

Community Program Inventory

College of Applied Health Sciences

towards
health
equity

UI Health
UIC

College of Applied Health Sciences

The poster and dashboard enclosed summarize College of Applied Health Sciences efforts underway to address the three community health priority areas identified through the 2019 UI-CAN. Programs included were submitted to the SCIP as of March 15, 2020. You may access the 2019 UI-CAN Report at uican.uihealth.care. Community Priority Areas include:

1 Addressing social and structural determinants of health

2 Improving access to care, community resources, and system improvements

3 Primary and secondary prevention of chronic disease

IPE Indicates Interprofessional Education Program

1. Assistive Technology Unit

PROGRAM Provides assistive technology evaluation including augmentative communication, environmental modification, seating and mobility, mobile vans. Provides a certificate in assistive technology (accredited) online. **GOALS** Helps increase access and accommodation for people with disabilities. **CONTACT** Tamar Heller; theller@uic.edu

2. B.U.I.L.T

PROGRAM Children with behavioral disorders in low-income racial/ethnic minority neighborhoods are unlikely to receive conventional mental health services or to meet guidelines related to sleep, nutrition, and physical activity. We partner with Chicago Public Schools and Urban Initiatives, a non-profit youth service provider, to provide a family lifestyle program designed to improve children's physical and mental health outcomes. **GOALS** The program aims to improve physical and mental health outcomes among children in low-income racial/ethnic minority communities **PARTNERS** Urban Initiatives, Chicago Public Schools **CONTACT** Eduardo Bustamante; ebusta2@uic.edu

3. Cancer: Thriving and Surviving Self-Management Workshop

PROGRAM A free evidence-based self-management program provided by UIH Occupational Therapy department for people who have cancer, are in remission, or have been affected by cancer in any way. **GOALS** Build skills around managing symptoms, emotions, social relationships, physical activity, nutrition, relaxation, sleep, participation in valued activities, communication with healthcare providers, goal-setting, problem solving, and decision making **PARTNERS** UI Cancer Center, Rush Generations, Wellness House **CONTACT** Tara Tincknell; tara@uic.edu

4. CANRESEARCH Fellowship

PROGRAM 6-week summer research fellowship on cancer research for undergraduate students. **GOALS** Increase pipeline of students w/ disabilities to become cancer researchers **PARTNERS** UICOT, UI Cancer Center **CONTACT** Susan Magasi; smagas1@uic.edu

5. Diabetes Buddy Program

PROGRAM To help support introductions between people living with diabetes and create a support network **GOALS** To provide support to those living/dealing with diabetes. **CONTACT** Michelle Adams; mmadams8@uic.edu

6. Diabetes Resource and Extension Management Program (DREAM)

PROGRAM Interprofessional team working with patients at UI Health Endocrinology and Diabetes center who are experiencing poorly controlled diabetes. **GOALS** Improve overall health, diabetes management, and strategies to manage health disparities for people attending UI Health **PARTNERS** OT, Nursing, Dietician, Endocrinology, Social work **CONTACT** Heidi Fischer; hwaldi1@uic.edu

7. Health Matters

PROGRAM Health Matters is an evidence-based health promotion program for community staff, and adults with intellectual and developmental disabilities (IDD). **GOALS** To promote healthy lifestyle for people with IDD through training community agencies staff **CONTACT** Beth Marks; bmarks1@uic.edu

8. Imani Village Planned Development

PROGRAM The nutrition, obesity, and health equity research group provides technical assistance and support related to application of evidence based community strategies including co-design of a food truck, a youth training program, and overall project development. **GOALS** To build a planned development in Burnside/Pullman to address the SSDOH. **CONTACT** Tamar Heller; theller@uic.edu

9. Illinois State Physical Activity and Nutrition Program (ISPAN) Breastfeeding Equity

PROGRAM The focus of this CDC program is to work with partners across Chicago and Cook county to improve continuity of care to support breastfeeding in Black and Latinx communities. We have developed a collaborative to increase the number of sites that provide breastfeeding support. **GOALS** Increase continuum of care in support of breastfeeding in communities of color. **CONTACT** Angela Odoms-Young; odmyoung@uic.edu

10. Leadership Education in Neurodevelopment Related Disorders (LEND)

PROGRAM Provides interdisciplinary pre-service and profession training in developmental disabilities including autism. **GOALS** Increase knowledge and skills in working with individuals with developmental disabilities. **PARTNERS** Department of Disability and Human Development. Funded by HRSA Maternal and Child Health **CONTACT** Tamar Heller; theller@uic.edu

11.OP-ENS (Our Peers Empowerment and Navigational Support)

PROGRAM Peer health navigator intervention for PWD (Medicaid beneficiaries). **GOALS** Help people with disabilities break down barriers to healthcare access. Take a broad view of health to include patient-provider issues, transportation housing, food insecurity. **CONTACT** Susan Magasi; smagas1@uic.edu

