

MARIPOSA
COMMUNITY
HEALTH CENTER



rchn
community health foundation

Presented by
Patty B. Molina, Sr. Director of CHS
Lizzie Garcia, Prevention Manager
Ruby Vega, Chronic Disease Program Coordinator
Tatiana Enriquez and Alexa López,
Promotoras de Salud

2019 Western Forum for Migrant & Community Health
February 20-22, 2019
Portland, Oregon

Santa Cruz County, Arizona



Mariposa Community Health Center



- Established in 1980
- Federally Qualified Health Center
- Major provider of primary care, prevention and public health services



Patient-centered medical home based on our one-stop shopping model of integrated care

- Pediatrics, Obstetrics and Gynecology, Family Practice and Internal Medicine
- Dentistry
- Behavioral Health
- Full Service Pharmacy
- Lab
- X-ray/Mammography
- Ultrasound
- Telemedicine
- Transportation
- Eligibility
- Referrals
- WIC
- Community Health Services



Community Health Services: Platicamos Salud

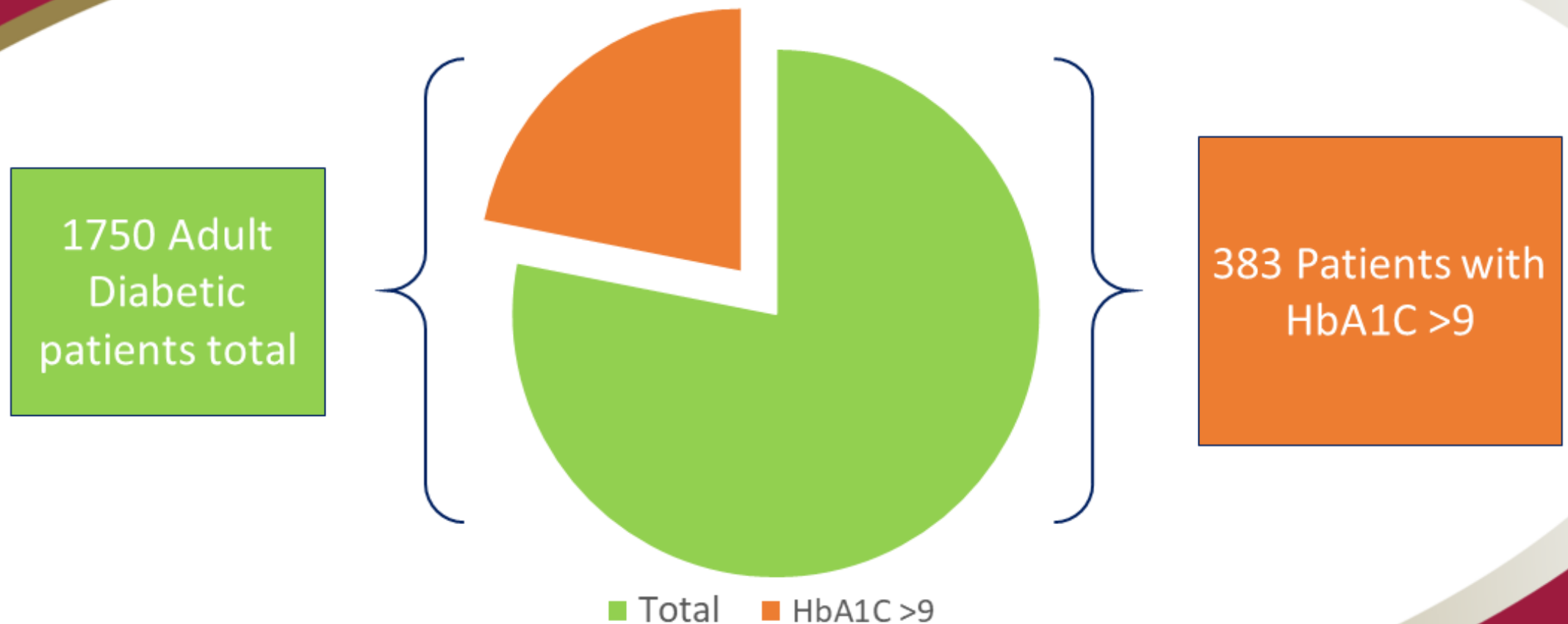


Established in 1991

Nationally-recognized Promotora-based delivery model

Diabetes Statistics

Adult Mariposa Patients with Diabetes, 2016



Comer Bien



The goal of Comer Bien is to improve healthy eating and blood sugar control among Mariposa's patients with uncontrolled diabetes, defined as patients with a hemoglobin A1C >9.

Comer Bien Learning Objectives

- Creating nutritious meals
- Understand nutrition labels
- SMART Goals
- Healthy shopping strategies
- Healthy eating away from home



Building Community Partnerships



Provide diabetic
tailored Food Boxes



Space for cooking classes

Building Community Partnerships



Locally owned, family-run grocery stores.

Building Community Partnerships



Visit us in
**Downtown
Nogales**

October-April
3 pm-6 pm

May-September
4 pm-7 pm

**EVERY FRIDAY
TODO LOS VIERNES**

On the Corner of
Court St. & Morley Ave.



