

**PLNU HEALTH PROMOTION CENTER
ANNUAL REPORT
July 1, 2013-June 30, 2014
Submitted by Mary Margaret Rowe, Director**

Overview

The PLNU Health Promotion Center, located at the Mid-City Church of the Nazarene has provided a teaching/learning experience for PLNU School of Nursing students and others for the past 14 years. Our mission is to promote optimal health by providing free health assessments, health education, advocacy and referrals to uninsured families in this community while affording our students the opportunity to serve and learn in an underserved community.

Significance of Location

The Health Promotion Center is located in the Mid-City Church of the Nazarene on the corner of University Avenue and 41st Street (zip code- 92105). The population our students and faculty serve is primarily the uninsured working poor who live and work in this community. The goal of HPC is to train our community's future health professionals in a setting of service, and at the same time provide free health care to individuals and families who lack health insurance. Our program promotes optimal health by providing free health assessments, health education, advocacy and referrals to uninsured families in this community while affording our students the opportunity to serve and learn in an underserved community.

One of the health issues detailed by The Community Health Improvement Partners (CHIP) in their 2010 report, Charting the Course VI, was access to health services. An estimated 23% of San Diego residents under age 64 are uninsured. They also found that lack of access to affordable primary care providers has driven this population to use emergency departments for their chronic as well as acute health care needs (2010, p. 5-6).

With the implementation of the Affordability Care Act, a portion of these individuals will be covered. However, there is still a great number of the working poor who are not eligible due to immigration status. Given the data, there is a critical need for low or no-cost health care services for the low-income working poor and their families in Mid-City San Diego.

Public Health Indicators reveal that residents of the Central Region of San Diego have higher rates of AIDS, diabetes, and tuberculosis compared to the overall San Diego county population.

Indicator	Year	Central Region	San Diego County
*New AIDS Cases	2012	33.5	811.4
Diabetes Hospitalizations	2012	182.5	126.5
* Tuberculosis Incidence	2012	9.2	7.0

***rate per 100,000**

Source: County of San Diego, Health and Human Services Agency, Community Health Statistics Unit, Trends in Selected Public Health Indicators, 2012

Number of Uninsured in San Diego County

Populations served by HPC are predominantly Latino/Hispanic, Black, low-income or homeless. Each of those demographics typically has a higher rate of diabetes than other population groups. City Heights has one of the highest rates of hospital admissions for diabetes of any area in San Diego. (County of San Diego, HHS, Community Health Statistics Unit, trends in Selected Public Health Indicators, 2009). The 2013 Kaiser Permanente Community Health Needs Assessment identified City Heights as one of the communities with the highest percentage of uninsured (Figure 4, San Diego Uninsured Population, p. 24).

Barriers to Access to Health Care

Even though the economy has improved over the past year and the Affordability Care Act has been implemented, thousands of low-income individuals are ineligible for this insurance due to their immigration status. This group's patterns of health care utilization resulting in people putting off needed healthcare and skipping dental care. High unemployment rates are also contributing to the lack of health insurance coverage. An estimated 23% of San Diego residents under age 64 are uninsured. Community clinics in San Diego County are experiencing a rise in primary care clinic utilization rates and hospital emergency departments have experienced a sharp rise in Medi-Cal Utilization. Latinos and the unemployed are most likely to be without health insurance. They also found that lack of access to affordable primary care providers has driven this population to use emergency departments for their chronic as well as acute health care needs (2010, p. 5-6) Low-income/low-literacy populations have fewer resources and higher rates of diabetes. City Heights has one of the highest rates of hospital admissions for diabetes of any area in San Diego (Kaisers Permanente Community Health Needs Assessment, 2013).

Additional Needs to Assure Availability of Quality Health Care

- Maintain the capacity and competency of the public health work force
- Educate and train our current and future public health workforce
- Assure an adequate supply of public health workers for the future

(Public Health Foundation, 2007)

Given the data, there is a critical need for low or no cost health care services for the low income working poor and their families in the Mid-City area of San Diego. Also, issues of access need to be addressed including improved health literacy and availability of a trained, culturally competent health care work force.

Summary of Services & Referrals

We make every effort to link individuals who seek care and are eligible for public service through County Medical Services (CMS), and Medi-Cal to local providers such as Mid-City Clinic, La Maestra and other community clinics. We also refer patients for free mammograms, dental cleaning, low- cost dental care and glasses. We encourage individuals to access health services available to parents provided by local schools such as Rosa Parks Elementary and Hoover High School. Our nursing students and faculty sponsor a free exercise and nutrition classes, and make health presentations to small immigrant groups in the community each semester.

Activities with the Mid-City Church of the Nazarene include periodic Sunday blood pressure, diabetes screenings, and flu shots. The HPC has sponsored the Festival of Health held at the Church each spring. Both undergraduate and graduate nursing students have an opportunity to hone their health teaching and community outreach skills at this annual event under the guidance of nursing faculty.