12. Phase III Cardiac Rehab

PROGRAM A program on Monday, Wednesday, and Friday from 7-9am and 4-6pm for patients having completed Phase II Cardiac Rehab per their physician's recommendation **GOALS** As a continuation program from Phase II for people w/ heart disease or at high risk for heart disease. **CONTACT** Cemal Ozemek; ozemek@uic.edu

13. Promoting Entrepreneurship Among Low-Income Youth with Disabilities

PROGRAM The project is conducting research activities focused on youth with disabilities from low-income communities in the following areas: (i) Identifying the individual and environmental factors associated with improved self-employment outcomes for youth with disabilities. (ii) Developing and empirically testing interventions that contribute to improved self-employment outcomes for youth with disabilities. (iii) Developing practices and policies that contribute to improved self-employment outcomes for transition-aged youth with disabilities. (iv) Examining vocational rehabilitation (VR) practices that contribute to improved self-employment outcomes for youth with disabilities. **GOALS** The main goal of this project is to develop and conduct formative and summative evaluations of a school-based model intended to promote self-employment outcomes among transition-aged youth with disabilities from low-income communities. **PARTNERS** Illinois Division of Rehabilitation Services, DePaul University, Artfully Gifted Foundation, Youth Connection Charter School **CONTACT** Sumitha Murphy; smurthy@uic.edu

14. PT Faculty Practice Worksite Wellness with UIC Police Department

PROGRAM Interprofessional collaboration to provide wellness and promote a healthy lifestyle within UIC **GOALS** Provide wellness and promote a healthy lifestyle within UIC. **CONTACT** Shayna Oshita; soshita@uic.edu

15. Screenable Saturday

PROGRAM Health and wellness fairs for women with disabilities, the center piece of which was access to free, accessible mammography services. **GOALS** Provide women with disabilities with cancer screening; health education, including interactive workshops **PARTNERS** Access Living and collaboration between OT, PT, and Nutrition **CONTACT** Susan Magasi; smagas1@uic.edu

16. Tap Autism Program

PROGRAM Provide clinical services and training for professionals, students, families, and people with autism. **GOALS** Increase accessibility and supports for people with autism and their families. **CONTACT** Tamar Heller; theller@uic.edu

17. Take Charge of Your Health: Chronic Disease Self Management Workshop

PROGRAM A free evidence-based self-management program provided by the UIH Occupational Therapy department for people living with or affected by chronic diseases. The curriculum is based on building skills around managing symptoms, emotions, social relationships, physical activity, nutrition, relaxation, sleep, participation in valued activities, communication with healthcare providers, goal-setting, problem solving, and decision making. **GOALS** Empower patients with chronic disease to improve their quality of life while reducing cost of care. **PARTNERS** US Surgeon General, Rush Generations

18. Youth and Family Lifestyle Program

PROGRAM Education and support to children with obesity and their families to promote healthy lifestyle habits. This is a group program that meets regularly. **GOALS** Promote healthy weight management thought lifestyle changes **CONTACT** Shayna Oshita; soshita@uic.edu

19. Youth Lifestyle Program

PROGRAM Many of the UIH Outpatient Pediatric Clinic patients are local children who are at risk or have been diagnosed with cardiovascular and metabolic disease. Our 8-week group program teaches children and their family members strategies for nutrition, exercise and behavior management in an effort to provide additional support and tools for lifestyle change. **GOALS** Increase frequency of time with healthcare providers and provide education with both nutrition and exercise practitioners. **PARTNERS** UIC Department of Kinesiology; UIH Department of Pediatric Endocrinology **CONTACT** Michelle Adams; mmadams8@uic.edu