nogalesmercado.com
520-375-6050/397-9219

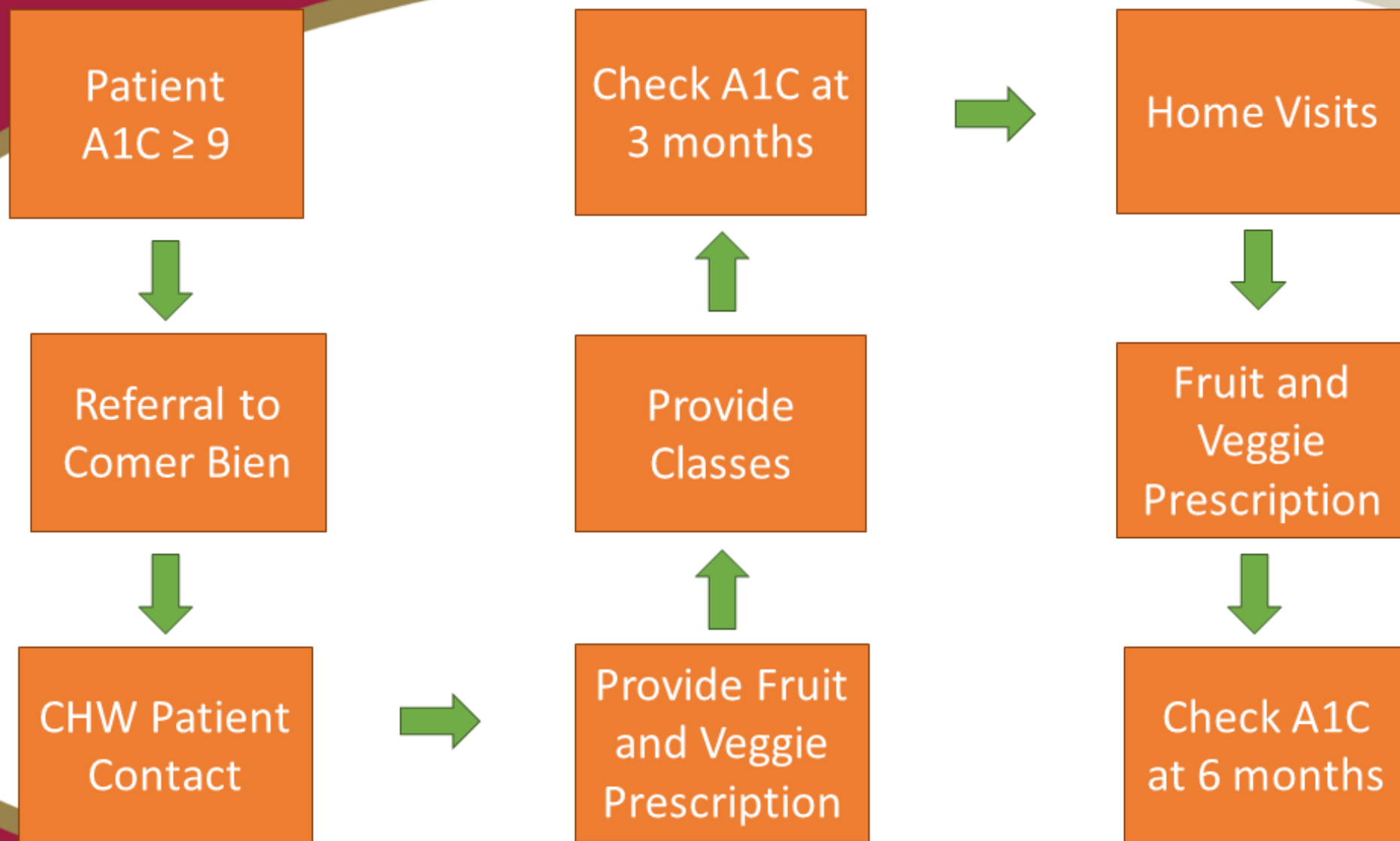


We gladly accept:



MARIPOSA
Your
COMMUNITY
HEALTH CENTER

Program Workflow



Program Steps

1. Provider/Clinical Staff training (program overall)

- How does it work?
- Patient Eligibility



Program Steps

2. Grocer training

- Voucher redemption
- Stubs



Program Steps



- Monthly FVRx's
- Monitor A1C
- Home Visits
 - Food security and home safety
- Nutritional Education



Program Classes

- Weekly sessions
- Pre/Post Assessment
- Cooking demonstrations



Activity



**Create
your plate**



Lesson 1: Plate Building

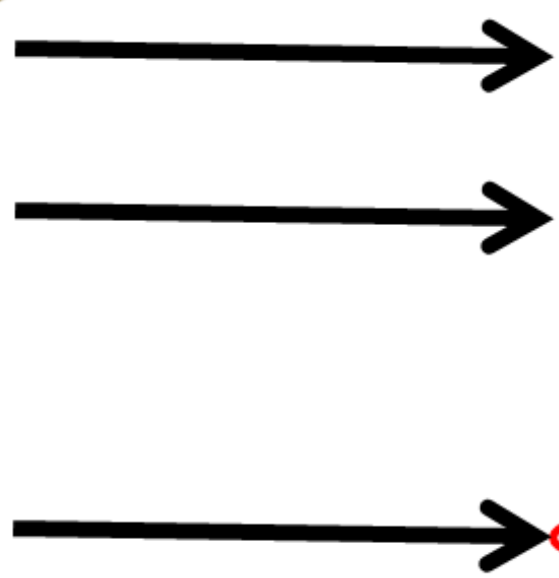


Activity



Lesson 2: Introduction to Nutrition Labels

Sample label for
Macaroni & Cheese



Nutrition Facts	
Serving Size 1 cup (228g) Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet.

Lesson 2: Introduction to Nutrition Labels

15 g = 1 serving of
carbohydrates



Pizza			
Serving Size	Cheese 1/2 of 12" (126g)	Cheese and Pepperoni 1/2 of 12" (142g)	Unseasoned meat, and vegetables 1/2 of 12" (158g)
Amount Per Serving			
Calories	280	361	368
Calories from Fat	54	126	99
	% Daily Value*	% Daily Value*	% Daily Value*
Total Fat	6g 9%	14g 22%	11g 17%
Saturated Fat	3g 15%	4g 20%	3g 15%
Cholesterol	19mg 6%	29mg 10%	41mg 14%
Sodium	670mg 28%	533mg 22%	764mg 32%
Total Carbohydrate	41g 14%	40g 13%	43g 14%
Protein	15g 30%	20g 40%	26g 52%
Vitamin A	15%	11%	21%
Vitamin C	5%	5%	5%
Calcium	23%	13%	20%
Iron	6%	10%	17%
Thiamin	24%	18%	29%
Riboflavin	19%	27%	21%
Niacin	25%	30%	20%