The HPC's central location in the Mid-City Church of the Nazarene is a perfect hub for training PLNU students. In addition, PLNU classes are offered on site through the Community Classroom and have been very popular and well attended. Many of our nursing students have enrolled in these courses. Also, numerous students and alumni volunteer here at the Church and assist with the bread and commodities distribution four times a week.

Staffing:

This health assessment clinic is a service/learning model where students and faculty provide care to the target population. Advance practice faculty along with undergraduate and graduate students provides health assessments. All nursing students have the opportunity to participate in activities at the Health Promotion Center throughout their curriculum.

Hours of operation:

The PLNU Cabinet approved the HPC expanding to five days a week beginning in May 2013. Nursing graduate students have been present with faculty Monday through Friday and are doing a need assessment of the community, researching and developing health education programs and identifying funding sources.

The clinic continues to provide direct patient care two days a week, Tuesdays and Thursdays, to match the clinical days undergraduate students are available. They also participate in extra health events for the community on weekends and special flu shot clinic events in the fall.

Focus of clinic:

PLNU nursing faculty and students provide health assessments including laboratory tests and health education to low income families in the Mid-City area and assist them in finding low cost primary care to meet their health needs. In addition, extensive health teaching, focusing on good family nutrition is offered to combat the epidemic of diabetes and obesity in this target population. Individual health teaching is provided to all patients identified with chronic disease such as diabetes, hypertension, hyperlipidemia and obesity. Nutritional classes including food preparation have been offered, as well as weekly walking and exercise classes.

Population Served:

The population of Mid-City is 164,903. Of those 50,376 are foreign-born residents, 19% are not citizens. Over 53% of the population is under 200% of poverty level. There are over 30 languages spoken and 51% of the residents speak a language other than English at home (County of San Diego Community Profiles, 2014). Residents are from countries including Mexico, Vietnam, Cambodia, East Africa, Laos, Thailand and the Philippines (US Census, 2010).

Race/Ethnicity	Percentage
White, non-Hispanic	28.03
Black/African-American	11.52
Hispanic, Latino	42.62
Pacific Islanders, Asian	14.58
Other	3.25

Impact of Services Provided by Students and Faculty –Fiscal Year 2013-114

Type of Encounter	Number of Patients/Participants
New Patients	261
Revisits	489
Nutrition & Exercise Classes Participants	66
Individual Health Teaching	750
Flu Shots administered	379
Sunday Health Screenings	82
Festival of Health Participants	410
Screening for TB (PPD Test)	29
Women’s Health Screenings for Breast and Cervical Cancer and STDs.	52
Men’s Prostate Screening	25
Laboratory screening tests (CBC, CP, Lipids, TSH, PSA, Etc.)	424
Tdap (Tetanus/ Whooping Cough) Immunizations	25
Total Patient Encounters	2992

PLNU Student Participants	Number
Nursing Student Externs	12
MSN Students	32
Junior Students	62
Leadership/Community Students	2
Community Health Students	6
All students for Festival of Health	232
Other PLNU Student Volunteers	2
Total	348

Source: Health Promotion Center Data Reports- 2013-14

Projected Budget for FY 2014-2015

Computer	\$ 2,500
Laboratory Services	\$13,000
Medical Supplies	\$13,000
Health Ed Materials	\$ 3,000
Hazardous Waste	\$ 204
Licenses and Fees	\$ 350
Office Supplies	\$ 3,000
Student Externs	\$ 15,500
TOTAL	\$43,500

Note: Budget does not include faculty salary, rent, IT support and cleaning services covered by PLNU Administration

Expenses and Revenues

PLNU Administration has committed to providing ongoing funding for the Health Promotion Center. Faculty salaries, information systems support, rent and cleaning services are not included in this budget and are covered by the University. Grants, individual donations and volunteer profession services have accounted for approximately 50% of the overall budget.

Revenues:

Balance from 7/1/13	\$48,986
Hervey Family Foundation	\$15,000
SON Student Flu Shots	\$ 620
MM Rowe Donation	\$ 440
Inez Robinson Donation	\$ 10,000
Donations in Memory Mike Rowe	\$ 1,250
Donations- Jamie Vellinger and Family	\$ 1,660
TOTAL	\$ 77,956

Summary of Expenses:

Computer Supplies	0
Laboratory Services	\$ 10,322
Hazardous Waste Disposal Fee	\$ 408
Health Education Materials	\$ 876
Medical Supplies	\$ 7,770
Licenses & Fees	\$ 150
Office Supplies	\$ 764
Radiology Tests	\$ 490
Cleaning Services	\$ 3,015
Student Externs Salaries	\$ 14,145
TOTAL	\$ 37,940

Health Promotion Center Annual Report 2013-2014

Balance in Revenue Accounts as of July 1, 2014

General Account: 12-1155= \$23,039

Extern Fund: 12-1852= \$16,977

Total: \$40,016

Note: Funding carried over to FY2014-15 for Festival of Health Account 12-1852=**\$855**

(See separate Festival of Health Report for details)

Conclusion

In addition to securing additional funding for the Health Promotion Center, the Director will work with nursing faculty colleagues to find other service/learning opportunities in City Heights for our undergraduate and graduate students.