

**PLNU HEALTH PROMOTION CENTER
ANNUAL REPORT
July 1, 2014-June 30, 2015
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 15 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.

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	2009	33.5	811.4
Diabetes Hospitalizations	2009	182.5	126.5
* Tuberculosis Incidence	2009	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, 2009

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, Sa Diego Uninsured Population, p. 24).

Barriers to Access to Health Care

One of the health issues The Community Health Improvement Partners (CHIP) *Charting the Course VI* Committee identified in their report was access to health services. 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 pattern

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)

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. We have a presence in this community that has been identified as one with the most unmet health care needs in San Diego County (CHIP Needs Assessment, 2007)

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. We also have PLNU pre-health students volunteering in the clinic as well as PLNU alumni who have returned to volunteer their expertise.

Hours of operation:

The PLNU Cabinet approved the HPC expanding to five days a week beginning in May 2013. Nursing graduate students are present with faculty Monday through Friday and are doing a needs 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 163,196. 49,297 residents are foreign born. Of the foreign born, 18.89% are not citizens. Over 53% of the population is under the 200% of poverty level (2012 SanDag Estimates). Residents are from countries including Mexico, Vietnam, Cambodia, East Africa, Laos, Thailand and the Philippines (US Census, 2010). There are over 30 languages

spoken and 49.99% of the residents speak language other than English at home (County of SD Community Profiles, 2011). Over 18 percent adults are not U.S. citizens and work primarily in the service industries such as hotel workers, fast food workers, gardening and domestics. Over 31% of adults between ages 18-64 do not have health insurance. (1012 San Dag Estimates).

Race/Ethnicity	Percentage
White, non-Hispanic	27.66
Black/African-American	11.15
Hispanic, Latino	43.22
Pacific Islanders, Asian	14.68
Other	3.29

2012 SanDag Estimates

Impact of Services Provided by Students and Faculty –Fiscal Year 2014-15

Type of Encounter	Number of Patients/Participants
New Patients	261
Revisits	489
Nutrition & Exercise Classes Participants	66
Individual Health Teaching	750
Diabetes Education Program	120
Flu Shots administered	310
Stress Management	42
Sunday Health Screenings	84
Festival of Health Participants	442
Screening for TB (PPD Test)	62
Women’s Health Screenings for Breast and Cervical Cancer and STDs.	33

Health Promotion Center Annual Report 2014-2015

Individuals receiving dental care at the Festival of Health by	45
Laboratory screening tests (CBC, CP, Lipids, TSH, PSA, Etc.)	424
Tdap (Tetanus/ Whooping Cough) Immunizations	28
Total Patient Encounters	3156

PLNU Student Participants	Number
Nursing Student Externs	12
MSN Students	32
Junior Students	621
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- 2012-13

Projected Budget for FY 2015-16

Computer	\$2,500
Laboratory Services	\$10,000
Medical Supplies	\$12,000
Health Ed Materials	\$ 2,000
Hazardous Waste	\$ 250
Licenses and Fees	\$ 300
Office Supplies	\$ 2,000
Student Externs	\$15,500
TOTAL	\$44,500

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

Expenses and Revenues

Health Promotion Center Annual Report 2014-2015

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	\$42,538.00
Hervey Family Foundation	\$15,000.00
Nursing Faculty Donations	\$ 1,000.00
SON Student Flu Shots	\$ 570.00
Other Donations	\$ 300.00
Inez Robinson Donation	\$ 20,000.00
TOTAL	\$ 78,408.36

Summary of Expenses:

Computer Supplies	0
Laboratory Services	\$ 1,560.43
Hazardous Waste Disposal Fee	\$ 204.00
Health Education Materials	\$ 695.37
Medical Supplies	\$ 9,760.00
Licenses & Fees	\$ 150.00
Office Supplies	\$ 1,743.47
Radiology Tests	\$ 1,275.00
Cleaning Services	\$ 1,910.00
Student Externs Salaries	\$ 15,253.20
TOTAL	\$ 43,552.11

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.