

# Enhancing Health Efficacy: Promoting Diet and Exercise Behaviors among Patients at Cooper Green's MOD Clinic

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UABHSOM- Cooper Green Mercy Health System

## Logic Model

### Outcomes

- Measurable increase in perceived self-efficacy in developing and adhering to diet and exercise programs.
- Enhanced ability to seek, comprehend, and evaluate health information
- Collect survey data to assess current level of health literacy and inform future directions

### Outputs

- Monthly in-person workshops tailored to patients' needs (delivered 7 workshops)
- 165+ patient contacts with assessment of baseline health efficacy and literacy
- Validated materials on sustainable healthy diet and exercise

### Activities

- 200 hours of direct patient service
- Workshop design and implementation
- Working with Dynamic health to connect patients with long term personalized care

### Inputs

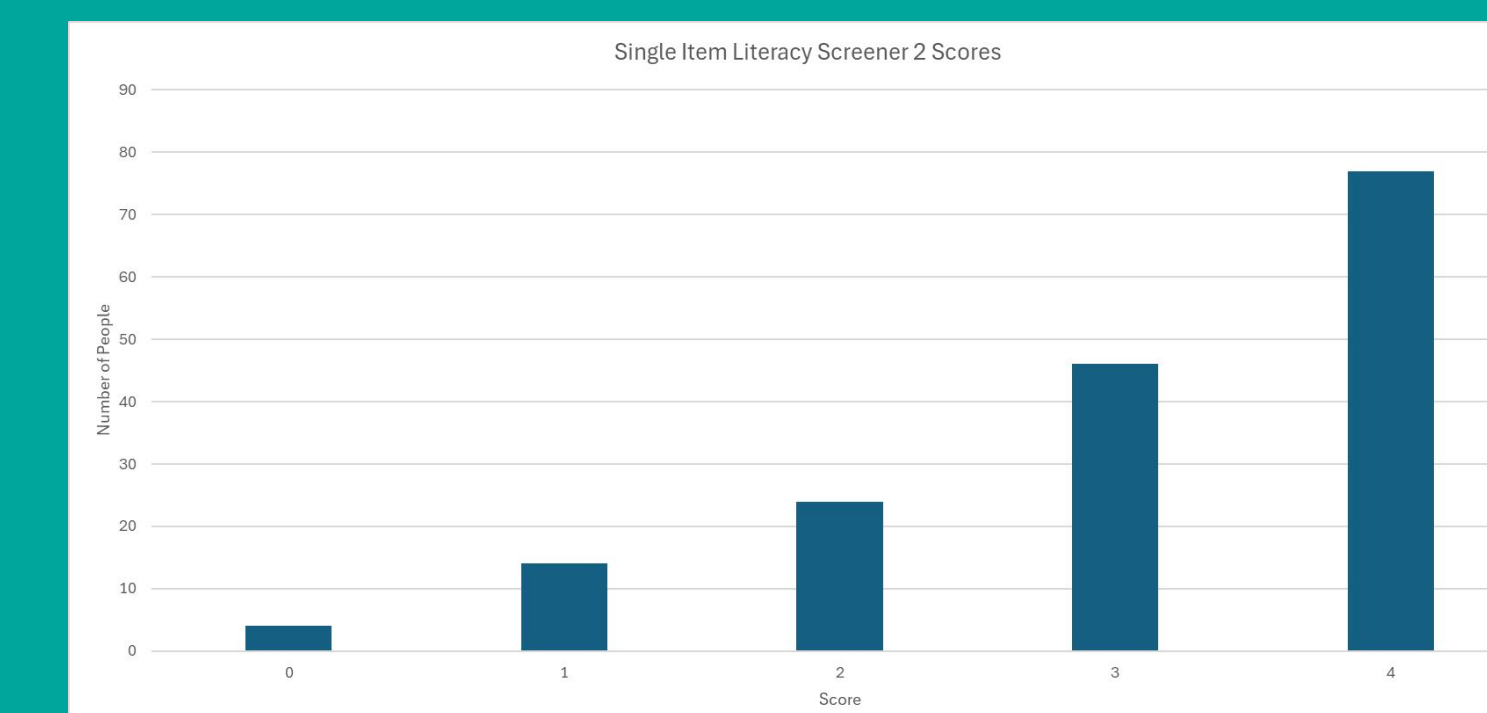
- Site and education mentor guidance
- Evidence based guidelines on exercise and diet practices
- Clinical staff to help facilitate patient flow

## Introduction

According to the UAB Center for Clinical and Translational Science, approximately 57 percent of all Alabamians are affected by low health literacy, which contributes to numerous poor health outcomes including increased morbidity and mortality. The effects of poor health literacy are especially pronounced in downtown Birmingham, where safety net hospitals like Cooper Green Mercy Health Services provide care to the city's most vulnerable groups. To measure and improve health literacy among patients at Cooper Green, this project hosted in-person workshops with patients at the Cooper Green MOD clinic and laid the groundwork for longitudinal relationships between UAB Heersink School of Medicine students and patients.



