

Community Health Fairs for People in Mental Health Recovery

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Community Health Screening Provides Knowledge & Promotes Health



What is Health Screening?

- ✓ Evaluation of health status & potential
- ✓ Looking for current disease or greater-than-normal risk
- ✓ Can include
 - personal & family health history, physical exam, lab tests, radiological exam
 - can be followed by counseling, education, referral, or further testing



Common Health Screening Tests

- History of Known Illnesses
- Body Mass Index
Height, weight
- Diabetes
- Cholesterol & Triglycerides
- Heart Health
- Smoking & Use of Nicotine
- Use of Alcohol & Illicit Drugs



You can choose the # & which ones to do

Value of Large Group Health Screening

- Provides important epidemiologic data
- Can positively affect health beliefs & perceptions, including feelings of control over one's health (self-efficacy)
- Serves as a “cue to action” by engaging people in health promotion efforts
- Can lead to better linkage to collateral treatment and services

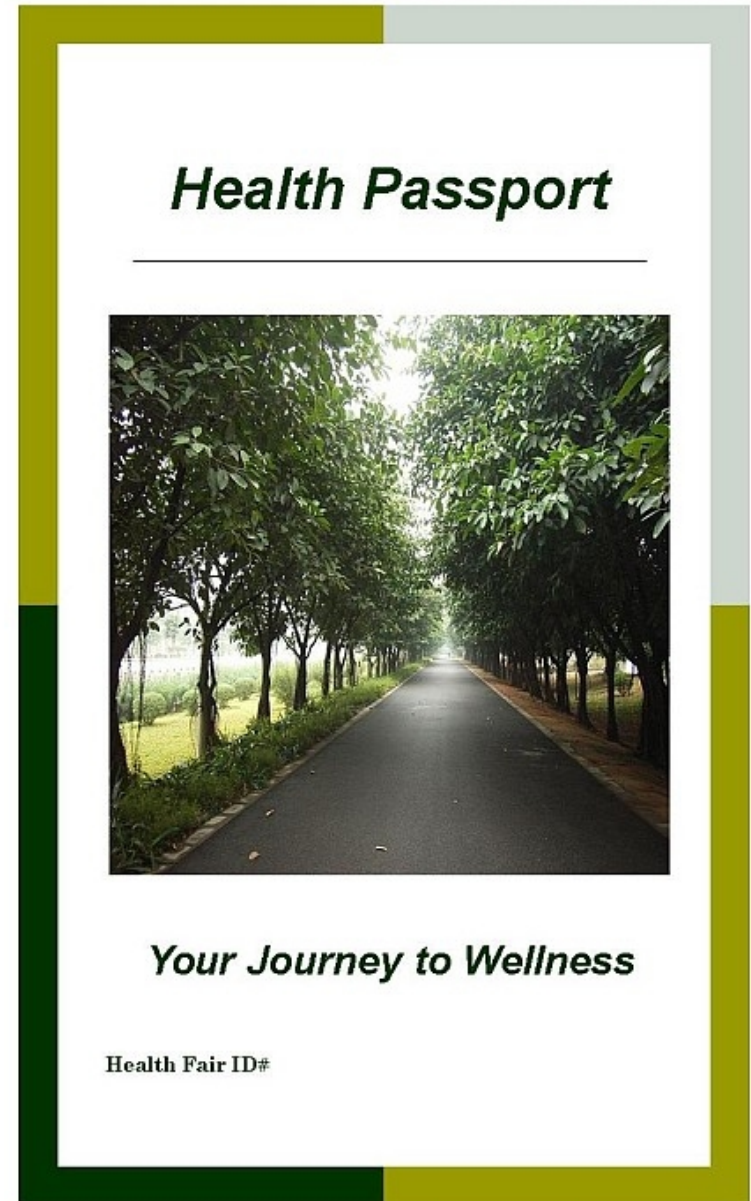


Health Passport

- given to all participants upon entry to Fair
- place to record screening results with brief explanations of their meaning
- can be shared later with medical & MH service providers & supporters

Free download:

<http://www.cmhsrp.uic.edu/health/index.asp>



Possible Health Fair Locations: School, Gym, Church Auditorium, Elk's Club



Station 1: Body Mass Index



At this station, staff first measure the person's height using a wall chart. Next, they are asked to step on the scale to measure their weight. These are used in a formula to calculate their BMI.