Values are not available for fiber and sugars.
*Percent Daily Values are based on a 2,000 calorie diet



Iced Tea†			
Serving Size	Sugar sweetened 12 fl oz (389g)		Unsweetened 12 fl oz (357g)
Amount Per Serving			
Calories	131		6
	% Daily Value*	% Daily Value*	
Total Fat	0g	0%	0g 0%
Sodium	—	—	21mg 1%
Total Carbohydrate	33g	11%	2g 1%
Protein	0g	0%	0g 0%
Riboflavin	4%		2%

Not a significant source of calories from fat, saturated fat, cholesterol, fiber, vitamin A, vitamin C, calcium, iron, thiamin, and niacin. Values are not available for sugars.

†Instant, lemon flavor

*Percent Daily Values are based on a 2,000 calorie diet

Brain Break!

<https://youtu.be/hOmIJjjAnh4>



Lesson 3: Physical activity and Barriers

The weather
is not good
for a walk

I don't have
enough time

I have
children/
family to take
care of

I have back
problems
when I walk

Specific
Measurable
Attainable
Realistic
Timely

Lesson 4: Healthy Shopping Strategies

Make a
list &
Stick to
it

Plan
your
meals



Eat
before
you shop

Read
the
labels



Lesson 4: Healthy Shopping Strategies

VILLA'S MARKET
• A FAMILY TRADITION SINCE 1968 •

Weekly SPECIALS
JANUARY 23RD

1 Day SPECIALS
ONE DAY PRODUCE SPECIALS WEDNESDAY! 1/23/19
ONE DAY MEAT SPECIALS THURSDAY! 1/24/19

Produce SPECIALS
JANUARY 23RD THRU JANUARY 29TH

Item	Price
POTATOES 10 LB BAG	\$1.97 EA
BOSC PEARS 3 LBS FOR	97¢
ORANGES 3 LBS FOR	97¢
ZUCCHINI 2 LBS FOR	97¢
RED D'ANJOU PEARS 2 LBS FOR	97¢
AVOCADOS 4 PCS FOR	97¢
BROWN ONIONS 3 LBS FOR	97¢
ROMA TOMATOES 2 LBS FOR	87¢

Wednesday Only
Miércoles de Frutas y Verduras

garrett's SUPERMARKET
Follow us on Facebook at facebook.com/GarrettsSupermarket

1 DAY SALE
THURSDAY, JANUARY 31, 2019

Item	Price
Peeled Baby Carrots 16 oz. package Zanahorias	99¢ ea.
Dole Premium Spinach 8 oz. package Espinaca	\$1.89 ea.
Jalapeño, Serrano or Yellow Hot Chilies Chile	79¢ lb
US #1 Bulk White Rice	2 lbs. 99¢
US #1 Bulk Pinto Beans Frijoles Pintos	2 lbs. 99¢
Premium Quality Cucumbers Pepinos	3 for 99¢

