

**PITTSBURGH HEALTH CORPS**  
**Member Service Description**

***I. Site Information***

**Site Name and Location:**

Healthy Start, Inc.  
Lexington Technology Park  
400 North Lexington Avenue  
Pittsburgh, PA 15208

**Organization Description and Mission:**

The mission of Healthy Start, Inc. is to focus primarily on the reduction of infant mortality and low birth weight babies in Southwestern Pennsylvania in such a way as to make valuable use of resources, preserve flexibility and continue to offer seamless services with the intent of improving the quality of life of infants, toddlers, youths, siblings, parents, and grandparents. Healthy Start focuses on the need to strengthen and enhance community systems of maternal and infant care. We encourage communities to fully address the medical, behavioral and psycho-social needs of women and infants by increasing awareness of infant mortality; streamlining and coordinating services between public and private agencies; and building partnerships of commitment among families, volunteers, businesses, and health care and social service providers.

Healthy Start has developed a comprehensive community-based approach that focuses on core interventions, including the following services: outreach and recruitment, case management, interconceptional care, health education, and perinatal depression screening and referral. Nearly 1,500 participants receive these supportive and direct care services throughout Allegheny and Fayette counties annually.

**Critical Community Need(s) to be addressed through member service:**

Obesity is a growing epidemic across the United States that is fueling the burden of several chronic diseases such as type 2 diabetes, cardiovascular disease and certain cancers. Women who are obese during pregnancy have a higher risk than normal-weight women of having several adverse health conditions including, preeclampsia (hypertension during pregnancy), gestational diabetes, forced cesarean section, and postpartum infections. Studies have also shown that children born to obese mothers are at increased risk of certain birth defects and more likely to be overweight in the earliest years of life. In addition, postpartum weight retention is contributing significantly to the rising rates of obesity in women of childbearing age. Excessive gestational weight gain is the primary risk factor for retaining weight in the postpartum period, in addition to increased caloric intake and limited physical activity during pregnancy and after. The frequent health examinations and other appointments for gynecologic care prior to, during and after pregnancy offer ideal opportunities to raise the issue of weight loss; however weight management is rarely addressed adequately.

In 2009, after noticing increasing rates of diabetes and hypertension in participants, Healthy Start, Inc. began additional efforts to specifically address obesity in postpartum program participants. On average, approximately 59.8% of program participants are overweight/obese following conception. Many participants are unable to return to pre-pregnancy weight, and in many cases retain excessive amounts of weight gained during pregnancy. Healthy Start services primarily low-income, under insured families who cannot afford external services to address weight management, such as a nutritionist. Thus, the Healthy Weight Initiative provides a mechanism for Healthy Start to provide weight loss and management support to program participants in a critical period of life. Since 2009, Healthy Start has begun providing actual weight measurements during home visits to allow outreach staff to report participants' accurate body mass index. In addition, all outreach staff will be provided training on the Healthy Start Healthy Weight curriculum. Unfortunately, Healthy Start does not have a staff person dedicated to the Healthy Weight Initiative, reducing the scope and impact of the initiative. This curriculum has already been developed by Healthy Start.

## **II. Service Description**

### **Service Activities/Responsibilities:**

The Member will serve as a Healthy Weight Specialist for the Healthy Start Healthy Weight Initiative. The Member will serve primarily with postpartum program participants who have been identified as overweight or obese. The Member's responsibilities will include conducting regular home visits with program participants providing health education on weight management topics, including nutrition and physical activity. The Member will serve directly with individual participants to monitor adaptation of recommended lifestyle modifications and any changes in body weight. The Member will report weekly at multidisciplinary team case reviews on participants' progress in the initiative. In addition, the member will report progress of all healthy weight initiative participants on a regular basis. The Member will conduct approximately 15-20 home visits on a weekly basis. The Member will service no more than 75 participants during the service experience. The Member will be provided all of the necessary training to conduct program activities during the first 6 weeks, including a 2 week shadowing period of outreach staff. The Member will begin receiving referrals for services from outreach staff at the conclusion of the training period. The Member will begin home visits during the 7<sup>th</sup> week and continue through the 45<sup>th</sup> week of service. The last week of service will be used for final close out of initiative documentation and reports.

### **Overall Service Goals:**

The data will be recorded on the Healthy Start thinkpad. For example the member will upload the BMI information form on their thinkpad. The BMI information form tracks the participant's height and weight progress. This data will then be uploaded onto our server when they return to the office.

