

RURAL HEALTH SUMMIT

05.12.2023 | *Omni Dallas*



American
Heart
Association®





American
Heart
Association®

BREAKOUT SESSIONS

PREVENTION, COMMUNITY & PUBLIC HEALTH



PUBLIC HEALTH & PREVENTION

LEVERAGING TECHNOLOGY AND COMMUNITY COLLABORATION FOR HYPERTENSION CONTROL



Kassandra Hunt



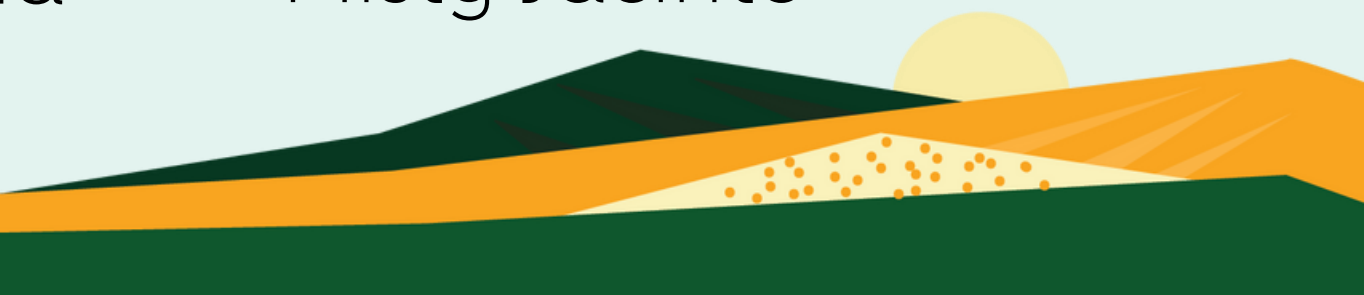
Rhonda Capps



Mikki Hand



Misty Jacinto



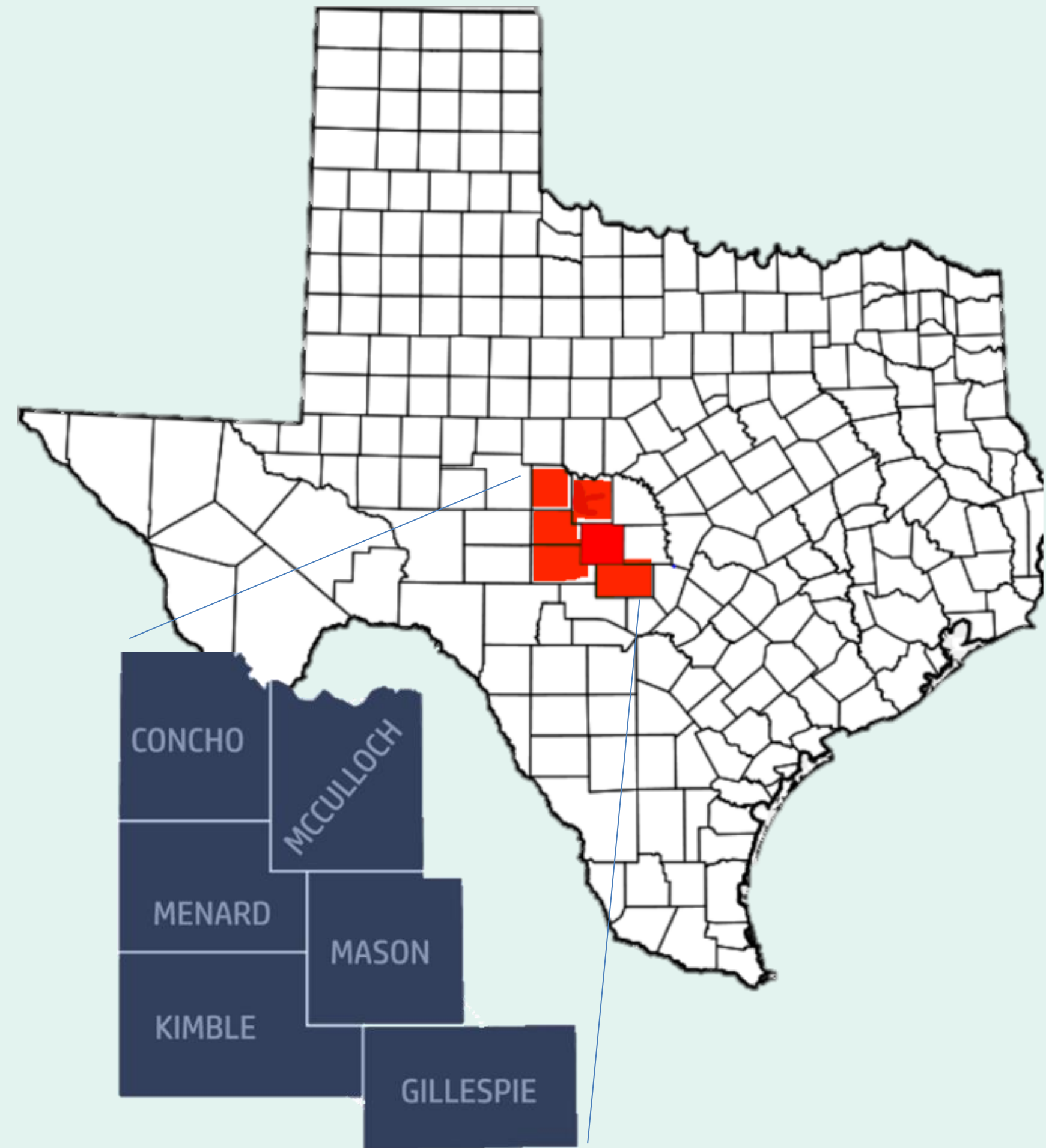


LEVERAGING TECHNOLOGY AND COMMUNITY
COLLABORATION FOR HYPERTENSION CONTROL



FRONTERA HEALTH NETWORK

- Frontera Healthcare Network (FHN) is a frontier community health center located in central Texas whose service area includes the counties of Concho, Mason, Menard, Kimble, McCulloch and Gillespie.
- Frontera Healthcare Network submitted a New Access Point (NAP) application to HRSA in December 2006, and was awarded a Section 330 CHC grant to begin July 1, 2007. FHN began offering medical services on November 1, 2007, at medical facilities located in Eden and Menard.
- Today, we pride ourselves in providing quality, accessible care to all. Frontera Healthcare takes a “whole person” approach to care, regardless of your ability to pay. We accept Medicaid, Medicare, and most commercial insurances, and offer a sliding scale discount to those who qualify. Frontera offers Medical, Dental and Behavioral Health Services in Brady, Fredericksburg, Junction, Mason and Menard.



