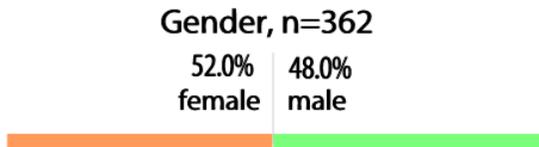
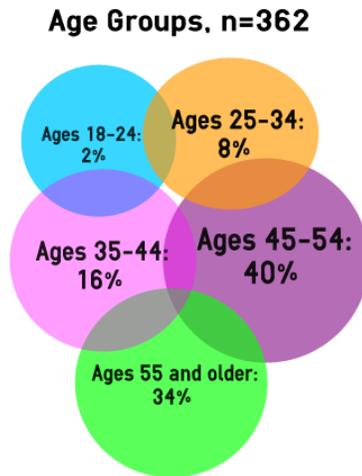
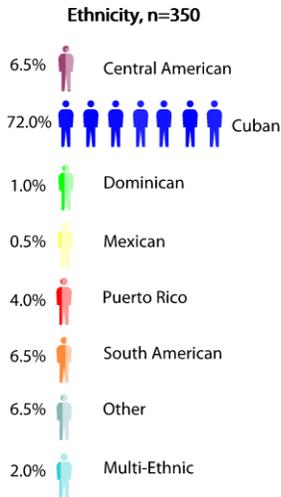


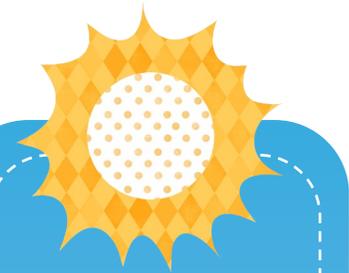
Our Members: Demographics

- Of 362 members, 52% are female
- Most of our members (72%) are Cuban
- The majority (73%) of our members are above age 45
- 3% of our members are between the ages of 18 and 24



Enrollment: Year 3

As of October of 2013, **389** members have been enrolled in Por Tu Salud. This enrollment rate represents **105%** of our target enrollment for the month of October, **370**. To meet our enrollment target for Year 4, **91** members should be enrolled. The graph in the next page depicts our actual enrollment compared to our target enrollment for Year 3.



Por Tu Salud Evaluation Update October 2013

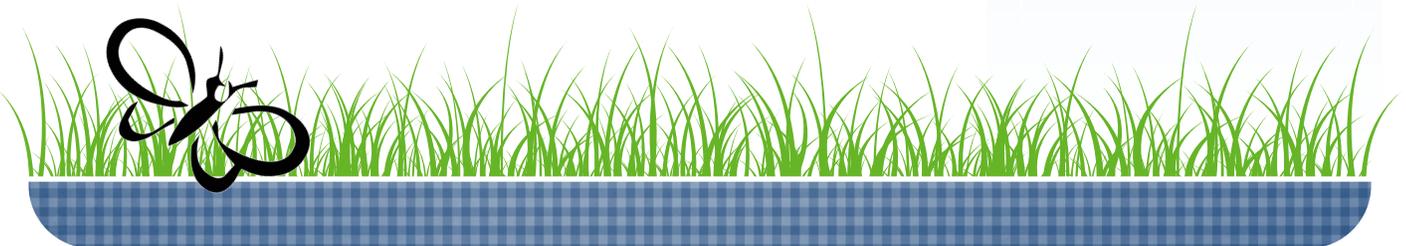


Inside this issue

Demographics /Enrollment	1
Enrollment/ Physical Health	2
Special Event/Groups	3
Physical Health Details	4-5
Mental Health	6