#### **1<sup>st</sup> Quarter Goals:**

During the first quarter the Member will:

1. Complete 4-week training of Healthy Start protocols, procedures and health education.
2. Complete 2-week shadowing of enrollment, outreach, and nursing staff.
3. Enroll 25 postpartum program participants in the Healthy Weight Initiative during the first 6 weeks after training.
4. Conduct 15-20 home visits weekly (during weeks 7-12) with participants enrolled in the Healthy Weight Initiative to:
  - a. Provide weight management education
  - b. Collect body weight and health behavior information

#### **2<sup>nd</sup> Quarter Goals:**

During the second quarter the Member will:

1. Enroll 50 additional postpartum program participants in the Healthy Weight Initiative during weeks 12-20.
2. Conduct 15-20 home visits weekly (during weeks 12-23) with participants enrolled in the Healthy Weight Initiative to:
  - a. Provide weight management education
  - b. Collect body weight and health behavior information

#### **3<sup>rd</sup> Quarter Goals:**

During the third quarter the Member will:

1. Conduct 15-20 home visits weekly (during weeks 23-35) with participants enrolled in the Healthy Weight Initiative to:
  - a. Provide weight management education
  - b. Collect body weight and health behavior information

#### **4<sup>th</sup> Quarter Goals:**

During the fourth quarter the Member will:

1. Conduct 15-20 home visits weekly (during weeks 35-45) with participants enrolled in the Healthy Weight Initiative to:
  - a. Provide weight management education
  - b. Collect body weight and health behavior information
2. Compile a final report of participants' progress during the Healthy Weight Initiative during weeks 42-46.
3. Present final report of participant's progress during the Healthy Weight Initiative during week 46.

### **Member Outcomes:**

To measure the participant gained knowledge a pre and posttest were developed by our evaluator. The member will not be required to develop these materials.

The member will improve postpartum weight management in Healthy Start Program participants by:

1. Increasing nutrition and physical activity knowledge of 100% of Healthy Weight Initiative participants by the end of the fourth quarter.
  - a. 1<sup>st</sup> Quarter – 20%
  - b. 2<sup>nd</sup> Quarter – 50%
  - c. 3<sup>rd</sup> Quarter – 90%
  - d. 4<sup>th</sup> Quarter – 100%
2. Decreasing postpartum body weight through health education in 25% of Healthy Weight Initiative participants.
  - a. 1<sup>st</sup> Quarter – 0%
  - b. 2<sup>nd</sup> Quarter – 5%
  - c. 3<sup>rd</sup> Quarter – 15%
  - d. 4<sup>th</sup> Quarter – 25%
3. Increasing weight management health behaviors in 50% of Healthy Weight Initiative participants.
  - a. 1<sup>st</sup> Quarter – 0%
  - b. 2<sup>nd</sup> Quarter – 10%
  - c. 3<sup>rd</sup> Quarter – 30%
  - d. 4<sup>th</sup> Quarter – 50%

**III. Performance Measures:** The PHC AmeriCorps program is based on National Health Corps Performance Measures. The site specific performance measures are below:

#### **1. Access to Care**

The curriculum is not designed to have a member make referrals for participants to other programs or services.

#### **2. Individual & Group Health Education Instruction**

The member will provide health education on postpartum weight management, including nutrition and physical activity. The Member will conduct approximately 15-20 home visits on a weekly basis. The Member will service no more than 75 participants during the service experience. Currently, Outreach Workers encourage participants to limit weight gain during pregnancy and increase postpartum weight loss, but do not provide extensive education. The Member will use the Healthy Start designed Healthy Weight curriculum. The curriculum is designed to be administered in the home and specifically for Healthy Start's target population (i.e. low-income, mostly African-American). The curriculum is simple and encourages healthy, manageable, affordable nutrition and physical activity for families, including review of daily recommended nutritional and physical activity requirements. The Member will have the flexibility of adapting the curriculum to the needs of each individual participant and family.

#### IV. Logistical Information

##### Expected Schedule for Providing Service at Site:

Monday	Tuesday	Wednesday	Thursday	Friday
9 AM- 5 PM	9 AM- 5 PM	9 AM- 5 PM	9 AM- 5 PM	9 AM- 5 PM

<u>2011 Holiday Schedule</u>	<u>Day Observed</u>
Labor Day	Monday, September 5, 2011
Veterans Day	Thursday, November 11, 2011
Thanksgiving Day	Thursday, November 24, 2011
Day After Thanksgiving	Friday, November 25, 2011
Christmas Eve	Friday, December 23, 2011
Christmas Day	Monday, December 26, 2011

**Orientation Plan:** The Healthy Weight Specialist will receive six weeks of training. Four weeks will be devoted to Healthy Start protocols, procedures, and health education. The last two weeks will consist of shadowing of enrollment, outreach, and nursing staff. Healthy Start staff will have an orientation about the Pittsburgh Health Corps, the member's role and responsibilities, and the prohibited activities.

##### Service Location(s) if different from site address:

**Additional Info (parking, transportation, ID) How does the member need to travel to perform service duties?** Please check one  Bus  Car  None

##### Member Qualifications:

- Prefers a member with a Bachelor's degree in Nutrition or Certification in Nutrition or Dietetics.
- Experience in Maternal & Child Health is a plus.
- Willing/ ability to travel/ home visit in urban high risk neighborhoods
- Valid driver's license
- Insured vehicle that meets Healthy Start, Inc. policy
  - o Property Damage Liability- \$100,000 Each Occurrence
  - o Bodily Injury Liability- \$100,000 Each Person & \$300,000 Each Occurrence
  - o Pennsylvania Minimum car insurance amount