MARIPOSA
Your COMMUNITY HEALTH CENTER

Lesson 4: Healthy Eating Away from Home



Healthier Menu Options

“Fit Choice”
“Light”
“Smart”
Nutritional information

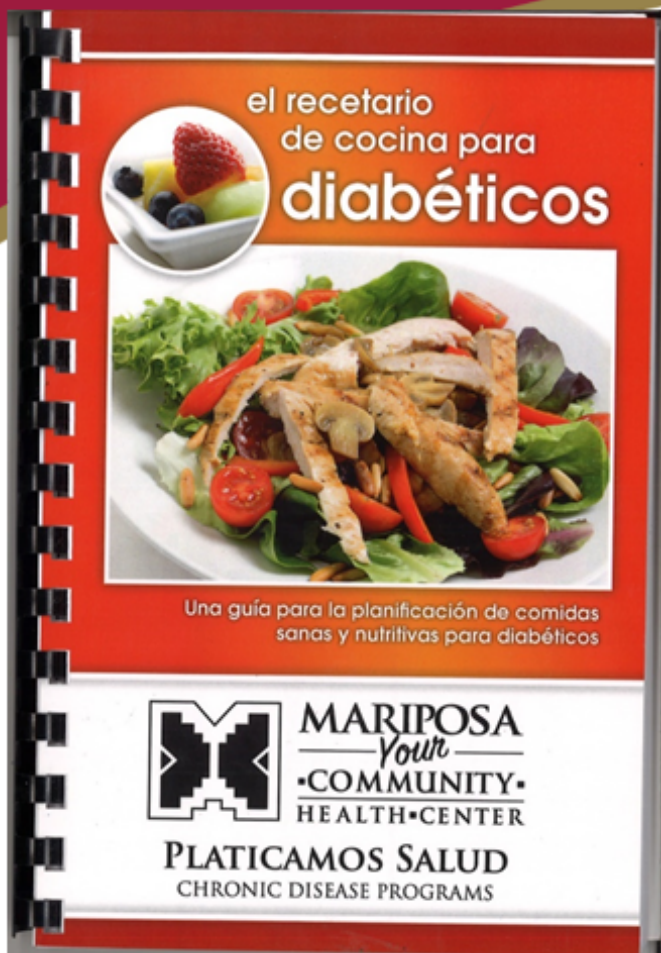
Meal-sharing
To-go box
Kid’s meals

Portion Control

Healthy substitutes

“Grilled”
“Baked”
“On the side”

Participant Incentives



Prescription # 3046

NAME _____ has the

amount of \$50 to spend at the Nogales "Little" Mercado in order
to provide fresh foods for themselves and their families.

Issued by: _____

Expiration date: January 31, 2019

Take prescription to the market cashier
or a market assistant to redeem for fruit and vegetables ONLY.

Comer Bien
Mariposa Fruit and Vegetable
Prescription Program

Signature of Market Manager
Expiration date: January 31, 2019
Only Valid at Nogales "Little" Mercado

