






March 23, 2012



HLC Wellness Compendium




Baylor Health Care System Wellness Initiatives




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Baylor Health Care System wellness focus has three audiences:

- Employees
- Patients
- Communities we serve



Bringing Wellness to the Community




Diabetes Health and Wellness Institute (DHWI)

An example of a new model of care for the future

Mission: To improve the care and save lives of people with diabetes by creating a new care model focused on health care, education and research in Southern Dallas






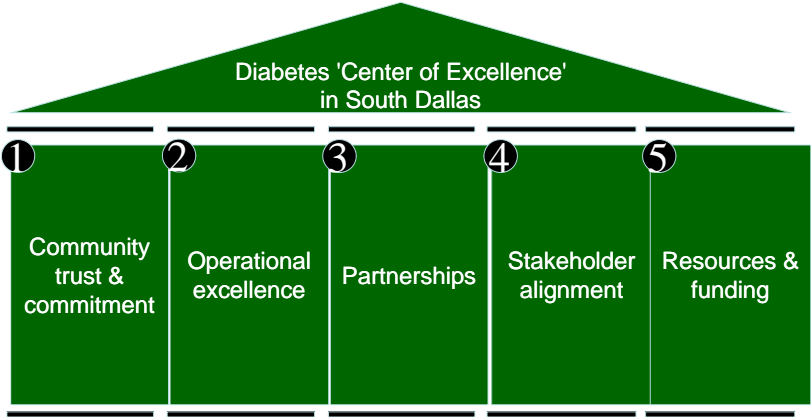
Fundamental Principles

- Key Factors:
 - Public and private partnership between the City of Dallas and Baylor Health Care System
 - Integration of social, cultural, medical, and economic initiatives
 - Innovative approaches to care of diabetes and other related conditions
 - Incorporation of community-based, multi-disciplinary research to understand the needs of the community
 - Create key external partnerships

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DHWI executes on five key dimensions

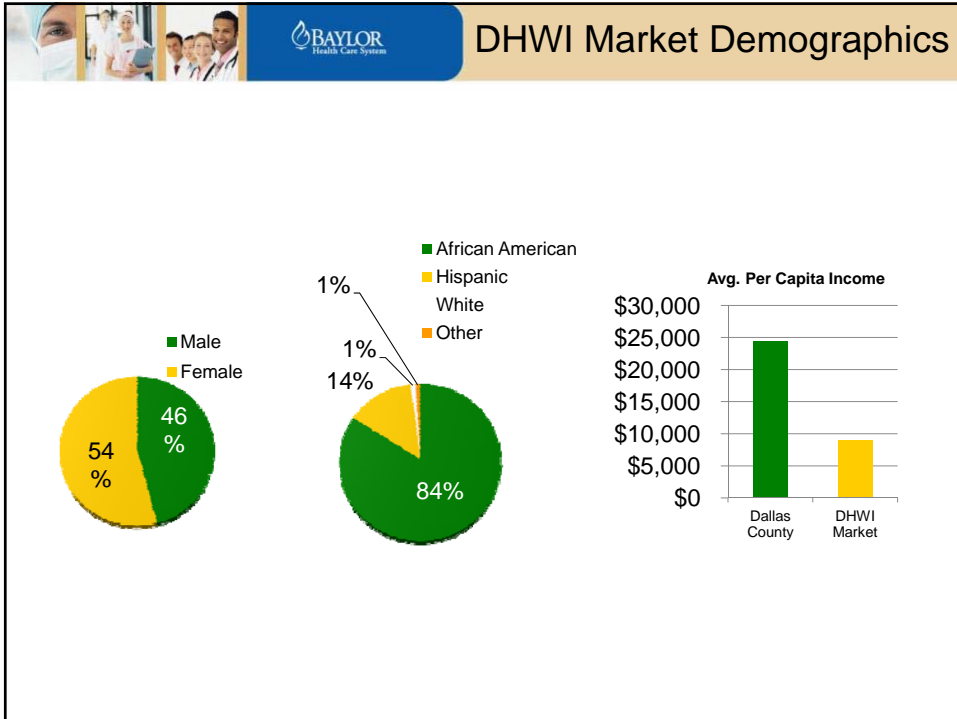


Diabetes 'Center of Excellence' in South Dallas


1 Community trust & commitment	2 Operational excellence	3 Partnerships	4 Stakeholder alignment	5 Resources & funding
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Five key dimensions are based on best practices from benchmarks and stakeholder interviews

