

Wisconsin Rural Hospital Flexibility Program
Rural Communities Grant Program 2007-08

GRANT APPLICATION COVER SHEET - Attachment A

Project Title: Project LIM Lifestyle Matter Interventions **Amount Requested:** \$ 9295

Planning Grant or Implementation Grant (select one)

1. Applicant Organization (entity with which the grant contract is to be executed)

Legal Name Flambeau Hospital
Address 98 Sherry Avenue
 Park Falls, WI 54552
Phone 715-762-2484 FAX 715-762-7545

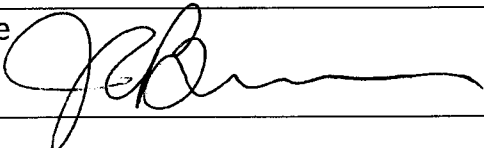
2. Administrator, Executive Director, or CEO 3. Contract Person for Application

Name: <u>David Grundstrom</u>	Name: <u>Linda Daubner</u>
Title: <u>CEO</u>	Title: <u>RD, CDE</u>
Phone: <u>715-762-7505</u>	Phone: <u>715-762-7457</u>
Email: <u>grundstrom.david@marshfieldclinic.org</u>	Email: <u>daubner.linda@marshfieldclinic.org</u>

4. Person authorized to sign the grant contract 5. Federal ID# of applicant organization

Name: <u>Jim Braun</u>	<u>390973724</u>
Title: <u>CFO</u>	

I certify that the information contained within this application is true and accurate to the best of my knowledge. I submit this application on behalf of the applicant organization.

Signature 	Date <u>8/2/07</u>
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Project LIM – Lifestyle Interventions Matter

Executive Summary

Project LIM (Lifestyles Interventions Matter) will focus on lifestyle modification to reduce the risk factors for prediabetes and ultimately reduce the incidence of Type 2 diabetes in Price County. Flambeau Hospital and other members of the Price County Nutrition and Physical Activity Coalition will plan, pilot and evaluation a community-based education intervention with a small population of individuals identified as having prediabetes. Based on lesson learned through this pilot, the coalition will seek funding to implement the program community-wide.

Coalition Information

Description & history of the coalition. In 2002 the Price County Health Department conducted a comprehensive health needs assessment that resulted in a Community Health Improvement Plan (CHIP). Overweight, obesity and lack of physical activity emerged as one of the top three priorities, and resulted in formation of the Price County Nutrition and Physical Activity Coalition (NPAC).

The Coalition is led by the Price County Public Health Department and includes Flambeau Hospital, Marshfield Clinic, Price County UW Cooperative Extension, Price County WIC Program and citizens of Price County. Individual members include nutrition educators, registered dietitians, a certified diabetes educator, internal medicine physician, physical therapist, a professional chef, retired dairy farmer and chief financial officer. Although not members of the Coalition, staff from Marshfield Clinic’s Quality Improvement Team and Healthy Lifestyles Program provide consultation on effective means to implement programs and collect data on outcome measurements.

Since its inception in 2002, the Price County NPAC has actively worked to improve the health of the residents of Price County through numerous projects:

- Compiled & distributed 1000 Physical Activity Directories
- Implemented a healthy snack program with a local vendor
- Conducted “Family Food & Fitness Fun” program at four elementary schools
- Developed and promoted a Healthy Dining Program with local restaurants
- Offered community education programs on “5 a Day” fruit and vegetable consumption

Planning process & partner roles. The planning process for this project is rooted in the needs assessment that resulted in identification of overweight, obesity and lack of physical activity as one of the top three priorities for Price County. A project needs assessment will be completed to identify individuals, facilities and entities that will be

key to delivering the community-based intervention. The planning that results from this effort will result in the pilot program, which will be expanded to a broader community audience in the future.

Because of its previous work described above, the coalition is ready to undertake this effort. Individual members of the NPAC have committed to teaching specific content areas of the monthly education programs. For example, the Certified Diabetes Educator will conduct lifestyle counseling, the physical therapist will lead activity sessions, the chef will carry out cooking demonstrations. The Chief Financial Officer of Flambeau Hospital will oversee project expenditures. The Marshfield Clinic physician will provide medical direction to the program, as well as work with Quality Improvement and Care Management to evaluate clinical outcomes. The Healthy Lifestyle Program has committed to provide educational materials and participant incentives.