Station 2: A1C Diabetes Test



At this station, a trained worker takes a small drop of blood from a person's finger & places it into a machine that analyzes it to produce the person's blood glucose level over the past 2-3 months called A1C.

Station 3: Cholesterol Test



At this station, a trained worker takes a small drop of blood from a person's finger & places it into a machine that analyzes it to determine the person's non-fasting cholesterol (HDL & LDL) & triglycerides levels.

Station 4: Blood Pressure Reading



At this station, blood pressure is measured using a blood pressure cuff that is operated electronically.

Station 5: Smoking Risk Assessment



At this station for smokers only, the person's level of dependence on nicotine is assessed using the using the Fagerstrom Test for Nicotine Dependence.

Station 6: Alcohol Abuse Screening



At this station risk for alcohol abuse or dependence is assessed using the Alcohol Use Disorders Identification Test - Consumption (AUDIT-C) screening instrument.

Station 7: Drug Abuse Screening



At this station risk for substance abuse and dependence is assessed using the Drug Abuse Screening Test (DAST)

Station 8: Heart Attack Risk Assessment



The person's estimated 10-year risk of coronary heart disease is determined using the Framingham risk model based on their age, sex, systolic blood pressure, total and HDL cholesterol, diabetes mellitus, and current smoking status.

Station 9: Review Results with Peer Health Specialist



Essential Ingredient #1

Peer Volunteers from the Local Agency



Essential Ingredient #2

Freebies, Demos, Services



Preliminary Findings



- Based on 4 events
- Participants from sites in NJ, IL, MD & GA
- Demographics (N=457)
 - 49% female
 - 80% high school education or greater
 - 31% working
- 49% White; 39% Black; 4% Multi-Racial; 2% Asian; <1% American Indian/Alaskan Native; 6% Other
- 7% Hispanic

Health Risks Detected

Health Fair Participants

U.S. Population

82% obese/overweight

69%

7% high cholesterol

13%

14% A1C diabetes

2%

32% high blood pressure

29%

62% dependent on nicotine

57%

17% at risk - alcohol dependence

7%

11% at risk - drug dependence

3%

10% high risk - heart attack

3%

Group Activity: Design Your Own Health Fair



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Health Fair Action Plan

1. Where will you hold your health fair?
2. What is your target audience & how many people will you plan to serve?
3. What health risks will you assess & what tests will you administer?
4. List each station & its title. Remember, there will be more stations than tests.
5. Which collaborators will you involve? (nurses, med students, residents, MDs, social workers)
6. What recruitment strategies will you use & how will people travel to the Health Fair site?
7. Calculate a simple budget for your health fair including the items below.

\$_____test kits	\$_____transportation costs
\$_____supplies	\$_____equipment (scale, BP cuff)
\$_____water/snacks	\$_____space rental
8. What displays & "freebie" activities will you try to arrange?
9. How will you use the results?

After the Fair: Create A Health Community

Potential health information activities

- Expose people to assets with which they may have limited experience
 - Wii Fit, on-line fitness communities, simple meal plans
- Invite local nurses, doctors, blood banks, pharmacists, etc. to present at luncheons
- Collaborate with wellness & health providers for on-site demonstrations
 - Massage, Reiki, Yoga, Pilates, etc.
- Celebrate national Health Months (see website: <http://healthfinder.gov/nho/>)

Keep it Personalized

- Target health education to personal needs
- Provide screening & testing based on individual health risks & vulnerabilities
- Include peer health education & peer support
 - Peers who have shared experiences “walk the walk”
- Co-locate/integrate physical health initiatives at mental health centers whenever possible
- Include family members in health education, especially around healthy eating & exercise at home

Do it at the Individual's Pace

- Assess existing knowledge & strengths
- Go slowly, work at the individual's pace
- Don't educate during a crisis or when the person is distressed
- Simplify information & present it in small pieces
- Repeat the information
- Keep a persistent focus on physical health

More Resources to Explore

Manual on How to Organize a Health Fair

http://www.cmhsrp.uic.edu/download/UIC_CSPNJ_Health_Fair_Manual.pdf

Nutrition & Exercise for Wellness & Recovery

www.cmhsrp.uic.edu/download/WeightWellnessLeaderManual.pdf

Whole Health Action Management

<http://www.integration.samhsa.gov/health-wellness/wham>

Interactive Diabetes Education Toolkit

<http://www.cmhsrp.uic.edu/health/diabetes-library-home.asp>