2022 UDS STATS

Unduplicated patients 7,637

Encounters 25,317

Virtual Visits 3,665 (Chronic Care Management 1,048)

Current staff – approximately 75

9 medical providers – 1 dentist / 1 hygienist

4 full time Behavioral Health Counselors

3 full time RN Case Managers 1 part time

1 SDOH Coordinator – 1 Rural Health Initiative Coordinator

1 Patient Technology Assistant

To Note:

EMR – NEXTGEN 3RD PARTY HOSTED BY HEARTLANT HCCN

VIRTUAL VISITS – DOXY.ME

APPOINTMENT REMINDERS / OUTREACH PLATFORM – CARE MESSAGE



HYPERTENSION PROGRAM

Providers give blue tooth blood pressure cuffs to HTN patients and obtain consent for HTN program

After consents, patients are added to HTN RPM portal for monitoring. If patients do not have access to or are not familiar with internet/technology, we call weekly to obtain BP's from their personal logs.

Weekly a nurse will review the readings.

- Out of range - nurse will call the patient and have them re-check BP while on the phone, if B/P is still out of range, nurse will notify the provider to advise.
- Provider responds with feedback which may be to schedule an appointment or go to the ER for eval.

AHA GUIDE IS UTILIZED TO TEACH PATIENTS HOW TO CORRECTLY CHECK BLOOD PRESSURE.

WE PROVIDE EDUCATION ON DIET, EXERCISE, MEDICATION, AND KEEPING FOLLOW UP APPOINTMENTS TO MANAGE HTN.



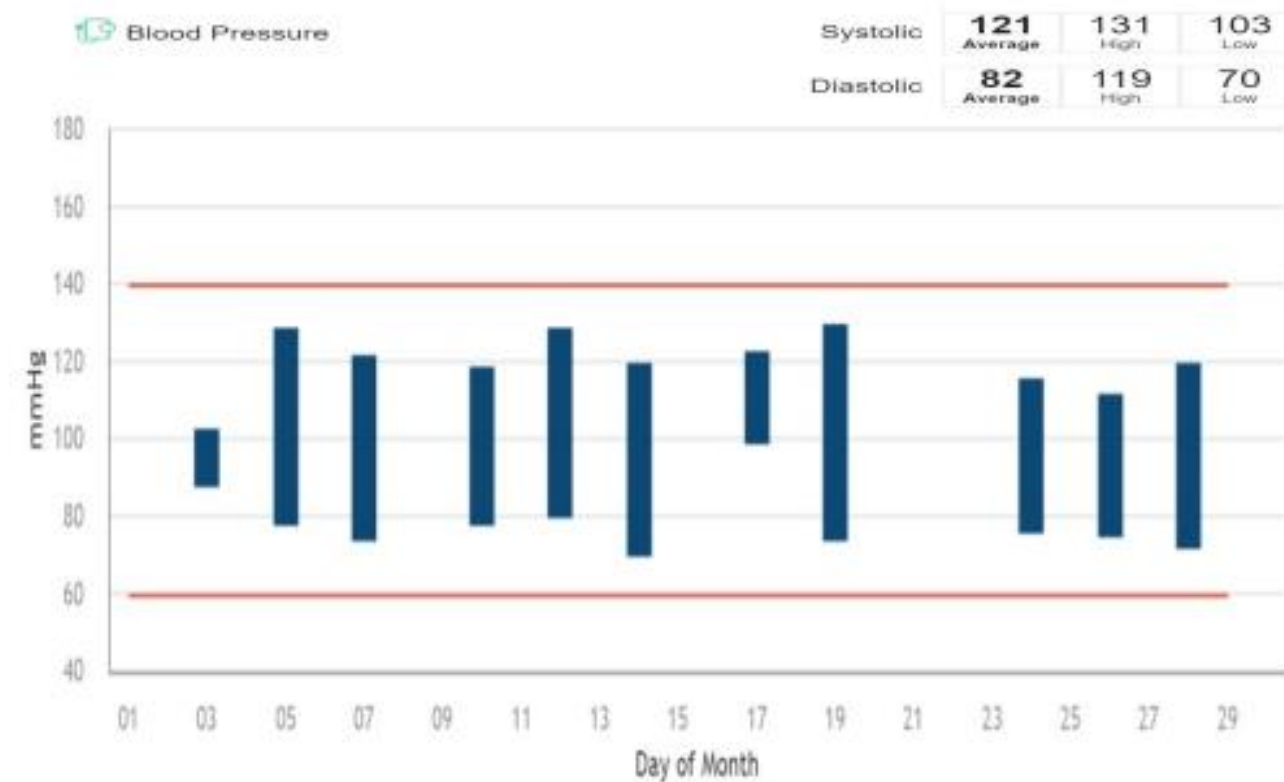


04/01/23 - 04/30/23

Name: [REDACTED]