Prescription # 3046

Amount \$50

NAME _____

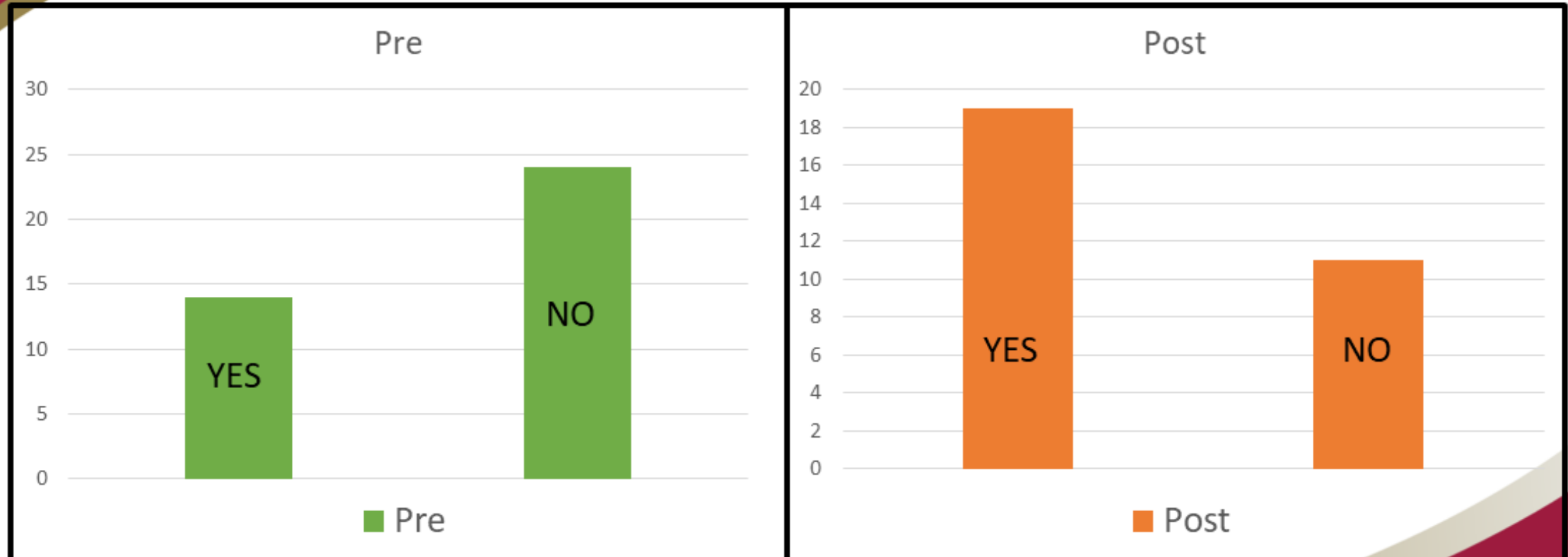
Testimonial

- He's gotten so into the program that he talks about it at home and he's developed this trust with you which he has a nickname only for the people that he trusts and your nickname is 'chef' (Participant's Mom).
- He looks forward to coming to class, when at first he didn't want to participate (Participant's Mom).