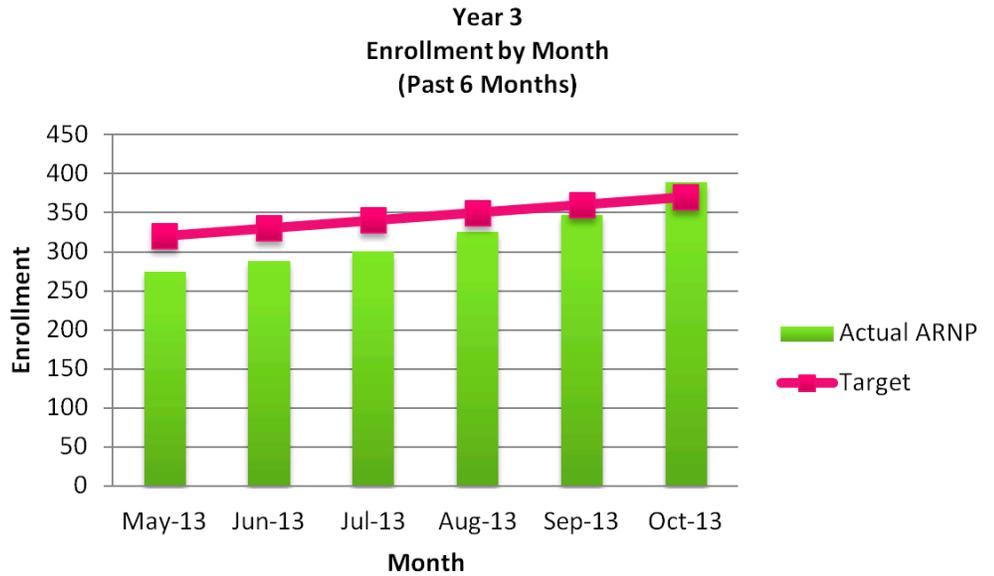
Evaluation Team

Emy Lou Pesantes, MBA, MSW
Violeta Rodriguez, BA



Enrollment (continued)

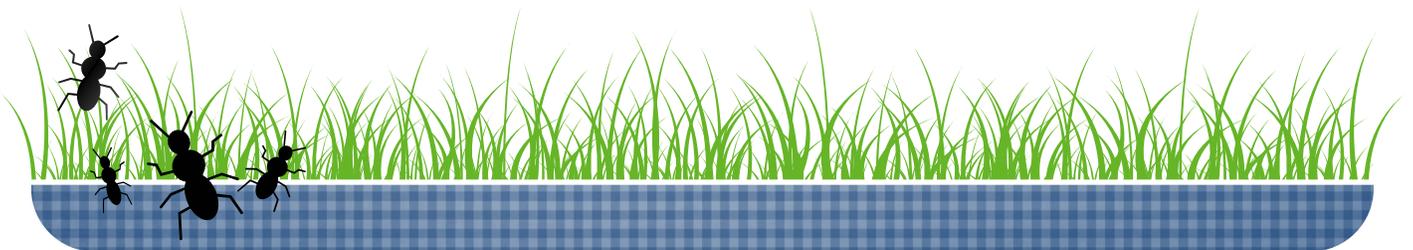
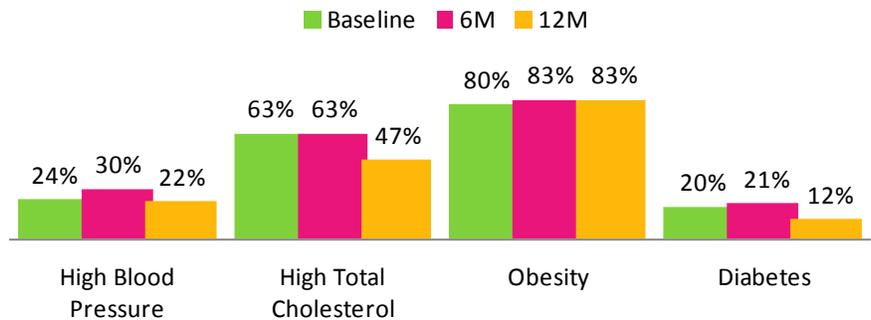
Our enrollment from September to October decreased by **31.8%** (from 22 to 15).