DOB: [REDACTED]

Patient Vitals Report



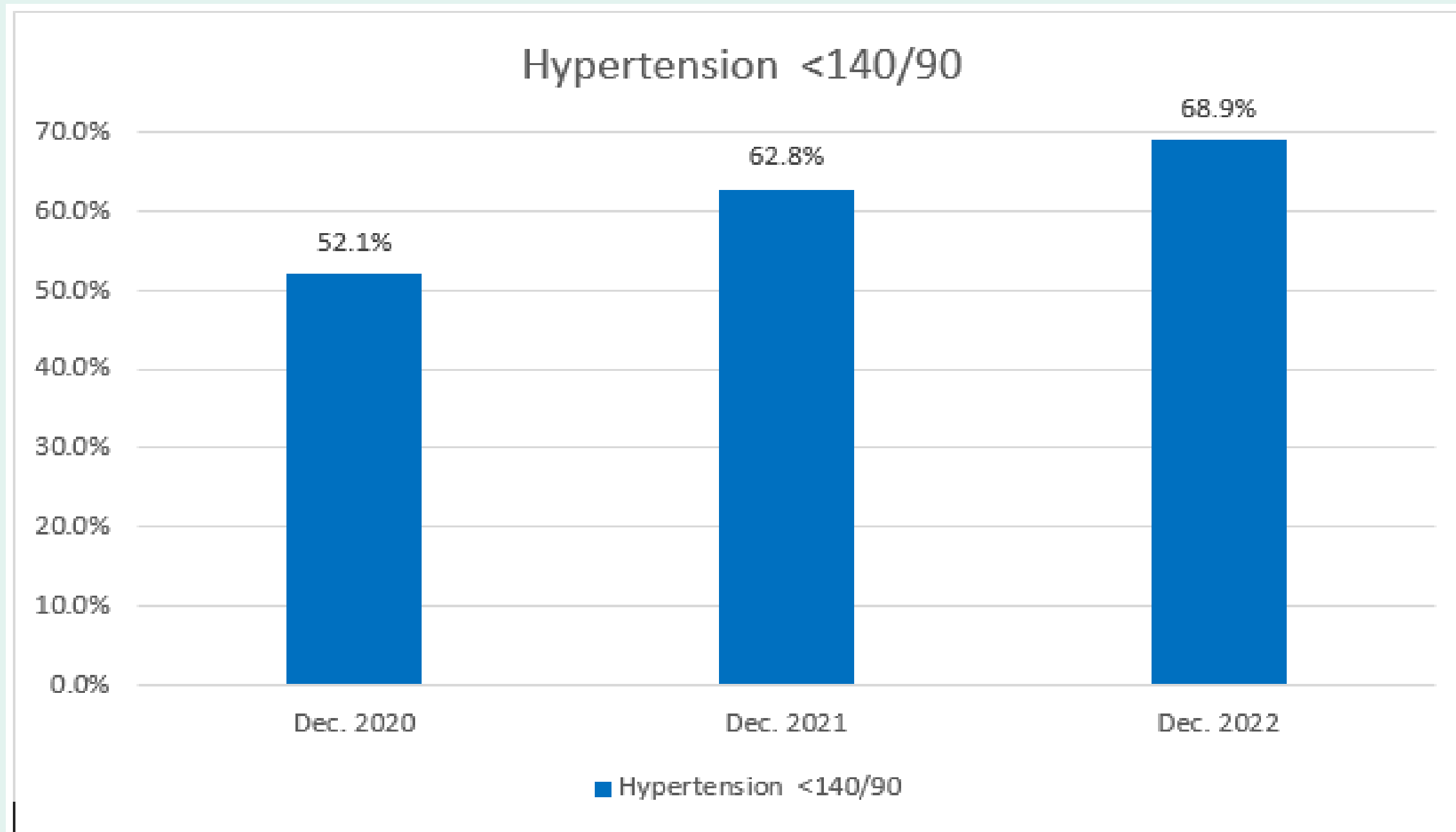
04/01/23 - 04/30/23

Name: [REDACTED]

DOB: [REDACTED]

Date	HR (bpm)	Systolic (mmHg)	Diastolic (mmHg)
04-03-2023	94	103	88
04-05-2023	98	129	78
04-07-2023	80	122	74
04-10-2023	78	119	78
04-12-2023	85	129	80
04-14-2023	86	120	70
04-17-2023	91	123	99
04-19-2023	81	130	74
04-24-2023	84	116	76
04-26-2023	87	112	75
04-28-2023	88	120	72

