

Learning Objectives: After completing Topic 15, consumers should be able to:

- Understand basic principles of good nutrition and food safety
- Explain why diet and exercise are important for people living with HIV
- Discuss and identify some changes people can make to improve their diet and increase exercise

Topic 15 Conversation Topics:

- Why Does Eating Healthy Matter for People Living with HIV?
- Principles of Good Nutrition and Exercise
- Barriers to Healthy Eating and Potential Solutions for Food Safety

NUTRITION AND HIV

Pamela Sailor-Bonney, MS, RD, CDN, FAND

Clinical Nutrition Supervisor

Peter Krueger Clinic

Institute of Advanced Medicine



**Mount
Sinai**

Nutrition at PKC

- Medical Nutrition Therapy (MNT) for HIV and chronic diseases
- Individual sessions and groups
- Additional Nutrition Education Topics:
 - Food Safety
 - Eating Healthy on a Budget
 - Nutrition and Exercise
 - Anti-inflammatory Diet
 - Gut Health and Immune System
 - Medication Side Effects Management.
 - Maintaining Your Healthy Weight
 - Meatless Mondays

Collaborations with:

- PCP's, Nurses, Ob-GYN, Pharmacist, Dentist, Social Work, Endocrinology, Psychology, and Care Coordination

Nutrition QI at PKC

Nutrition Intervention:

Weekly Nutrition Education group

Length of Project:

One year

Health Outcomes Measured:

Blood pressure, blood glucose, HDL's, TG's, VL (on and off ART's)

Results:

Participants that attended the most nutrition groups showed improved health outcomes

CC Nutrition Group

Healthy Cooking Workshops

- Fruits and Veggies from Union Square Farmers Market
- Traditional Recipe Modifications

Topics include:

- Nutrition and HIV
- Food Safety
- Eating Healthy on a Budget
- Nutrition and Exercise

CC Nutrition Group

Are you interested in learning more about healthy food, Farmers' Markets, Health Buck\$ and recipes?



Come to the Care Coordination and Nutrition Group!!

Sept 11 at 10:00
Sept 18 at 10:30

Food and Metrocards will be provided.

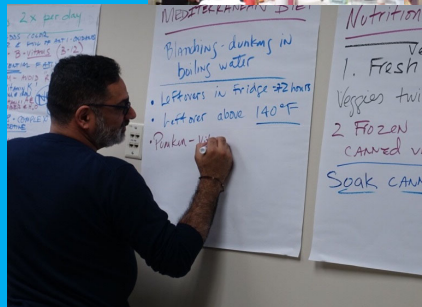
PAM is making PAMCAKES at the next Care Coordination and Nutrition Group



Nov. 13th & 27th
10:00 am

Delicious food! and Metrocards will be provided.

Cooking Demonstrations with Health Promotion Curriculum

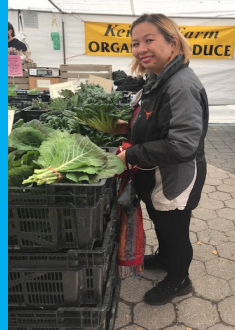


NAVIGATION

Dave Pattison
Olapeju Osunkayode



At the Farmers' Market



Survey

NUTRITION GROUP QUESTIONNAIRE

I have learned new ideas at the Nutrition Group, such as healthier recipes, affordable shopping, or cultural experiences

Strongly Agree Somewhat Agree Agree Somewhat Disagree Strongly Disagree

I have attended the Nutrition Group, and feel encouraged to eat healthier food

Strongly Agree Somewhat Agree Agree Somewhat Disagree Strongly Disagree

Since shopping with my Patient Navigator at a Farmers Market, I am likely to shop at a Farmers Market on my own

Strongly Agree Somewhat Agree Agree Somewhat Disagree Strongly Disagree

I will look for affordable organic/healthier food options at my local supermarket

Strongly Agree Somewhat Agree Agree Somewhat Disagree Strongly Disagree

What would prevent me from buying/eating healthier foods? Please check all that apply.

The Cost I don't like to cook I can't cook I don't like to shop for food Health Issues

Geographic (where I live) Not sure what I should buy I don't like to eat fruit & vegetables Nothing

Attending the Nutrition Group has supported me in building social support networks (new friends)

Strongly Agree Somewhat Agree Agree Somewhat Disagree Strongly Disagree

I have had an appointment with nutritionist Pam since attending the Nutrition Group?

