



“Finding an answer to Tackling Obesity in Mississippi one person at a time”

Funded by:

AstraZeneca HealthCare Foundation
**Connections for
Cardiovascular HealthSM**



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The obesity epidemic remains one of Mississippi's most serious health crisis, placing thousands at risk for a range of chronic diseases, costing the state millions of dollars in preventable healthcare spending.

The MOVE program was birthed out of a concern by our medical staff for a program that would address obesity in our area. In a 2012 Center for Disease report, Mississippi ranked #1 in the nation for heart disease and obesity. While obesity is rampant among the adults in our area it was quite alarming to see the number of children that were obese as well, over 40% of children in our target service area are obese. Mississippi ranks #1 in the nation for sedentary lifestyles and poor nutrition.

The MOVE program was developed to give access to not only adults, but to include children of families as well. Key strategies of the program are to 1) offer program to the community free of charge, 2) give several opportunities for access to exercise, 3) offer an individualized program with a closed loop system of support by individual team coach assignment, physician visit, and frequent follow up, 4) encourage and support healthy lifestyle changes. To offer a program that would enable participants to not only lose weight, but to sustain the achievement long term. The program offers an environment of self-engagement that is consistently reinforced at each step, overall wellness is promoted throughout the program.



ABC's of Program Implementation

- A. Know the needs of your community in relation to obesity
- B. Participants were identified via EMR whose BMI was 30 or greater, or who were overweight
- C. Individuals enrolled into program and given an extensive program orientation, including introduction to their team coach, an individual tracking record, a monthly calendar, frequency of labs performed, monthly calendar, and individual goal setting.
- D. Participants are identified through EMR for tracking and information purposes
- E. Posters, and motivational bill boards are posted throughout the clinic to inform about program to community.
- F. Posters are also posted at partnership locations and some local churches
- G. Partnerships are formed with local hospital, local physicians, colleges, universities, etc. for volunteer special speakers and educators for program.
- H. Every month special speakers are scheduled on nutrition, chronic disease management, medication management, stress management, barriers to success, etc.
- I. Every month opportunities are offered for access to healthy cooking classes, shopping trips for food, fun exercise classes for kids and adults, art classes, budgeting, etc.
- J. Volunteers include registered dietitians, nurse practitioners, general practice physicians, social workers, cardiologists, internal medicine physicians, chiropractor, opticians, physical therapists, professional trainers, and non-professionals.
- K. Participants are given cell phone numbers to their team coaches for easy and quick access to address questions or to help with individual struggles. This has proven to be a most successful component to the program. This system serves as a constant reinforcement in making lifestyle changes.
- L. MOVE participants are identified for attending physicians during clinic visits so that education, reinforcement, and physician support is an integral part of MOVE program. This lends continuity to the team based approach.
- M. Labs, vitals, and weight are performed every three months. Team coach and physician use this time to talk with participant about gains made or struggles encountered in achieving their goals.
- N. Participants are given gas cards for access to program, mid-way and at end of program participants are given a celebration with gift incentives for biggest losers. Incentives are given during program for special achievements.
- O. Emotional, behavioral, and domestic struggles are a reality in most communities, so individualized intervention and coaching is important to an individual's success.



The MOVE program was designed for replication so that this program could be utilized in most clinical or even non- clinical settings in some part. The frequent team coach contact with participant has proved invaluable, for those who cannot attend some of the classes, telephone contact was made for support. Close interaction played a key role. Consistent reinforcement via the attending physician visits, the team coach, and all teaching components of program gave continuity to the program. The outcome results of this program speak for themselves. Although this is our first year of MOVE, the program has experienced some stunning results as follows:

Clinical Indicators:

- 57% reduced weight by average of 9 pounds
- 33% reduced weight by average of 14 pounds
- 25% of children lost average of 5.2 pounds
- 60% lowered A1C by average of 1.4 points (10)
- 83% lowered BP by average of 30 points
- 68% lowered total cholesterol by average of 22 points

Behavioral Indicators:

- 79% reported increase in exercise since starting program
- Children-100% reported they increased exercise since starting program
- 100% of participants state eating better, making better food choices
- 50% of children reported eating better
- 70% reported increased interest in overall health and well being

Several participants have shared with us that they had tried and failed at many diets, and struggled for years to lose the weight. They state this program helped them in so many ways, one of the most frequent things we heard about the program, was that it gave them a different outlook on losing the weight. "Their goal changed from just losing weight to wanting to becoming healthier"



Appendix I

Sample Program Forms



Contact Information Sheet

Name (please print): _____

Date of Birth: _____ Home phone: _____

Cell: _____ Work: _____

Address: _____

Email: _____

Do you currently have a physician? Yes No

If so, Who?: _____

Address: _____

Labs: Pick up or mail (circle one)

By signing this form, I give authorization to release my vital signs and lab results to my health care provider from the date of this signing to December 31, 2017. In doing so I also give permission to receive a copy of my records as well as for those records to be shared with the staff of the MOVE Program for the same date range listed above as deemed necessary for participation in the MOVE Program.