RESULTS



16.8 % Improvement

QUESTIONS/DISCUSSION

COMMUNITY PARTNERS
PATIENT TECHNOLOGY ASSISTANT
SDOH COORDINATOR
RHI COORIDINATOR



Mikki Hand, CEO mikkih@fronterahn.org

Misty Jacinto, CIO mjacinto@fronterahn.org

Rhonda Capps, Case Management Supervisor rcapps@fronterahn.org





American
Heart
Association®

LUNCH



PUBLIC HEALTH & PREVENTION

HEALTHY FOOD: MAKING THE CONNECTION



Dixya Bhattarai



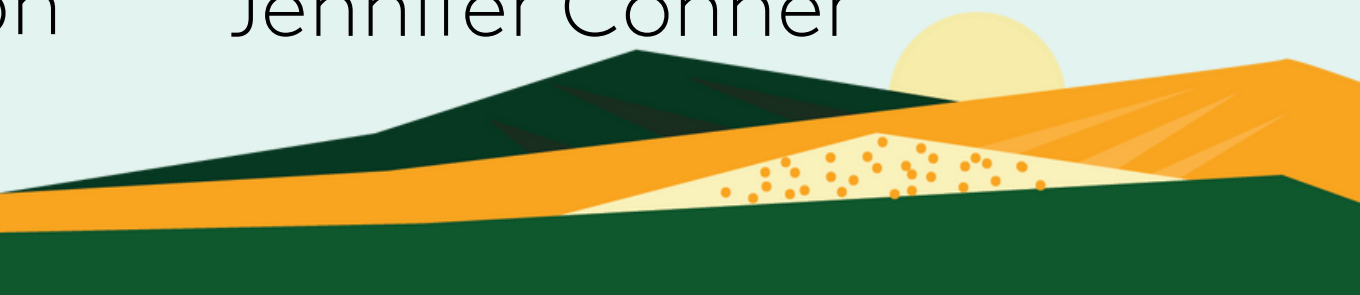
Lynn Hawkins



Deb Anderson



Jennifer Conner

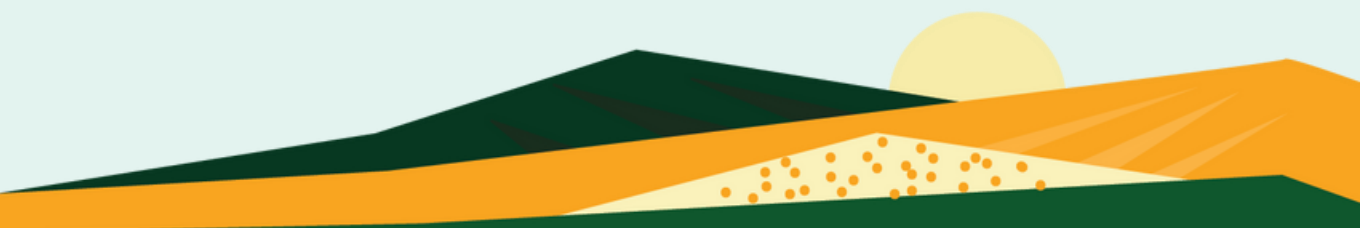


PUBLIC HEALTH & PREVENTION

HEALTHY FOOD: MAKING THE CONNECTION



Dixya Bhattarai



SOUTHWEST

RURAL HEALTH

SUMMIT

Dixya Bhattarai, MS, RD/LD



Social Determinants of Health



Social determinants of health (SDOH) are the conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks.

Research suggests that up to 80 or 90 percent of our health status is determined by social determinants.

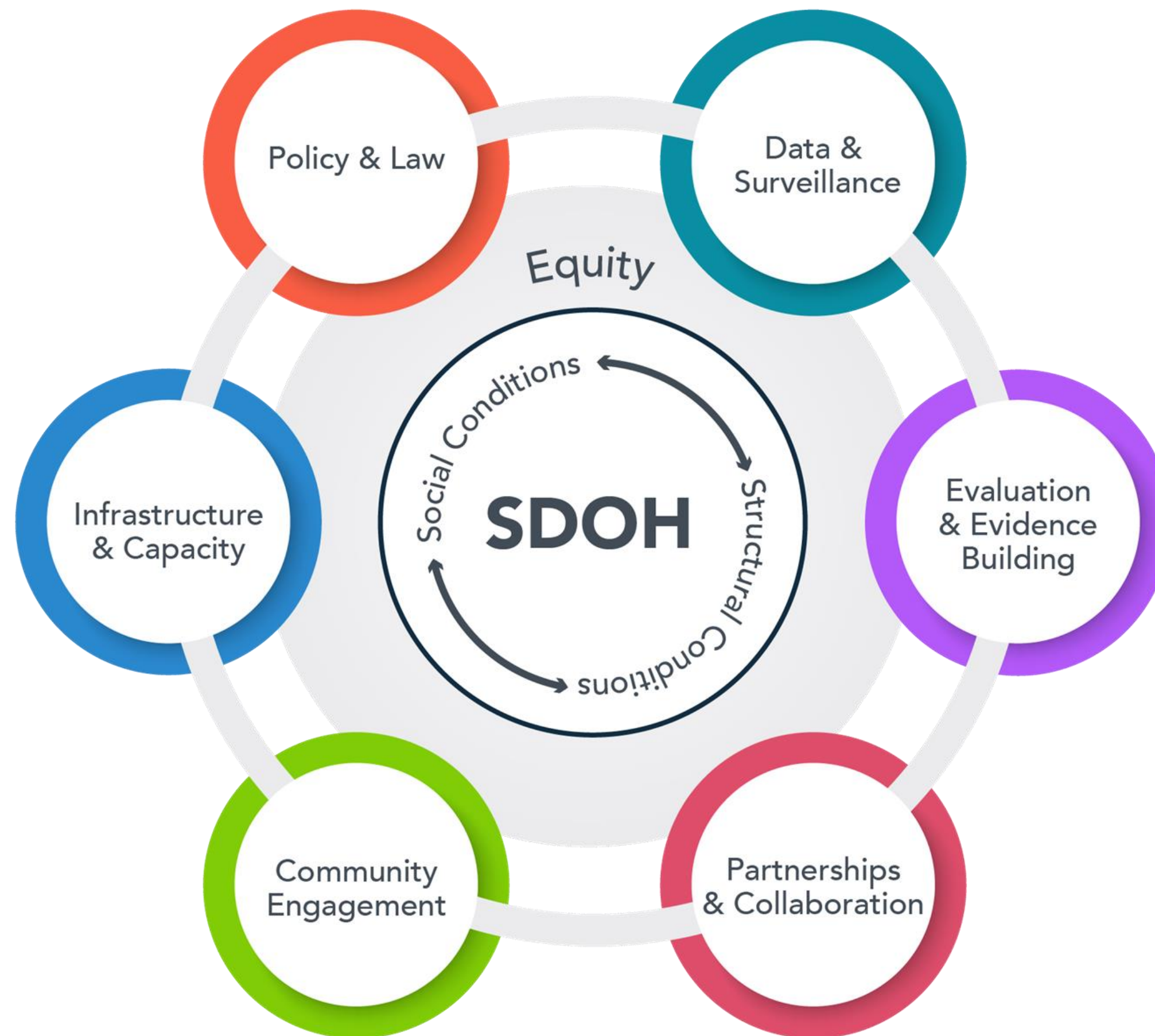
A primary social determinant of health is **access to healthy food:**