Strongly Agree Somewhat Agree Agree Somewhat Disagree Strongly Disagree

I intend to make an appointment with nutritionist Pam for additional support in the future

Strongly Agree Somewhat Agree Agree Somewhat Disagree Strongly Disagree

I would like to attend more groups like the Nutrition Group in the foreseeable future

Strongly Agree Somewhat Agree Agree Somewhat Disagree Strongly Disagree

CUESTIONARIO DE GRUPO DE NUTRICIÓN

He aprendido nuevas ideas en el Grupo de nutrición, como recetas más saludables, compras asequibles o experiencias culturales

Totalmente de acuerdo Parcialmente de acuerdo De acuerdo Algo en desacuerdo Muy en desacuerdo

He asistido a los grupos de nutrición y se sienten animados a comer alimentos más saludables

Totalmente de acuerdo Parcialmente de acuerdo De acuerdo Algo en desacuerdo Muy en desacuerdo

Desde que compro con mi Patient Navigator en un Mercado de Grapes, es probable que compre en un Mercado de Grapes por mi cuenta

Totalmente de acuerdo Parcialmente de acuerdo De acuerdo Algo en desacuerdo Muy en desacuerdo

Buscaré opciones asequibles de alimentos orgánicos / saludables en su supermercado local

Totalmente de acuerdo Parcialmente de acuerdo De acuerdo Algo en desacuerdo Muy en desacuerdo

¿Qué me impediría comprar/comer alimentos más saludables? Marque todo lo que corresponda

El costo No me gusta cocinar No puedo cocinar No me gusta comprar comida Nada

Geográfico (donde vivo) No estoy seguro de lo que debo comprar Problemas de salud

No me gusta fruta y verduras

Asistir al Grupo de Nutrición me ha ayudado a crear redes de apoyo social (nuevos amigos)

Totalmente de acuerdo Parcialmente de acuerdo De acuerdo Algo en desacuerdo Muy en desacuerdo

No tengo una cita con la nutricionista Pam desde que asistí al Grupo de Nutrición

Totalmente de acuerdo Parcialmente de acuerdo De acuerdo Algo en desacuerdo Muy en desacuerdo

Tiene la intención de hacer una cita con la nutricionista Pam para recibir apoyo adicional en el futuro

Totalmente de acuerdo Parcialmente de acuerdo De acuerdo Algo en desacuerdo Muy en desacuerdo

Me gustaría asistir a más grupos como el Grupo de Nutrición en el futuro previsible

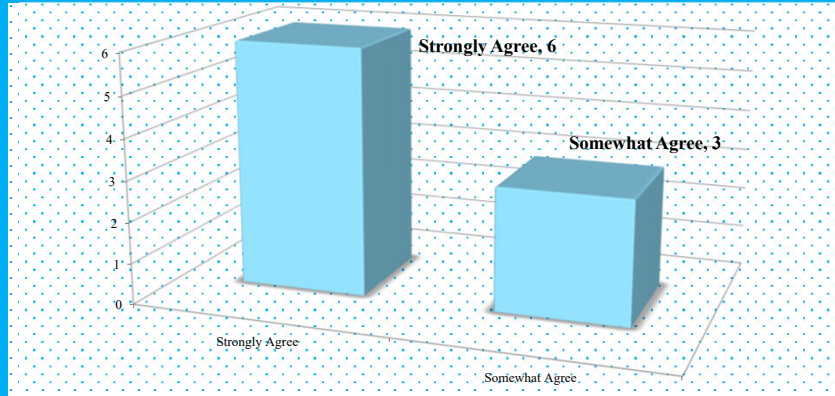
Totalmente de acuerdo Parcialmente de acuerdo De acuerdo Algo en desacuerdo Muy en desacuerdo

Outcomes from Survey

- 15 people in total completed the survey
- 9 people attended both the Nutrition Group and shopped at the Union Square Market
- 6 people shopped at the Union Square Market and didn't attend the Nutrition Group

