

Enhancing Whole Health and Wellness through Health Screening

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Today's Learning Goals

- ❑ Identify physical health concerns for people in recovery
- ❑ Understand meaning & consequences of health disparities
- ❑ Discuss strategies for health promotion & risk reduction
- ❑ Address need for regular screening & treatment



Physical Health Among Individuals in Recovery



What Do We Know?

High Rates of Morbidity & Mortality

Mortality – On average, people with SMI die 25 years earlier than the general population and this excess is increasing

- 60% of deaths are due to preventable and treatable medical conditions like cardiovascular disease, diabetes, and high blood pressure

- **Morbidity** – People in recovery have significantly poorer physical health & more co-occurring health conditions than the general population

In one study, among 200 people schizophrenia and affective disorders, odds of diabetes, lung diseases, and liver problems were significantly elevated compared to matched subsets from the general population

Sokal et al.

Co-Occurring Conditions

People in recovery have higher rates of...

- Diabetes
- Cardiovascular Diseases
 - Hypertension, High Cholesterol
- Renal/Kidney Diseases
- Liver Diseases (non-viral/non-hepatitis)
- Infectious Diseases
 - HIV, Hepatitis B & C, Tuberculosis
- Respiratory Conditions
 - COPD, Asthma, Smoking-related conditions



What's Going On?

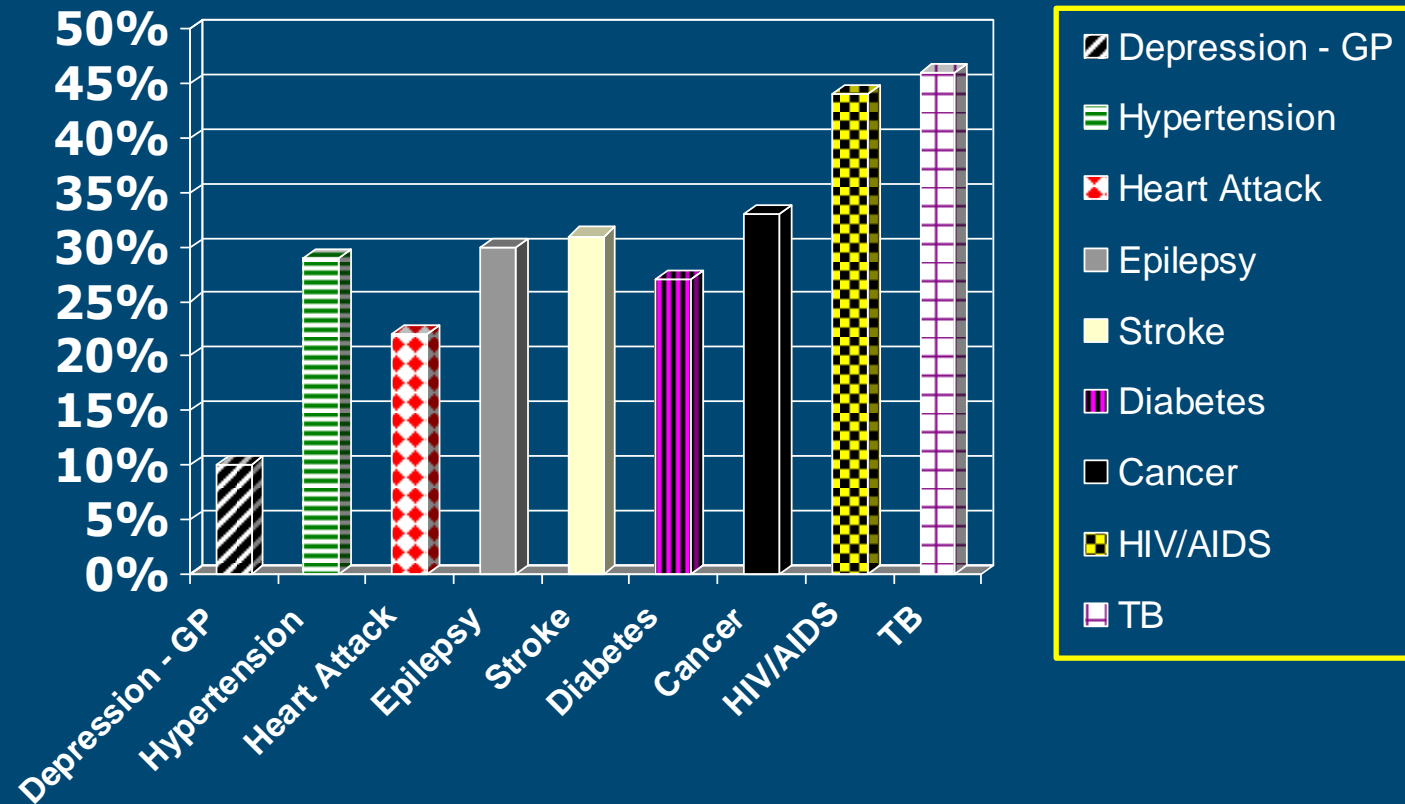


Internal Barriers

- Unhealthy lifestyles
- Low motivation for medical treatment
- Fearfulness
- Limited health literacy
- Unemployment
- Past incarceration
- Mental health issues that impact incidence & management of illness



Depression: A Common Co-Morbidity (WHO 2003)



Depression Further Impacts...