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- BAYLOR Health Care System** Statistics To-date
- Members – 2,789
 - Employees – 23 FTEs
 - Clinic visits – 2010 (109); 2011 (1409); 2012 (1682)
 - Cooking class participants – 1,221 visits
 - Fitness Center visits – 6,937
 - Farm stand – 2,397 visits
 - One-on-one counseling w/health partner or diabetes educator
 - Dedicated physician on-site

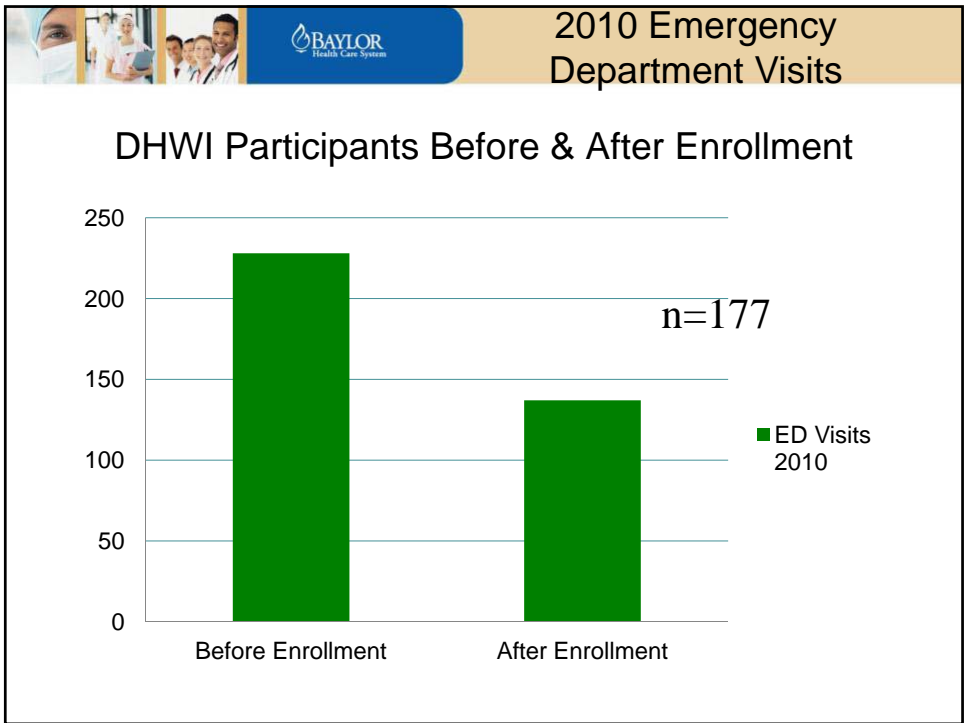



Defining Success Outcomes

- Improve health status by incorporating healthy behaviors that are measured over time - 7 key behaviors
- Decrease Morbidity and Mortality
 - Decrease complications: heart events, kidney failure, blindness, nerve disease
 - Measuring key clinical outcomes
 - Measuring key behavioral outcomes: AADE 7 key self-care behaviors
- Decrease length of stay for hospital admissions for the residents in South Dallas
- Decrease ED visits for the residents of Southern Dallas

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*addendum




 Summary

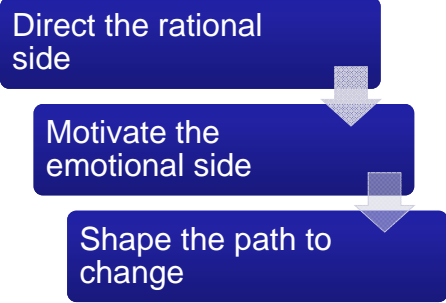
- Community-level, collaborative, long-term project aimed at decreasing disparities in health care access and delivery while improving health outcomes within the Southern Sector of Dallas.
- “Center of Excellence” concept
 - Diabetes focus
 - Linking primary, secondary and tertiary prevention methods

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 Making Change Happen



“Each person has an emotional and rational side. You’ve got to reach both and clear the way for them to succeed.”



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graph TD; A[Direct the rational side] --> B[Motivate the emotional side]; B --> C[Shape the path to change];
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