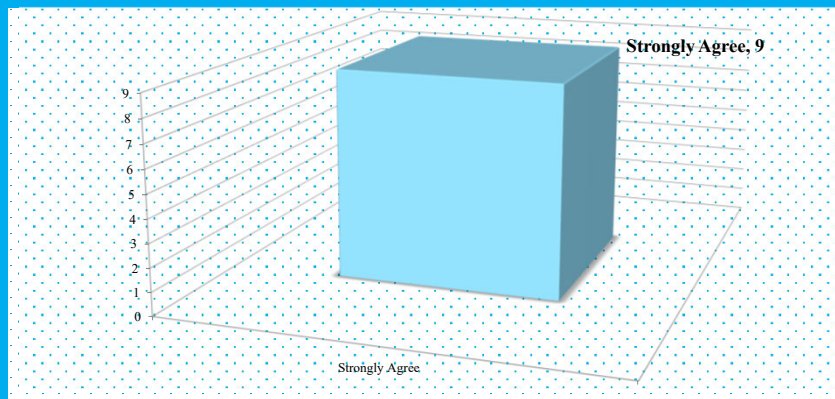
I have learned new ideas at the Nutrition group, such as healthier recipes, affordable shopping or cultural experiences.

People who attended the Nutrition Group and the Farmers Market



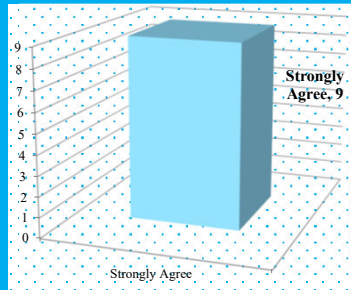
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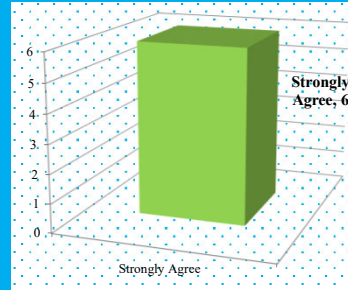


Since shopping with my Navigator at the Farmers Market, I am likely to shop at a Farmers Market on my own

People who attended the Nutrition Group, and the Farmers Market

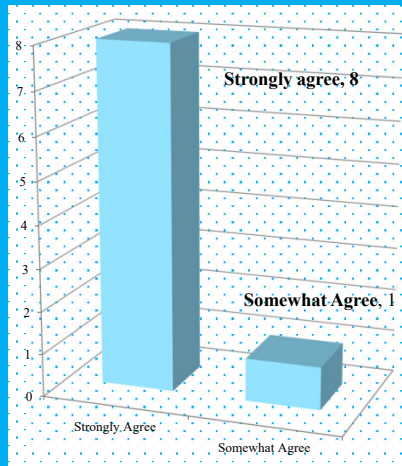


People who attended the Farmers Market only

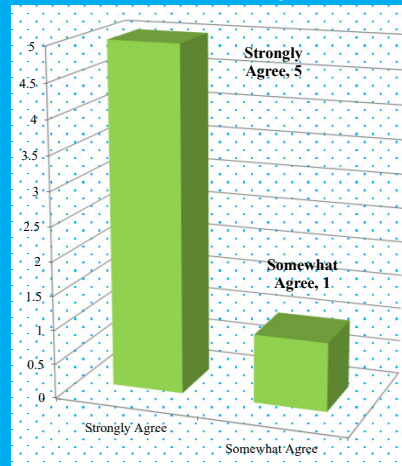


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People who attended the Nutrition Group, and the Farmers Market