Health care provider relationship. Flambeau Hospital is jointly sponsored by Ministry Health Care and Marshfield Clinic. Physicians from Marshfield Clinic regional centers in Park Falls and Phillips staff Flambeau Hospital. The two organizations work together on a daily basis to provide superior patient care and meet community health needs. This relationship provides an integrated approach and access to an advanced data system that captures both inpatient and ambulatory health indicators.

Problem / Need Being Addressed

Description of the problem. Diabetes is a growing and costly health problem. The Center for Disease Control and Prevention (CDC) National Diabetes Surveillance System reports that in 2005, 20.8 million people – 7.0% of the population - had diabetes. For Price County, the Wisconsin Department of Health and Family Services, Division of Public Health (DPH) estimates that approximately 1,000 individuals (6.7% of the population) have diabetes. Over 800 diagnosed diabetics are receiving care at Marshfield Clinic locations in Park Falls and Phillips.

In 2006, Flambeau Hospital and Marshfield Clinic collaborated on a lifestyle modification pilot project aimed to improve outcomes for persons with uncontrolled diabetes. Results showed a statistically significant improvement in clinical measures. The outcome was a change in the standard of care for diabetic patients.

The American Diabetes Association estimates that 54 million people in the United States have prediabetes. Prediabetes consists of early abnormalities in blood sugar levels usually found in people with genetic predispositions to develop diabetes triggered by lifestyle factors including sedentary habits and overweight. It's estimated that 70% of persons with prediabetes will go on to develop Type 2 diabetes. A data query conducted on July 30, 2007, identified 395 unduplicated patients seen at Marshfield Clinic centers in Park Falls and Phillips as being diagnoses with prediabetes.

The good news is that progression from prediabetes to diabetes is not inevitable. Eight major clinical trials were conducted between 1997 and 2006 to examine whether lifestyle or pharmacologic interventions would prevent or delay the development of

diabetes in at-risk populations – those identified as having prediabetes. All of these trials demonstrated reduction in the development of diabetes by 25 to 60%. Of these, the greatest reductions were accomplished with lifestyle interventions aimed at weight loss and increasing physical activity.

Lifestyle modification depends not only on clinical advice but also on the community environment. This project aims to take improved nutrition and increased physical activity out of the doctor's office and deliver messages and skill building activities in a community setting for long term for behavior change adoption and sustainability.

Appropriate timing for intervention. Lifestyle modification has yielded successful results with diabetic patients in the Flambeau Hospital service area. Community-based approaches show promise for successful lifestyle modification with pre-disease state individuals. The Price County NPAC has been in existence for almost 5 years and has developed capacity and a track record of successful community-based work.

Private insurance and Medicare have greatly improved coverage of medical care and lifestyle counseling for patients with diagnosed diabetes, because controlling the disease improves quality of life and lowers health care costs. Although there is a strong, evidenced based indication that lifestyle interventions are effective in treating the prediabetic population, many insurance payers, including Medicare, do not cover services including lifestyle and nutritional counseling. This results in a large unmet need for prevention services in our community.

Work Plan

The goal of this planning project is to plan, pilot and evaluate a community-based intervention to reduce risk factors for prediabetes. The attached workplan outlines measurable objectives, detailed activities, completion dates and anticipated outcomes. It identifies specific actions coalition members will undertake to complete the needs assessment, as well as plan, implement and evaluate a community-based education program focused on lifestyle change. Based on the ongoing evaluation of the pilot, the Price County NPAC will submit a proposal to implement LIM community-wide.

The heart of this project is the 12 session educational intervention. It will be based on individual needs, but be delivered in a group setting.

The Marshfield Clinic QI consultant Trina Ford will work with primary care physician Dr. Ahmad to identify patients diagnosed with prediabetes and draft an invitation to participate. Certified Diabetes Educator Linda Daubner will assist with participant recruitment.

After participants are recruited, Ms. Daubner will conduct an individual consultation with each one to assess current food and activity patterns and arrange three biometric measures: fasting blood sugar, weight and waist circumference. Individual goals will be set.

Members of the Price County NPAC will teach every-other-week education classes. Sessions will be designed to arm participants with tools to creatively manage their lifestyle choices and their health. Each session will include both a nutrition component and activity component. For example, nutrition education will be a key part of each session, but will also include hands-on cooking time to interpret the nutrition information and apply it to everyday life.