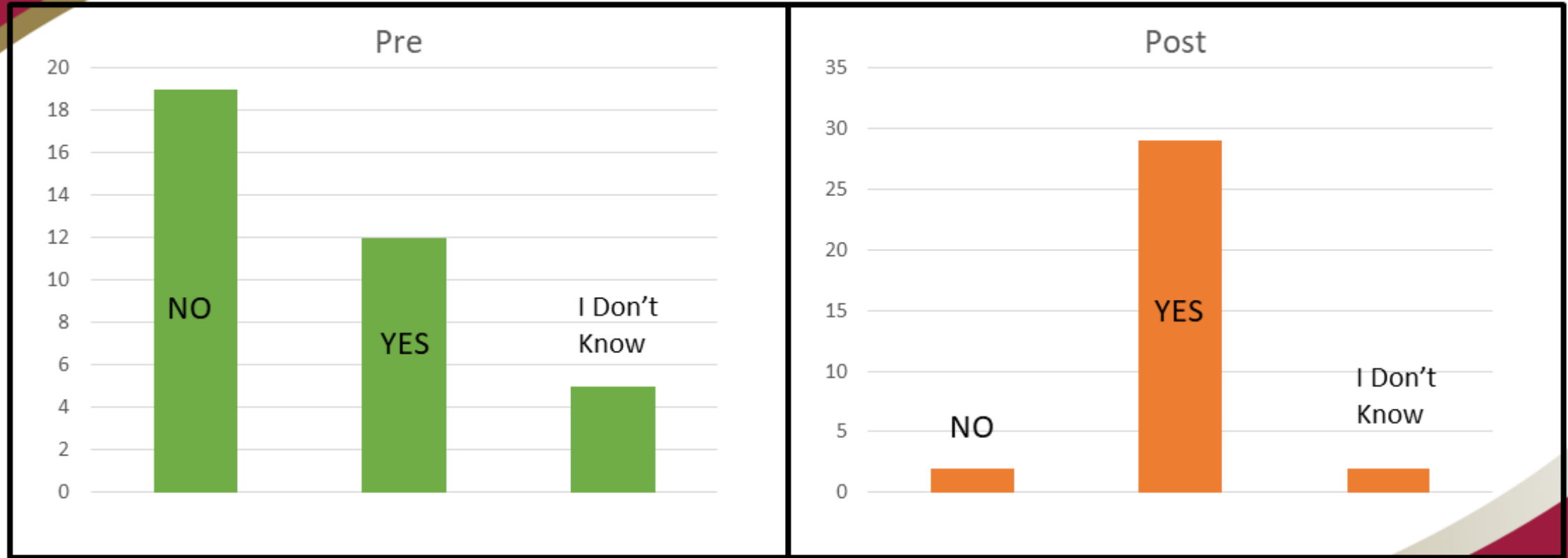
Pre/Post Survey Examples

Have you tried a new fruit or vegetable in the past 4 weeks?



Pre/Post Survey Examples

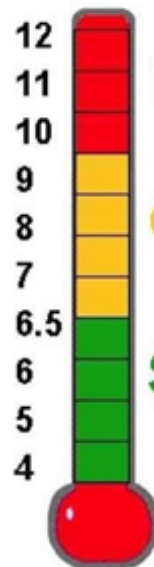
Have you tried following the guidelines in the MyPlate plan?



Challenges-Lessons Learned

- Tracking voucher redemption
- Class attendance
 - Physical activity
 - Raffles
- Data Collection
 - Home visits
 - A1C

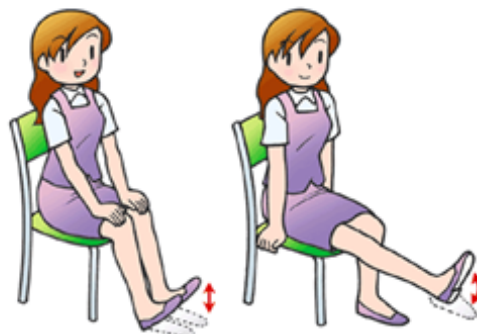
A1c



Danger!

Caution!

Success!



2019 Comer Bien Work Plan

Month 1 (Weeks 1-4)	Month 2 (Weeks 5-8)	Month 3 (Weeks 9-12)	Month 4 (Weeks 13-16)	Month 5 (Weeks 17-20)	Month 6 (Weeks 17-20)
<ul style="list-style-type: none"> + Referral w/data + Call patient + Begin Classes <ul style="list-style-type: none"> - Class 1 (pre-survey) - Class 2 - Class 3 - Class 4 (post-survey) 	<ul style="list-style-type: none"> + Phone call + Home Assessment 	<ul style="list-style-type: none"> + Phone call + Client comes in: <ul style="list-style-type: none"> - Weight - A1C Check - Height 	<ul style="list-style-type: none"> + Phone call + Home Assessment 	<ul style="list-style-type: none"> + Phone call 	<ul style="list-style-type: none"> + Phone call + Client comes in: <ul style="list-style-type: none"> - Weight - A1C Check - Height +Core Program Evaluation
Benefits Month 1	Month 2	Month 3	Month 4	Month 5	Month 6
<ul style="list-style-type: none"> + Cook book + Food box + Coupons \$25.00 + Mercado voucher \$50.00 	+ Coupons \$25.00	+ Coupons \$25.00	+ Coupons \$25.00	+ Coupons \$25.00	+ Coupons \$25.00

Accomplishments

- Observed 14% reduction in HbA1C at 6 months post-intervention among those participants who completed the program in its entirety
- Design, delivery and evaluation of the curriculum
- Strengthened relationships with food vendors
- Raised community awareness about eating fruits and vegetables

Questions?



A grayscale photograph of the Mariposa Community Center building. The building is a modern, multi-story structure with a flat roof. The words "MARIPOSA COMMUNITY CENTER" are visible on the upper part of the building's facade. The foreground shows some trees and a paved area.

Thank you!

Contact Us!

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Lizzie Garcia, Prevention Manager - Lgarcia@mariposachc.net

Ruby Vega, Chronic Disease Program Coordinator- Rcarrillo@mariposachc.net