

Program H.E.A.L.T.H

Helping Educate And Lead the Transformation of Health

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1 Background

Program H.E.A.L.T.H. (Helping Educate and Lead the Transformation of Health) is a Harmony Healthcare project addressing the varied components of a sustainable healthy lifestyle. Communities are invited to explore and participate in our different Solution Modules, each dedicated to a subset of the struggles of daily living.

ACTIVE



LIFESTYLE TRANSFORMATIONS

- Started in 2021/2022
- 16-week multidisciplinary high intensity lifestyle training Solution Module
- Addressing the key physical and behavioral components of a healthy lifestyle
- Focused on helping SBHC students struggling with unhealthy weight and related health consequences
- Eligible students can take advantage of a lifestyle skills Solution Module facilitated in a protected and safe environment.

IN-PROGRESS



HAPPIER MEALS



- Starting in 2024/2025
- Open-enrollment, inclusive, live-streaming Solution Module addressing nutrition in our communities and daily lives
- "Good, Better and Best" versions of a dish you know and love with fun ways to make better food choices.
- Nutrition experts present the community's favorite recipes based on student survey results at our schools.
- Facilitates healthy lifestyle behaviors by giving people the tools to make better choices related to food
- Encourages student, family and friend participation

IN-PROGRESS



FOSTERING THE YOUNG EXPLORER

- Starting in Summer 2024
- Partnership with the North Shore Land Alliance/Roosevelt Community Garden focused on Community Activities.
- Aims to engage youth, aged 5-18, with the marvels of nature, fostering a passion for the outdoors, gardening, and encouraging healthier lifestyle decisions
- Participants will be exposed to enjoyable, interactive activities to help them acquire a valuable understanding of the interplay between nature, nutrition, and holistic wellness.
- From discovering local ecosystems to understanding sustainable food practices, these sessions will impart practical knowledge and skills that can enrich the lives of youth and their families.

Figure 1 The current 3 modules making up Program H.E.A.L.T.H.

2 Active Program Methodology

LIFESTYLE TRANSFORMATIONS

Pre and post medical and Laboratory screening tests

- Weight
- Blood pressure
- Resting Heart Rate (reflects fitness level)
- Hemoglobin A1C (Screening for Type 2 Diabetes – T2D)
- Fasting Lipids
- Fasting Glucose
- SGPT (Screening for Non-Alcoholic Fatty Liver Disease – NAFLD)

Pre and post behavioral health screening tests

- PHQ-9 (depression)
- GAD-7 (anxiety)
- EDE-S (eating disorders and disordered eating) (Revised from the EDE-QS)
- Healthy Habits Questionnaire (American Academy of Pediatrics)
- Self-Esteem Questionnaire

Structured and coached exercise plans:

- In-Person Coaching: Track workouts 3 days per week with the SBHC Nurse Practitioner (NP).
- At Home Training Program: Strength & conditioning workouts 2 days per week.