Physical Health: At a Glance

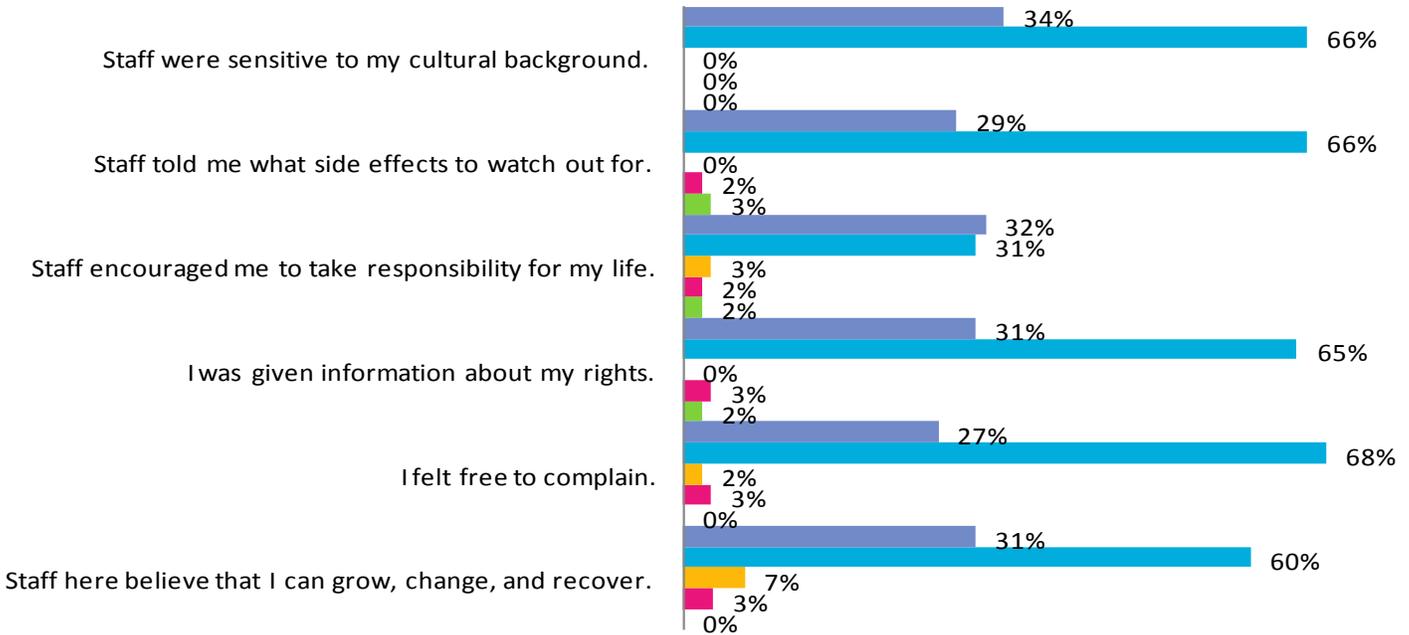
- As you can see on the graph to below, from Baseline to 12-month follow-up, the percentage of members with **high total cholesterol** has **decreased from 63% to 47%**.
- From Baseline to 12-month follow-up, the **percentage of members with high blood pressure has decreased from 24% to 22%**.
- The percentage of our members who fall under the category of **obese increased from Baseline to 6-month follow up (80% to 83%), and then remained the same at 12-month follow-up.**

Common Chronic Health Conditions, n=76



Perception of Care, n=62

Strongly Agree Agree Undecided Disagree Strongly Disagree



Group Attendance

Solutions For Wellness Module Weight Management, Part I

32 members attended at least one group in **October**. This reflects a **49% decrease** in attendance since April 2013.

On average, members attended **2** groups.

Wellness Fairs Topics

- Importance of Physical Activity
- Fight against stress with exercise
- Relaxation Techniques for Stress Relief
- National Month of Depression

Pre & Post

Of **4** members who took pre and post-tests:

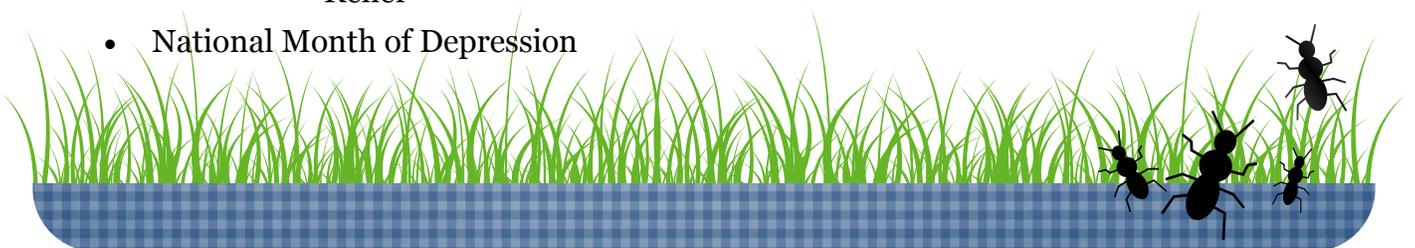
0% obtained **higher scores** at post-test