## Impact

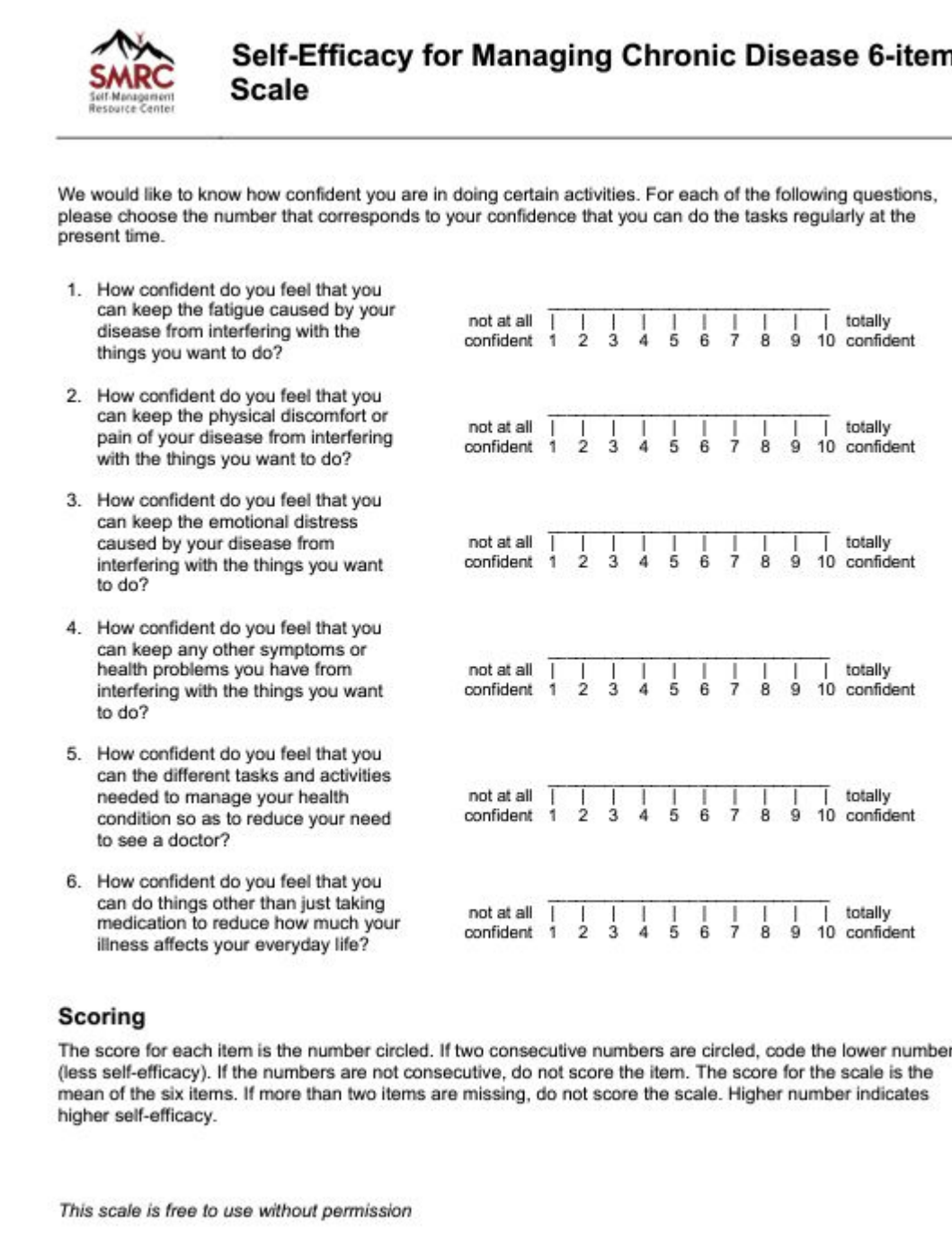


SILS2 Answer Wording	SILS2 Score
Not at all	0
A little bit	1
Somewhat	2
Quite a bit	3
Extremely	4

SILS 2 scores, a well-validated measure of baseline literacy, were obtained from 165 participants. Scores on the Self-Efficacy for Managing Chronic Disease 6-item Scale were also obtained from all participants. Among participants in the workshop, a mean improvement of 4.29 points on the latter questionnaire was observed (CI 19.75 - -11.17; p=0.55). We were unable to demonstrate a statistically significant effect of the workshops on questionnaire scores, however. More optimistically, 16 patients were paired with volunteers from the UABHSOM organization Dynamic Health and received 1-1 counseling on diet and exercise from trained medical students with that organization.

## Critical Assessment

This year, we worked with people with highly variable schedules, limited access to smartphones and laptops, and limited access to transportation. They were highly receptive to our questionnaires, and the SILS2 data collected this year will be useful for future projects with the MOD clinic at Cooper Green. Despite several different recruiting strategies, workshops proved to be an ineffective way of reaching people here. However, we had much more success working with Dynamic Health and look forward to more fully exploring a partnership with them moving forward.



## Acknowledgements

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## References