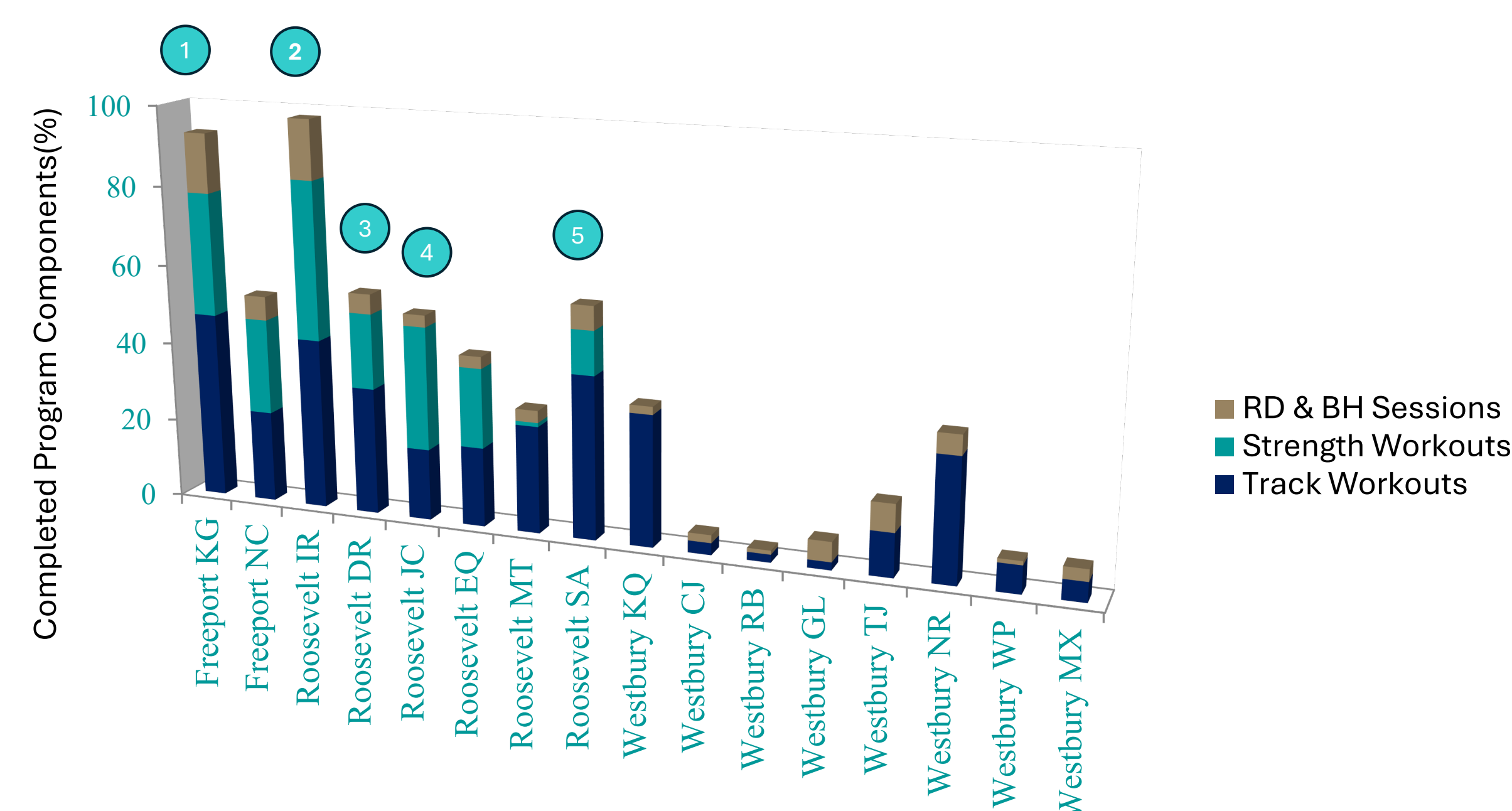
Behavioral health education and support:

- One-on-one support taking place biweekly with the SBHC social worker.

Nutritional education and support:

- 8 group sessions with our HHLI registered dieticians.

3 Significant Results



16 SBHC students participated in Program HEALTH in the 2021/2022 cohort. 5 students had some significant improvements in either weight loss, depression score, anxiety score, disordered eating assessment, or fasting blood glucose.

The 5 students with these significant findings were the same 5 students who had the highest level of participation.

Intensive lifestyle interventions can have success if the participants are significantly committed to the process.

- Freeport Student KG - Weight loss, Resting HR, PHQ-9, GAD-7, EDE-QS
- Roosevelt Student IR - Weight loss, PHQ-9, GAD-7, EDE-QS
- Roosevelt Student DR - FBG, GAD-7
- Roosevelt Student JC - Weight loss, GAD-7, EDE-QS
- Roosevelt Student SA - Weight loss



Freeport Nurse Practitioner Sherly Antoine Commentary:

"Lifestyle Transformations is a great program, and I am very happy to be a part of this initiative. I wasn't sure what to expect. Overall, I have enjoyed the process of helping my student/patient learn about the physical and behavioral elements of a healthy lifestyle and watching his progress."



Freeport SBHC Student Commentary:

CS – "I thought every aspect of this program was great. It all helped me. I've learned a lot about how to change what I eat, and I would love to be in this program, over the summer and next year!"



Westbury SBHC Student Commentary:

SHL - "I really liked getting help in losing weight and having someone to check in with and be monitored."

Westbury SBHC Nurse Practitioner Joy Ciardullo Commentary:

"Our SBHCs at Harmony HHLI are always trying to find new ways to transform health. Lifestyle Transformations took us out of our office chairs and outside walking with the students! We were actively moving with them and discussing healthy lifestyle changes in areas of fitness, nutrition and mental health during their school day. It was empowering as these are the girls and boys suffering with unhealthy weight, many times left out and sitting in the cafeteria alone. Many of these kids never knew a track existed before joining us. It was exciting for me to see that through movement and engagement the students found themselves able to actively be walking more, maybe talking for the first time to teachers, coaches, and health care providers who care."



References

Hampf SE, Hassink SG, Skinner AC, et al. Clinical Practice Guideline for the Evaluation and Treatment of Children and Adolescents With Obesity. Pediatrics. 2023;151(2): e2022060640
NCCOR Engaging Health Care Providers and Systems Workgroup. A Toolkit for Evaluating Childhood Healthy Weight Programs. Washington (DC): National Collaborative on Childhood Obesity Research, September 2021

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