100% of the scores reflected **no change**



0% obtained **lower scores** at post-test

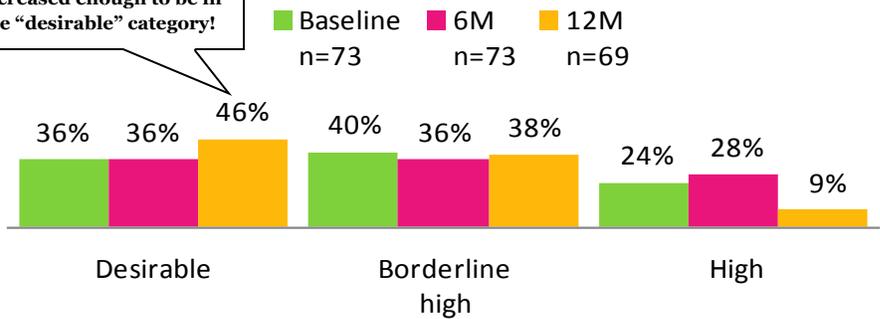


Physical Health: A

- As you can see from the graph to the right, the percentage of our members who fall under the **desirable category for cholesterol has increased** did not change from Baseline to 6-month follow-up (36%), but **increased** at 12-month follow-up to **46%**.

Over the course of 12 months, 10% of our members' cholesterol levels have decreased enough to be in the "desirable" category!

Cholesterol

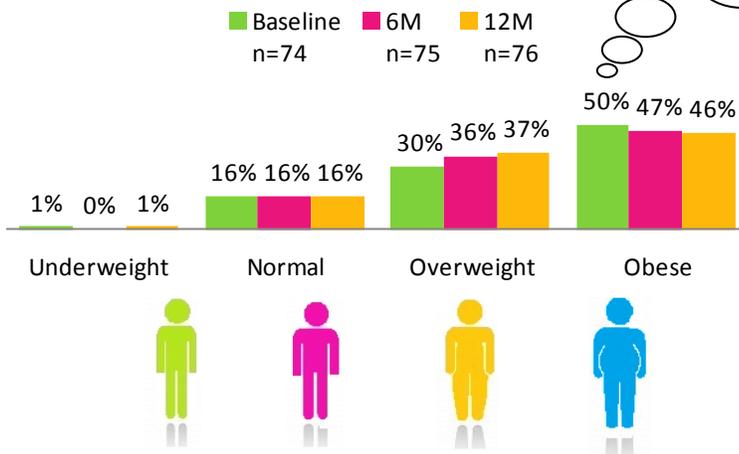


- The number of members who were under the **category of borderline high at Baseline decreased from 40% to 36% at 6-month follow-up**. However, this number **slightly increased to 38%** when blood samples were collected at 12-month follow-up.
- The percentage of members who had **high cholesterol at Baseline slightly increased at 6-month follow-up from 24 to 28%** but then **decreased to 9%** at 12-month follow-up.

“The part can never be well unless the whole is well.” — Plato.