- Food desert
- Transportation
- Access to healthy options
- Food insecurity

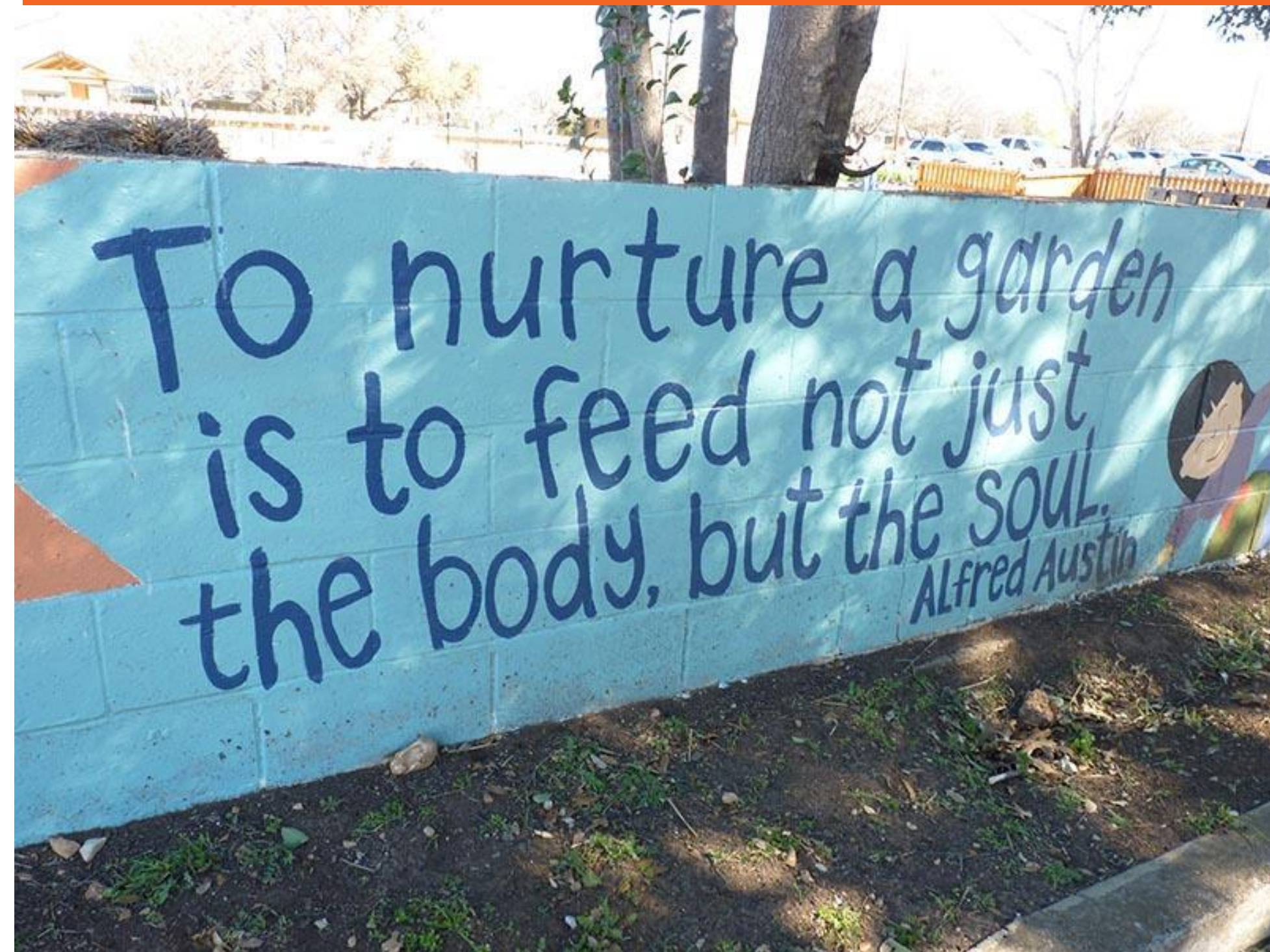
Healthy Food Policy Project (Case Study)

How Fort Worth, TX, is Using Urban Farming to Improve Healthy Food Access & Economic Development

Urban farms, community gardens, farmers market, mobile produce vending



Thank you.