In addition to information about how to increase activity, participants will also have time to practice skills with a pedometer, exercise ball, bike, etc. Locations may vary, to introduce people to community settings for physical activity. Flambeau Hospital has also committed to opening up the physical therapy gym on the week that the group education program is not conducted, so participants have access to activity equipment.

Participants will be required to keep physical activity and weight logs. Incentives (i.e. water bottle, fanny pack, cookbook) will be awarded as participants reach milestones in their personal program.

Evaluation Plan

Measurements of success. Evaluation is an integral part of the project workplan and will be ongoing. Project objectives are written in measurable terms and will be documented in writing as each is accomplished as stated in Attachment B - Workplan.

Process evaluation and participant feedback will guide the delivery of effective teaching of lifestyle modification focused on healthy eating and increasing physical activity. Lessons learned through delivery of the pilot program will be incorporated into the design of project expansion.

Expected outcomes. The program outcome – written documentation of achievement of Objectives 1 through 4 as described in the Workplan – will be reported at the conclusion of the grant period.

The health outcome measure of reducing risk factors for prediabetes requires clinical indicators to measure success. Prediabetes is clinically defined as impaired fasting glucose levels of 100 to 125 milligrams per deciliter or impaired glucose tolerance – 140 to 199 mg/dl after a 2-hour glucose tolerance test. Participants' pre and post lab assessment will be evaluated along with changes in body weight and waist circumference. Participant surveys on dietary practices and physical activity habits pre and post program will be evaluated. Activity logs will be assessed at program start and end. Expected outcomes would see participants having improvements in body weight and activity levels and no change or improvement in blood sugar levels.

BUDGET – PROJECT LIM

(1) Expenses Requested From Grant

(a.) Salaries

Program Coordinator (RD, CDE)	
2 hours per week x 48 weeks	\$2,784

(b.) Fringe Benefits	
29.5% of salary	\$821.00

(c.) Travel	\$0
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(d.) Equipment	\$0
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(e.) Supplies	\$3,000
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(f.) Consultants	\$840.00
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(g.) Other	
Postage	\$100.00
Lab Work	\$1,750.00

Total Requested= \$9,295.00

(2) Expensed Paid By Matching / In-Kind Funds

(a.) Salaries	
RD, CDE – Individual Assessments	\$2,500.00

Coalition Meetings 1.5 hours / month	\$4,800.00
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(b.) Fringe Benefits	\$0.0
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(c.) Travel	\$0.0
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(d.) Equipment	\$00.00
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(e.) Supplies	\$700.00
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Budget – (pg. 2) In Kind Matching Funds Continued

(f.) Consultants (Estimated Value)	\$5,000.00
Chief Financial Officer	\$1,000
(g.) Other Costs	
Meeting Room	\$200.00
Gym	\$1,200.00
Phone	\$200
Estimated In Kind / Matching Donations Total =	\$23,600

Budget Narrative

Salary expenses (both consultant and hourly) requested to be paid by the grant would be for contracted chefs, nutrition educators and physical therapists to develop and deliver program curriculum for the twelve week sessions. The Program Coordinator would be paid two hours weekly to oversee grant activities and make necessary participant contacts in between sessions. The Chief Financial Officer of Flambeau Hospital will oversee the fiscal management of the grant. This salary / service has an estimated value of \$1,000.

Each participant will receive a personal invitation to participate in the program along with a binder and packet rich in educational materials. Incentives such as fruit baskets will be awarded to participants when they reach milestones in their lifestyle modification programs. The \$3,000 requested for supplies would cover these costs as well as food costs for cooking classes conducted by Chef Susan.

A pre and post fasting glucose level will be evaluated and cost of these tests based on twenty-five people participating is \$1,750.00. Postage for invitations and correspondence to participants is estimated at \$100.00

In-Kind / Matching Contributions

Each participant will receive an individualized nutritional assessment and goal setting session. The cost for this outpatient service is \$100.00 per session. Based on twenty-five participants, this contribution is valued at \$2,500. Coalition meetings have an estimated value of \$400 per session. This is based on eight persons contributing 1.5 hours of time

including travel costs. The monthly coalition meeting time in-kind contribution is \$4,800. Marshfield Clinic Healthy Lifestyle Program has pledged a donation of \$500.00 of education and motivational supplies such as water bottles and pedometers. The estimated value of the Internal Medicine physician and Marshfield Clinic Quality Improvement Specialist is \$5,000. Flambeau Hospital will donate the meeting space, use of the physical therapy department after business hours and phone. These services have an estimated value of \$1,600.