Date: _____

Name: _____

Initial Questions

1. Do you currently exercise for 60 minutes 4 times a week?

Yes or **No** (circle one)

2. Which best describes your current diet? (circle one)

M. I eat healthy most of the time.

S. I eat healthy sometimes.

N. I don't eat healthy or don't know how to eat healthy.

Initial vitals/labs

HT: _____

BP: _____

WT: _____

TC: _____

BMI: _____



Vitals/Blood Work

Name: _____ Date of Birth: _____

I release Manna Medical Clinic to fax my lab reports to the ordering physician.

Date: _____

Physician Name: _____

Physician Fax Number: _____

Patient Name (please print): _____

Patient Signature: _____

Vitals (if needed)

Ht: _____ Wt: _____ BMI: _____ BP: _____



Appendix II

Sample Teaching Module

Cardiovascular Disease Risk Factors

- Risk factors are traits and life-style habits that increase a person's chances of having coronary artery and vascular disease.
- Some risk factors are controllable, and some are uncontrollable.
- Age, sex, heredity, are risk factors that cannot be controlled.
- The older a person is, the more likely for heart and blood vessels to be damaged.
- The most important controllable risk factors are high blood pressure, high cholesterol, weight, diabetes, and smoking.
- Other factors that may increase your risk is being inactive and having an unhealthy reaction to stress

High Blood Pressure (Hypertension):

- Blood pressure is the amount of force on the artery wall when your heart pumps and relaxes with each heartbeat.
- Normal blood pressure is less than 120 (top number) and less than 70 (bottom number).
- A blood pressure of 140/90 or higher for any length of time is considered high blood pressure.
- Narrowed blood vessels increase the pressure causing the heart to work harder.
- There are no early symptoms of high blood pressure. For this reason, it is often called the silent killer. Blood pressure naturally rises with age. African Americans are more likely to have high blood pressure than Caucasians. Overweight people are more likely to have high blood pressure than thin people.
- To control High Blood Pressure:
 - Have your blood pressure checked
 - Follow treatment plan
 - Take prescribed medications
 - Reduce sodium in diet
 - Get some exercise at least every other day
 - Reduce weight, stop smoking

High Blood Cholesterol

- Cholesterol is a fatty wax-like substance found in the blood.
- Some cholesterol is needed for good health
- Our bodies make all the cholesterol we need.
- We also get cholesterol from fatty meats, & dairy products.
- HDL- should be 60>, good lipoprotein, it carries extra fat away from arteries.
- LDL- Should be <99, this is lipoprotein that causes fat to build up on the artery wall
- Triglycerides-Normal should be less than 150
- Normal total cholesterol for adults is below 200
- The risk for heart disease increases two times with level of 240, and the risk increases four times for a level or 300 or greater.

Obesity:

- People who are 10-20% above their normal weight have an increased risk for heart disease
- Obesity increases cholesterol, blood pressure, risk for heart disease, risk for developing diabetes, and problems with arthritis.
- Extra weight makes your heart work harder to supply the body with the oxygen it needs.

Smoking:

- People who smoke have **twice** the risk of early death from heart disease. Nicotine narrows the blood vessels causing an increase in blood pressure and heart rate, also causing less oxygen to be carried to the heart.
- The blood becomes thicker and forms clots more easily
- Some things to consider: Become aware of the habit, plan activities to stop smoking, ask a friend to help you quit.

Stress:

- Stress is a normal part of our lives
- Stress causes the release of adrenalin which speeds up your heart rate, narrows your blood vessels and increases your blood pressure
- Therefore, it makes your heart work harder
- How you react to stress is very important
- Determine what triggers your stress, then work on plan of how to respond to stressful situations
- When stress cannot be avoided, make a choice to respond in different ways.
- Exercise and physical activities will help in relieving stress

Additional resources and teaching modules for this program will be made available upon request by contacting our clinic for more information at 601-799-2121

Disclosure Statement: The AstraZeneca HealthCare Foundation funded this program, however they are in no way responsible for the content of this program material nor for the accuracy of the data contained therein.



Thank you Partners

Manna Ministries actively seeks partnerships through various veins of funding sources and resources. We reach and serve between 8-10 thousand families each month through our programs. This would be impossible without the support of our friends and partners. We wish to take this opportunity to acknowledge some of those who helped to make this program possible.

AstraZeneca HealthCare Foundation - (financial support)

Bay Area Food Bank- (Food Donations)

University of Mississippi- (Volunteer educators)

Highland Community Hospital- (Volunteer Speakers/educators/program promotion)

Louisiana Heart Hospital- (Volunteer Speakers/educators)

Resurrection Life Church- (financial support)

Life Outreach International- (financial support)

Honey Rock Foundation- (financial support)

Exxon Mobile- (financial support)

Lighthouse Church- (donated space for program activities)

Local physicians- (volunteer speakers)