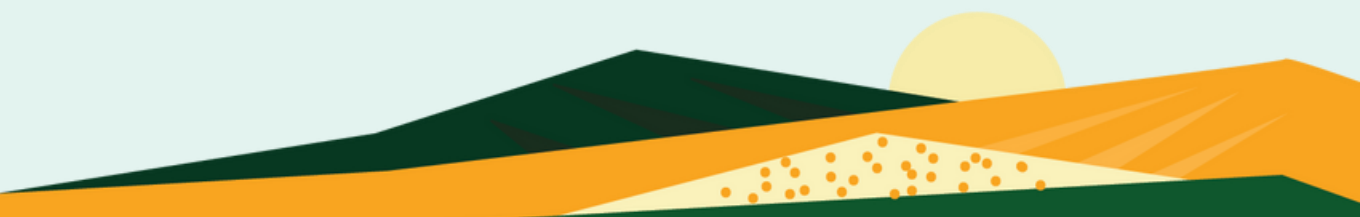


PUBLIC HEALTH & PREVENTION

HEALTHY FOOD: MAKING THE CONNECTION



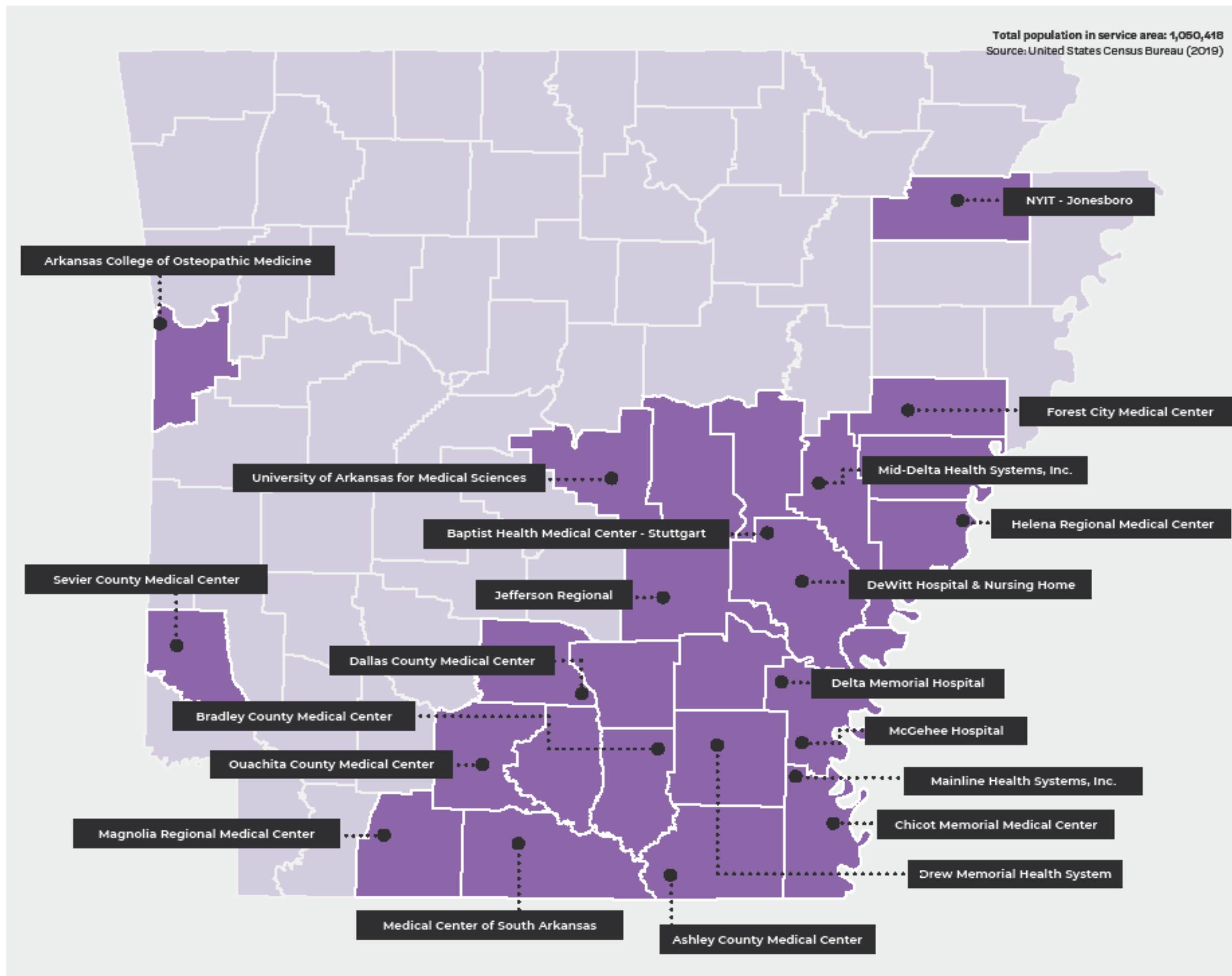
Lynn Hawkins





Arkansas Rural Health Partnership

Creating a Grassroots Healthcare Movement



ARHP SERVICE AREA

21 MEMBERS

consisting of 16 rural hospital members, 3 medical teaching institutions, and 2 FQHCs throughout south Arkansas.

24 COUNTIES SERVED

The ARHP service area spans 24 counties throughout south Arkansas.

90+ MEMBER & AFFILIATE CLINICS

Together ARHP members have over 90 owned or affiliated clinics.

ARHP FOCUS AREAS

At ARHP, we believe that rural communities thrive when residents and key stakeholders come together to determine and meet demonstrated need. ARHP is committed to strengthening the ecosystem of rural communities across rural Arkansas by engaging in transformative conversations, partnerships, and initiatives.

