

**PLNU HEALTH PROMOTION CENTER  
ANNUAL REPORT  
July 1, 2016-June 30, 2017  
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 17 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 41<sup>st</sup> 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.

<b>Indicator</b>	<b>Year</b>	<b>Central Region</b>	<b>San Diego County</b>
*New AIDS Cases	2009	33.5	811.4
Diabetes Hospitalizations	2009	<b>182.5</b>	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, 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

The economy has continued to improve and those individuals who typically work in the services areas such as hotel workers, gardeners, restaurant workers and domestics income has improved. However, thousands of these workers do not have legal status that affords them being eligible for insurance through the Affordable Care Act.

### Results of lack of Access to Continuous Comprehensive Health Care

California is in the forefront of health care reform and there has been a bill, *SB 562* introduced that would extend Medi-Cal benefits to all poor individuals regardless of their citizen status. The rationale to approve this bill is that the cost of primary prevention and care is much less than the cost of treating individuals in the emergency room or hospital setting. There has been no action on this bill which was sent back to committee.

House of Representatives John Conyers Jr. (D-MI) introduced H.R. 676, *Expanded & Improved Medicare for all Act*. In the Senate, Elizabeth Warren and Bernie Sanders are co-sponsoring a single payer bill that would provide health insurance for all and eliminate multiple insurance payers.

### PLNU Health Promotion Center's Response to the Health Care Needs of the Uninsured in City Heights

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.

The faculty and students that serve at the Health Promotion Center are committed to providing no cost care to this population. We realize that we are limited in what we can do as a small screening clinic, but we also partner with other full scope community clinics by referring patients that need ongoing primary care for chronic conditions such as diabetes, hypertension and high cholesterol.

We have been successful in referring patients needing surgery for cancer and other conditions to Project Access, a group of providers who offer these services at no cost to the patient. We also refer patients for free mammograms, free dental cleaning and low-cost eye exams and glasses.

Through a generous grant from Kaiser we have been able to purchase health education materials that focus on healthy lifestyles including good nutrition and exercise. We have also been able to hire a senior nursing student worker, who is bi-lingual to assist with health education for our patients. This grant has also supported the costs of medical supplies and laboratory and radiology services.

### **Other Services Offered**

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 encourage individuals to access health services available to parents provided by local schools such as Central Elementary and Hoover High School. We offer free vouchers provided by the YMCA to patients who can benefit from their exercise classes. Dr. Thomas Fitzpatrick, DDS, through funds from his non-profit, *Cura Smiles*, finalized build-out plans to provide much needed free dental services in the upstairs suite leased by PLNU. The anticipated opening date is next spring.

Other 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. This past spring there were over 400 participants. 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 (Kaiser Permanente Community Health Needs Assessment, 2013).

### **Staffing:**

This health assessment clinic is a service/learning model where students and faculty provide care to the target population. Advance practice nursing 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:**

We are working toward expansion and trying to increase our capacity to meet the needs of our students and the community.

The clinic continues to provide direct patient care two days a week, Tuesdays and Thursdays, to match the clinical days undergraduate students are available. Nursing students at all levels 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. (2012 SanDag Estimates).

Race/Ethnicity	Percentage
White, non-Hispanic	1%
Black/African-American	1%
Hispanic, Latino	97%
Pacific Islanders, Asian	1%
Other	

HPC Demographic Data, 2016-17

PLNU Student Participation:

PLNU Student Participants	Number
Nursing Student Externs	12
MSN Students	10
Junior Students	120
Leadership/Community Students	15
Pre-Health Students	4
All students for Festival of Health	210
Other PLNU Student Volunteers	4
<b>Total</b>	<b>375</b>

Source: Health Promotion Center Data Reports- 2016-17

Impact of Services Provided by Students and Faculty –Fiscal Year 2016-17

<b>Type of Encounter</b>	<b>Number of Patients/Participants</b>
New Patients	505
Revisits	1139
Individual Health Teaching	887
Diabetes Education Program	499
Flu Shots administered	252
Stress Management	89
Community Outreach Screenings	125
Festival of Health Participants (including students)	402
Screening for TB (PPD Test)	71
Women’s Health Screenings for Breast and Cervical Cancer and STDs.	53
Individuals receiving dental care at the Festival of Health by	42
Laboratory screening tests (CBC, CP, Lipids, TSH, PSA, Etc.)	1450
Tdap (Tetanus/ Whooping Cough) Immunizations	50
<b>Total Patient Encounters</b>	<b>5564</b>

**Expenses and Revenues** (For the period July 1, 2016-June 30, 2017)

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. Please note that the Kaiser Grant cycle is through August 31, 2017)

Revenues:

Balance from 7/1/16	\$22,613
Hervey Family Foundation	\$15,000
Kaiser Community Benefit Grant	\$22,000
Price Charities Foundation	\$ 5,000
Other Donations	\$ 3,655
<b>TOTAL</b>	<b>\$68,268</b>

Summary of Expenses:

Laboratory Services	\$ 9,304
Hazardous Waste Disposal Fee	\$ 174
Health Education Materials	\$ 1,750
Medical Supplies	\$ 4,725
Licenses & Fees	\$ 183
Office Supplies	\$ 930
Radiology Tests	\$ 3,110
Cleaning Services	\$ 3,670
Student Externs Salaries	\$ 12,288
<b>TOTAL</b>	<b>\$36,134</b>

**Projected Budget for FY 2017-18**

Laboratory Services	\$ 9,000
Medical Supplies	\$ 6,000
Radiological Tests	\$ 3,000
Health Ed Materials	\$ 1,000
Hazardous Waste	\$ 200
Licenses and Fees	\$ 200
Office Supplies	\$ 2,000
Cleaning Services	\$ 4,000
Student Externs	\$15,500
<b>TOTAL</b>	<b>\$40,900</b>

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

Conclusion

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