- Motivation
- Illness self-management skills
- Ability to access services and social supports
- Future orientation



Increased Risk from Substance Abuse

Co-occurring
substance abuse
increases risk of:

- ✓ heart disease
- ✓ asthma
- ✓ gastrointestinal disorder
- ✓ acute respiratory disorders
- ✓ skin infections



The Obesity Epidemic

- 35.7% of US adults are obese
- Obesity-related conditions include heart disease, stroke, type 2 diabetes, certain cancers, shortened life span, & psychological distress from discrimination
- Rates of obesity among people with mental illnesses far exceed that of the general population (NASMHPD, 2006)



Clinical Factors Leading to Health Vulnerabilities

- Relationship between use of psychotropic medications & poor medical outcomes
- Limited or poor medication adherence
 - ✓ Ambivalence
 - ✓ Low health literacy
 - ✓ Side-effects



Provider Factors Triggering Vulnerabilities

- Medical provider discomfort & inexperience with SMI
- Lack of training about mental illness & recovery
- Stigma



Systematic Factors Triggering Vulnerabilities

- Bifurcation of medical & mental health systems
- Cumbersome funding policies
- Overemphasis on acute care versus prevention
 - Many medical conditions are preventable or treatable
 - But, current services lack adequate screening for early detection & intervention



**But...isn't there more
to this story?**



Health Disparity

- A health disparity is “a particular type of health difference that is closely linked with social, economic, and/or environmental disadvantage.”
- Disparities occur at the *population* level



Health disparities affect people who have systematically experienced greater obstacles to health based on their racial or ethnic group; religion; socioeconomic status; gender; age; **mental health; cognitive, sensory, or physical disability**; sexual orientation or gender identity; geographic location; or other characteristics historically linked to discrimination or exclusion.

-Healthy People 2020

Keep in mind that...

- Individuals experience multiple obstacles that affect their ability to achieve good health
- Must consider the combined impact that social determinants have on health outcomes of specific populations



Social determinants of health inequity

■ Lack of resources to meet daily needs

- education, job opportunities, housing

■ Social norms and attitudes

- discrimination, oppression

■ Social disorder & exposure to crime

■ Poor community public health

- air & water pollution, poor sanitary conditions

■ Socioeconomic conditions

- concentrated poverty

■ Residential segregation

- food deserts; limited or nonexistent public transportation

■ Lack of social support and social interaction

■ Lack of access to mass media, information technology

- digital divide, lack of cell phones

Take Home Messages

- ❖ **Many medical conditions differentially affect people in recovery**
- ❖ **Some of their health risks are similar to those in the general population**
- ❖ **Others risks reflect combined effects of personal characteristics, lifestyle, illness severity, treatment system barriers, & health disparities**

Health Screening Activities in Community Mental Health Settings



Health Assessment

- What are the person's health strengths?
 - Past success with a wellness goal (big or small)?
- What will be the personal benefit from meeting a health goal?
- What are the person's health risks?
 - How do past and/or current behaviors impact on progression or severity of current illnesses (harm reduction)?
 - How do past or current health behaviors increase vulnerability to or risks for new illnesses (prevention)?
- What is the person's current health status?

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, waist circumference
- Diabetes
- Cholesterol & Triglycerides
- Heart Health
- Smoking & Use of Nicotine
- Use of Alcohol
- Use of Recreational Drugs
- Misuse of Prescription Medications



Further Screening Info

Follow-up on how recently other medical tests were completed & refer as needed –

- Bone density
- Eye exams
- Hearing
- Dental
- OB/GYN; Mammography
- Prostate health
- HIV/AIDS, Hepatitis C, & other infectious diseases

Value of 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



Take a Look!

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

Health Passport



Your Journey to Wellness

Health Fair ID#

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



Station 1: Body Mass Index



Station 2: A1C Diabetes Test



Station 3: Cholesterol Test



Station 4: Blood Pressure Reading



Station 5: Smoking Risk Assessment



Station 6: Alcohol Abuse Screening



Station 7: Drug Abuse Screening



Station 8: Heart Attack Risk Assessment



Station 9: Review Results with Peer Support Health & Wellness Specialists from Collaborative Support Programs of New Jersey



Essential Ingredient #1

Peer Volunteers from the Local Agency



Essential Ingredient #2

Freebies, Demos, Services



Preliminary Findings

- Based on 3 events
- Participants from sites in NJ, IL, & MD
- Demographics (N=349)
 - 56% male
 - 72% high school education or greater
 - 35% working
- 47% White; 39% Black; 4% Multi-Racial; 2% Asian; 1% American Indian/Alaskan Native; 7% Other
- 9% Hispanic



Health Risks Detected

Health Fair Participants

U.S. Population

82% obese/overweight

68%

5% high cholesterol

16%

14% A1C diabetes

8%

32% high blood pressure

29%

62% dependent on nicotine

57%

17% at risk - alcohol dependence

8%

4% at risk - drug dependence

2%

11% high risk - heart attack

3%

Group Activity: Design Your Own Health Fair



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?

Create A Health Community

Provide health information activities

- Expose people to assets with which they may have limited experience
 - Wii Fit, on-line fitness communities, shared decision making wellness workstations, 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 each Health Month (see handout)

Personalized Risk Awareness

- Encourage health promotion interest & behaviors
- Target health education to personal needs
- Provide screening & testing based on individual risks & needs
- Include peer health education & peer support
 - Peers have shared experiences “walked 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

Tips for Collecting Sensitive Health Information

Help individuals feel comfortable & in control of health discussions

- Ensure privacy & confidentiality
- Explain purpose of all tests/questions
- Begin with less threatening/sensitive questions
- Respect personal boundaries
- In general, don't require self-disclosure of health information

Facilitate Health Education

Help people learn about health risks & how to reduce the potential for harm

- 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

Reaching Us at the Center....

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