Long-Term Community Impact

- Decrease in Outward Migration
- Recruit & Retain Skilled Professionals & Their Families
- Increase in Local Spending & Investment Strong, Rural Ecosystem
- Attract New Residents, Businesses, & Events

COMMUNITY INITIATIVES
&
POPULATION HEALTH

RURAL HOSPITAL VIABILITY
&
SUSTAINABILITY

HEALTHCARE PROVIDER
TRAINING
&
EDUCATION

HEALTH WORKFORCE PIPELINE



Regional Resource Hub For Rural Communities



The
GOOD FOOD R^x
• Lake Village, AR •

The GOOD FOOD R_x • Lake Village, AR •

Pilot project with two food distribution centers partnering with chronic care management programs to provide food for seniors (age 65+) with chronic disease experiencing food insecurity

Participants provided with:

- Healthy food (delivery & grocery store)
- Nutritional/health coaching
- Cooking classes/Recipes
- Virtual patient education with nursing students
- Health improvement tracking/support
- Remote patient monitoring devices

The Good Food RX Components

The Telehealth Resource Center in partnership with UAMS Institute of Digital Health

Patient Education in partnership with UAMS College of Nursing

Menu planning and recipes in partnership with UAMS Center on Aging

Fresh fruits and vegetables through Well Fed

Food Delivery services via community health workers

Exercise Classes in partnership with UAMS Center on Aging and local churches



THE GOOD FOOD RX

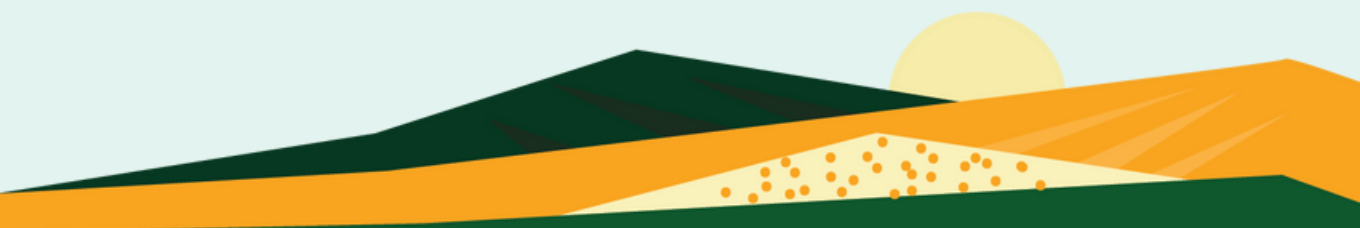


PUBLIC HEALTH & PREVENTION

HEALTHY FOOD: MAKING THE CONNECTION



Deb Anderson



WY we CARE!

**Wyoming's Heads,
Hands and Hearts**



WY starts at the TOP!



Jennie Gordon, First Lady of Wyoming

[Wyoming Hunger Initiative | Ending Hunger in Wyoming \(nohungerwyo.org\)](http://nohungerwyo.org)

Food from the Field
Food from the Farm
Food from the Ranch



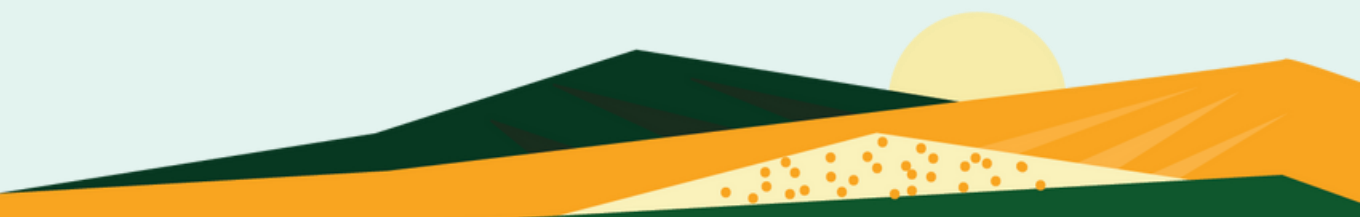
WY GROWS on you!



#307growextra

Grow our own 307

Community gardens across the state



WY CONNECTS us!



WY works TOGETHER!



RURAL AND FRONTIER HEALTH



American Heart Association.



WYOMING FRONTIER INFORMATION



WY seeks solutions!