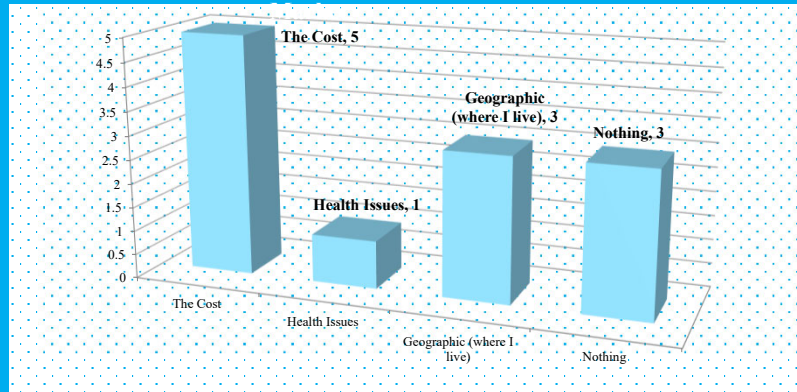


People who attended the Farmers Market only



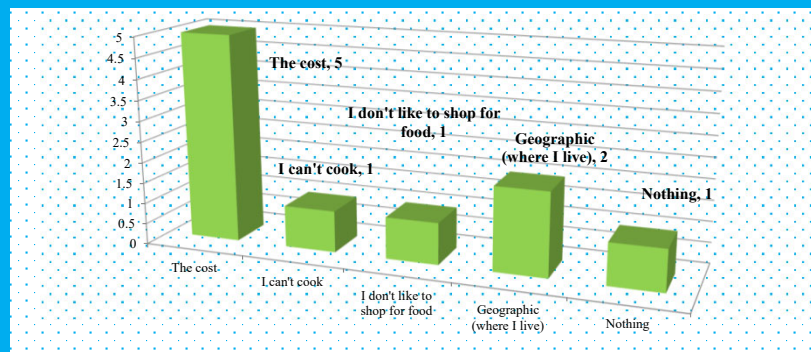
What would prevent me from buying/eating healthy food? Check all that apply

People who attended the Nutrition Group and the Farmers



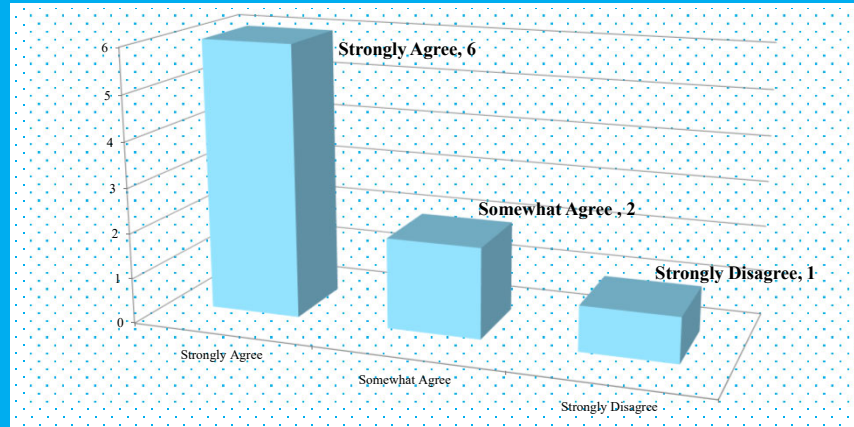
What would prevent me from buying/eating healthy food? Check all that apply

People who attended the Farmers market only



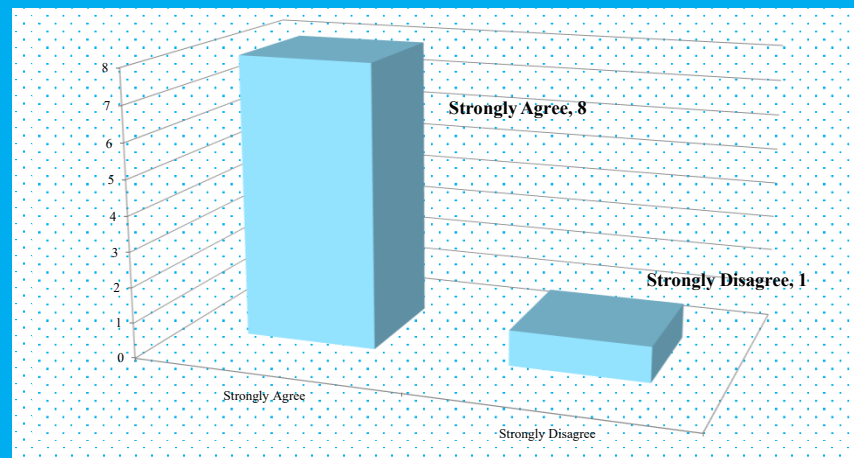
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People who attended the Nutrition Group and the Farmers Market