20. UIC Children's Health and Wellness Academy

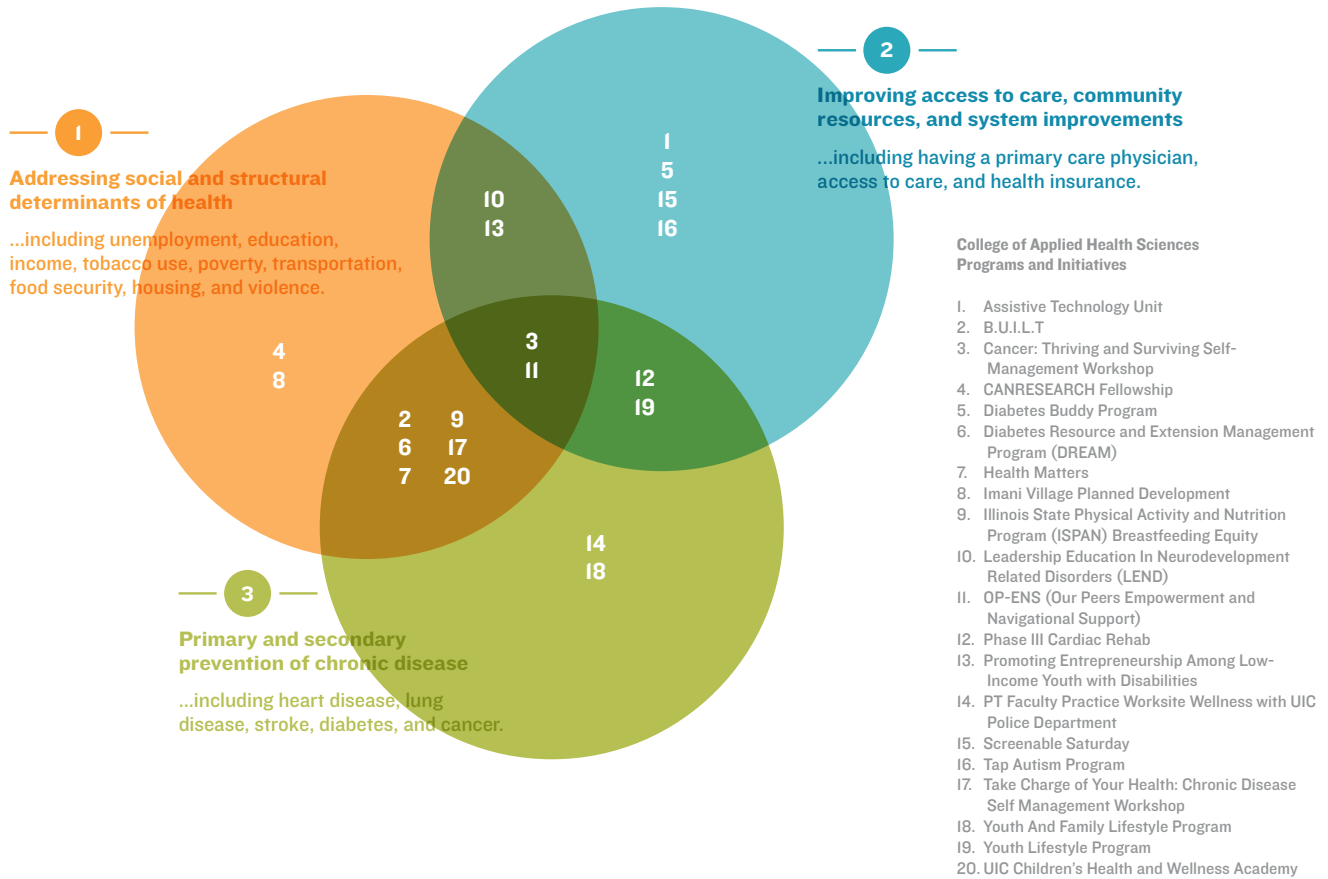
PROGRAM Currently the rates of childhood obesity are 18.5% and get higher as children get older. Access to healthy foods and quality health and wellness education is a problem, especially in lower socio-economic neighborhoods. UIC HWA provides an education program that shows at-risk youth how to make healthy recipes delicious and exercise fun. **GOALS** HWA's goal is to empower children to become Health and Wellness Ambassadors by taking ownership over their lifestyle choices and creating a positive relationship with food and movement. **PARTNERS** UIC Department of Physical Therapy, Altus Academy **CONTACT** Lindsey Strieter; lstriete@uic.edu



Add your program or initiative to our growing inventory of UI Health Community Health Programs. Open the camera of your phone to scan this code to link to the Survey of Community Initiatives and Programs (SCIP).

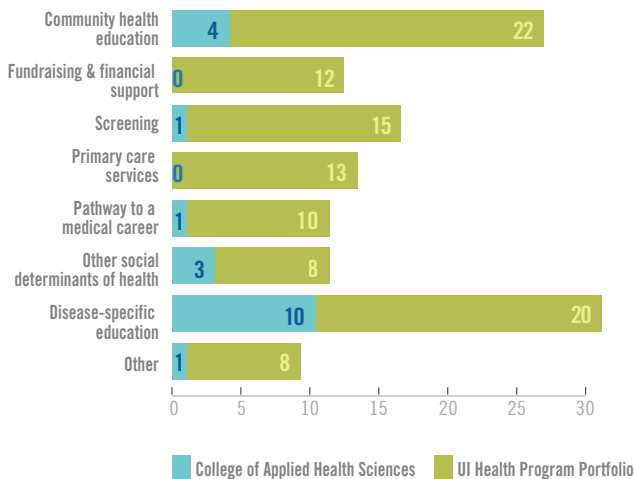
ADDRESSING THE COMMUNITY PRIORITY AREAS

Over the past three Community Health Needs Assessment (CHNA) cycles, UI Health primary service area constituents have expressed consistent priorities. The venn diagram below captures how College of Applied Health Sciences programs map to the community priority areas.



BENCHMARKING TO THE UI HEALTH PORTFOLIO

The bar chart below plots the College of Applied Health Sciences programs across the seven program type check boxes in the SCIP. The two "other" programs include specialty pharmacy services and a hybrid of community health education, screening, and disease specific education.



STEWARDED A NETWORK OF RELATIONSHIPS

Programs take shape and drive impact in the communities served by UI Health through an ecosystem of partnerships. Below we capture the different types of partners supporting and sustaining the program efforts.