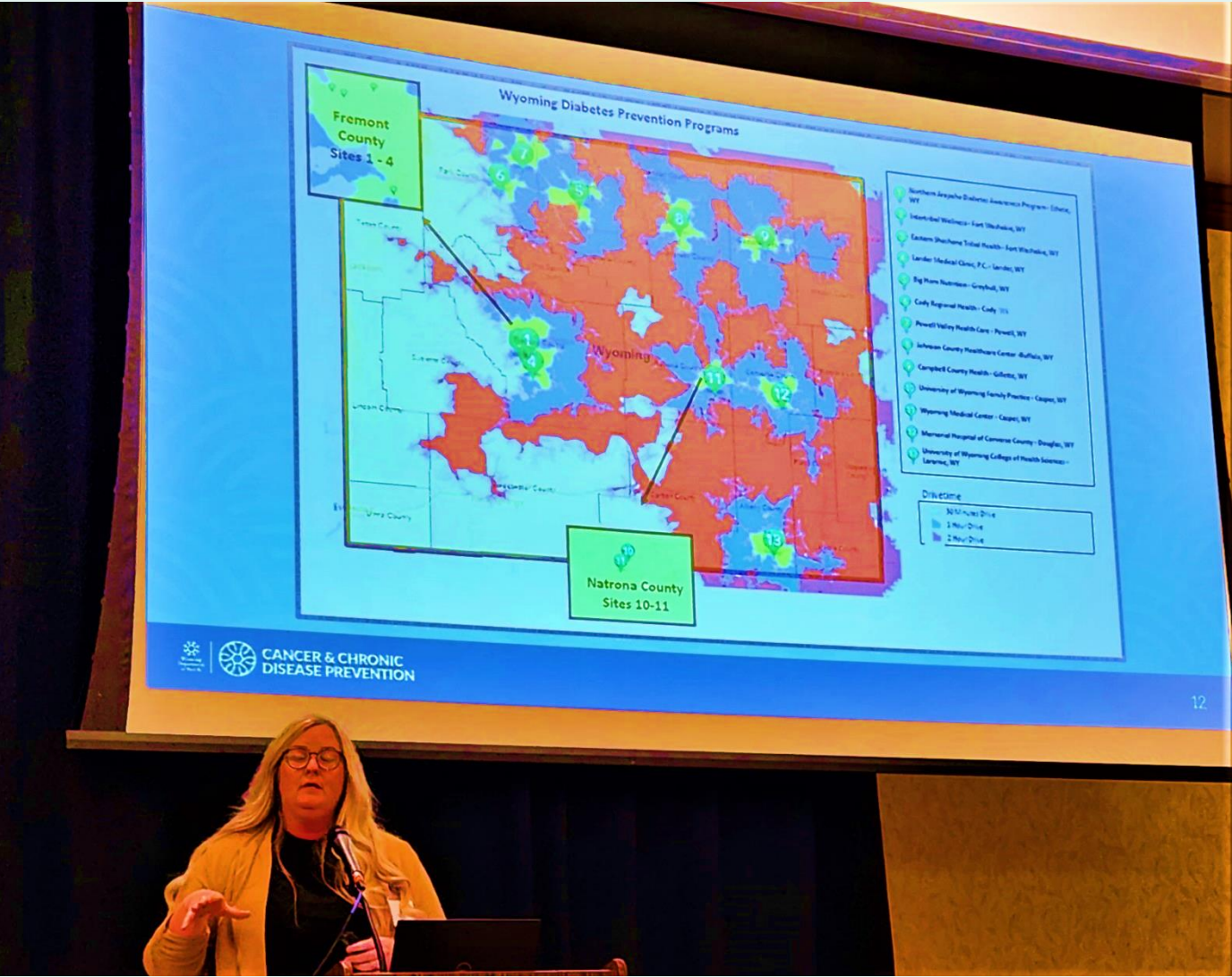
Wyoming Chronic Disease Matrix

County	3+ CVD Risk Factors Percent	Any CVD Risk Factors Percent	Cardiovascular Disease Percent	Diabetes Percent	High Blood Pressure Percent	High Blood Pressure Medication Percent	High Cholesterol Percent	Obesity Percent	Overweight or Obese Percent	Stroke Percent	Heart Disease Percent
Albany	16.20	72.40	4.90	5.50	21.20	15.80	21.90	24.50	56.60	2.20	3.60
Big Horn	27.00	86.60	10.30	13.10	32.80	26.10	27.50	31.50	70.00	3.00	8.60
Campbell	30.90	88.90	6.20	7.90	31.80	20.30	27.60	36.30	73.90	1.90	4.90
Carbon	28.40	85.90	9.60	8.70	36.00	27.20	28.80	31.10	66.20	3.20	7.30
Converse	31.10	86.60	10.80	11.20	35.70	25.70	27.50	30.00	70.80	2.90	9.00
Crook	24.30	87.70	6.10	7.60	32.50	21.90	25.60	27.80	63.90	2.40	5.10
Fremont	29.80	86.30	10.60	11.20	33.40	25.40	27.60	31.00	66.50	4.50	7.90
Goshen	37.80	87.50	9.50	10.30	41.10	34.20	33.50	36.00	71.40	3.20	7.60
Hot Springs	33.90	84.60	12.90	8.60	32.50	20.60	33.90	22.40	60.00	3.40	10.20
Johnson	25.50	84.00	9.10	5.50	28.20	23.90	32.80	31.50	65.70	4.20	6.30
Laramie	27.70	84.80	8.30	10.40	32.80	23.50	26.80	30.10	65.70	3.00	6.20
Lincoln	27.10	85.80	10.00	9.60	29.00	22.20	31.90	24.30	66.70	4.10	6.60
Natrona	27.50	85.40	7.70	7.90	29.60	20.80	25.90	32.20	68.80	2.90	5.60
Niobrara	37.10	91.10	7.10	7.20	25.70	24.10	19.70	27.20	67.10	1.00	6.10
Park	25.90	82.40	9.20	8.50	30.20	25.70	29.40	27.10	63.20	3.20	7.00
Platte	35.60	89.20	13.60	9.30	43.10	28.10	27.10	32.00	67.50	5.30	10.50
Sheridan	29.30	82.90	6.70	10.20	34.20	24.80	28.60	29.50	64.20	2.70	4.70
Sublette	20.70	82.40	5.70	5.50	29.50	17.60	25.30	26.10	63.80	2.50	3.90
Sweetwater	26.00	85.70	5.60	8.40	31.30	19.70	22.00	34.20	69.80	3.00	3.40
Teton	12.70	72.70	4.80	2.30	28.60	20.00	26.80	11.30	44.90	1.20	3.80
Uinta	23.70	85.50	11.00	9.80	32.10	22.60	23.80	37.50	70.30	4.60	8.10
Washakie	33.40	89.20	11.80	11.00	38.80	28.60	28.30	32.20	63.60	6.80	6.90
Weston	35.90	93.10	11.50	11.70	34.00	27.40	24.90	39.00	77.10	3.00	8.90



Data Source:
Wyoming Behavioral Risk Factor Surveillance System (BRFSS) percentage of population

Column descriptions on next page.





Together WE can move mountains!

Collaboration is the Key!