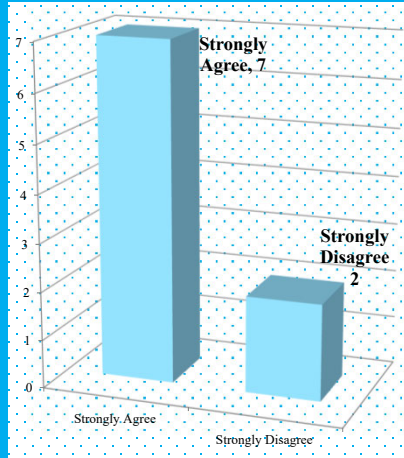
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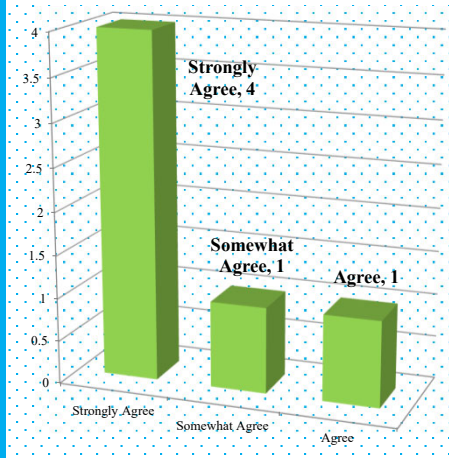


I intend to make an appointment to see Nutritionist Pam in the future

People who attended the Nutrition Group and the Farmers Market

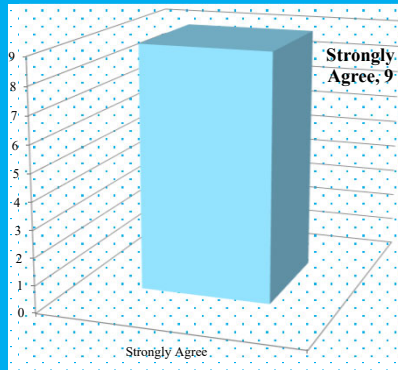


People who only attended the Farmers Market

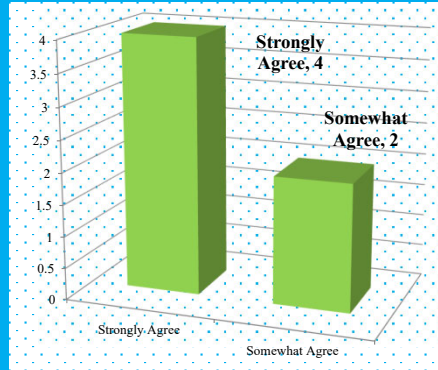


I would like to attend more groups like the Nutrition Group in the future

People who attended the nutrition group and the Farmers Market



People who attended the Farmers Market Only



Navigation Take-Aways

- Attending Care Coordination and Nutrition Group Sessions and purchasing fruits and vegetables with Health Bucks during PN accompanied Farmers Market (FM) visits may initiate healthy eating habits.
- Accompanied trips to the FM along with targeted health promotion increases engagement between consumer and PN.
- Group participation along with visits to the FM may provide additional social support networks for consumers.
- Information acquired from HP groups and HB purchases of fruits and vegetables at the FM may help consumers modify recipes with healthy alternatives for specific food preferences

Results since September 11

- Number of Topic 15 individual (not group) HPs delivered = 89
- Number of Accompaniments to the US Farmers' Market = 37
- Number of RD Appointments = 22 were completed
- Number of Health Bucks distributed = 426/534
- Number of CC Nutrition Groups to date: 5
- Average size of group = 9
- Number of people participating = 49

Areas for Future Growth

Discussions for group topics:

- Food scarcity
- Food deserts
- Nutrition for substance users
- Optimal nutrition for digestion and absorption
- Microbiome
- Gastro esophageal reflux disease

Start earlier in the summer!

More HEALTH BUCKS!

What may work for your program

1. Importance of collaboration within one's clinic and with the local and city department of health
2. Importance of consumer groups
3. Awareness/exploration of resources outside of your specific program i.e. HEALTH BUCKS and local farmers' markets

References

Somarriba G, Neri D, Schaefer N, Miller TL. The effect of aging, nutrition, and exercise during HIV infection. HIV AIDS (Auckl). 2010;2:191-201.

Food Research & Action Center. Why low-income and food-insecure people are vulnerable to poor nutrition and obesity. <http://frac.org/obesity-health/low-income-food-insecure-people-vulnerable-poor-nutrition-obesity>. 9/7/18

HIV infection, inflammation, immunosenescence, and aging. Annu Rev Med. 2011;62:141-55.