Body Mass Index

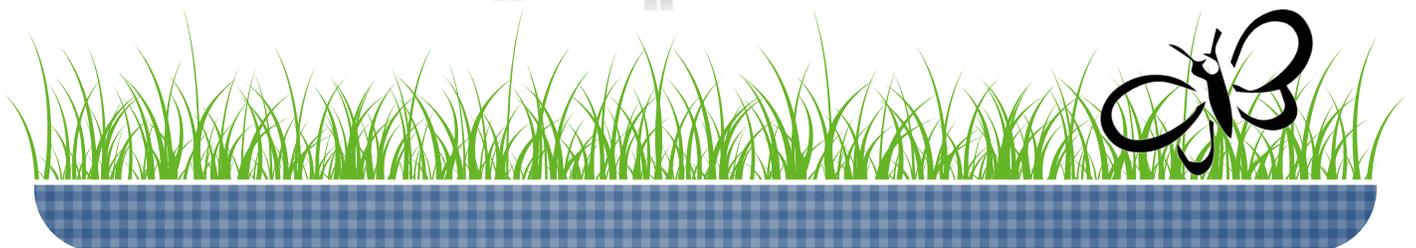
Body Mass Index

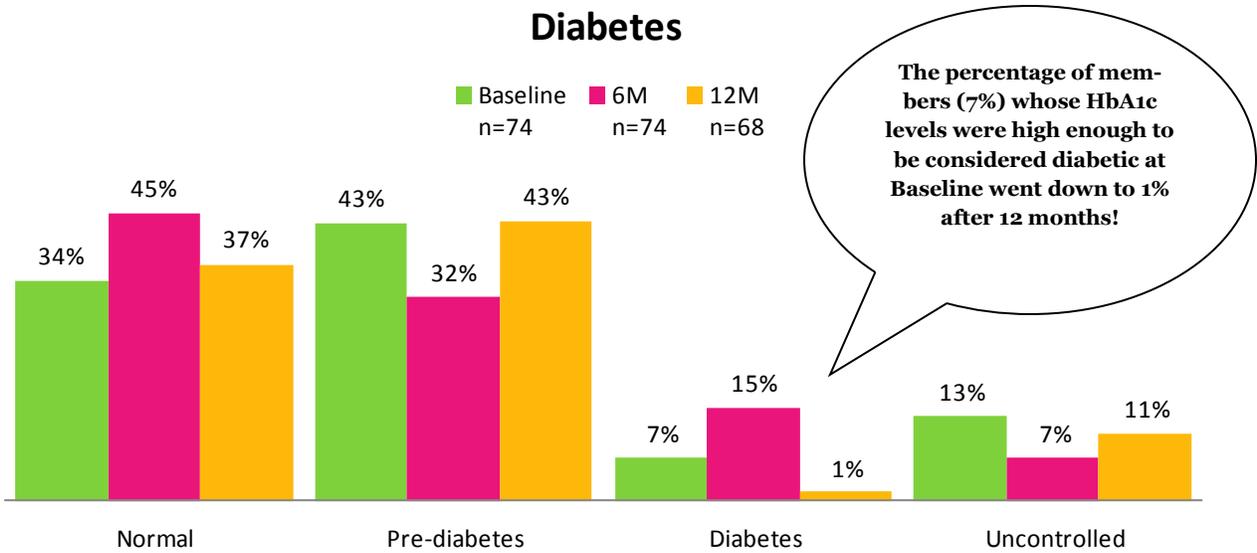


After 12 months, the number of members considered obese has decreased by 4%!

As you can see from the graph to the left:

- The number of members who fell under the **normal category** (as measured through their body mass index or BMI) **remained the same from Baseline to 6-month follow-up, and 12-month follow-up (16%)**.
- Moreover, the percentage of members who fell under the category of overweight at **Baseline (30%) increased at 6-month follow-up (36%)** and then **increased again at 12-month follow-up (37%)**.

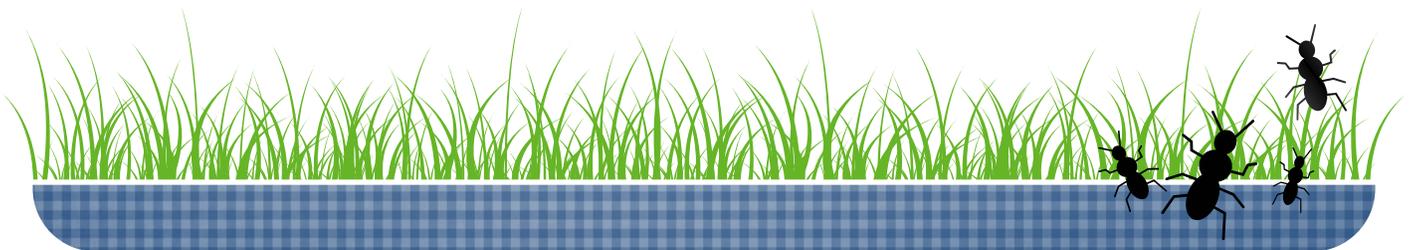




Percentages reported in the graph above are measured as consumers' levels of HbA1c, an index of average blood glucose for the previous three to four months.

Diabetes

- As you can see from the graph above, the percentage of consumers whose levels of HbA1c were considered normal **at Baseline increased at 6-month by 11%** and then **decreased at 12-month follow-up by 8%**.
 - In other words, at 6-month, 11% of participants' HbA1c levels decreased considerably enough to be considered normal (rather than pre-diabetic). However, only 3% stayed in the normal category at 12-month.
- The percentage of consumers at Baseline whose levels of HbA1c were considered pre-diabetic **decreased at 6-month follow-up from 43% to 32%** and then **increased at 12-month follow-up to 43%**.
- The number consumers whose levels of HbA1c were considered diabetic at Baseline (7%) **increased to 15%** at 6-month follow-up, but then **decreased to 1%** at 12-month follow-up.
- Lastly, the percentage of consumers whose levels of HbA1c were categorized as uncontrolled diabetic **decreased from 13% at Baseline to 7% at 6-month follow-up** and then **increased to 11% at 12-month follow-up**.



For questions, comments, or suggestions, please contact the PTS Evaluation Team via:

Phone:
 Emy Pesantes at (305) 398-6130 or Violeta Rodriguez at (305) 398-6183

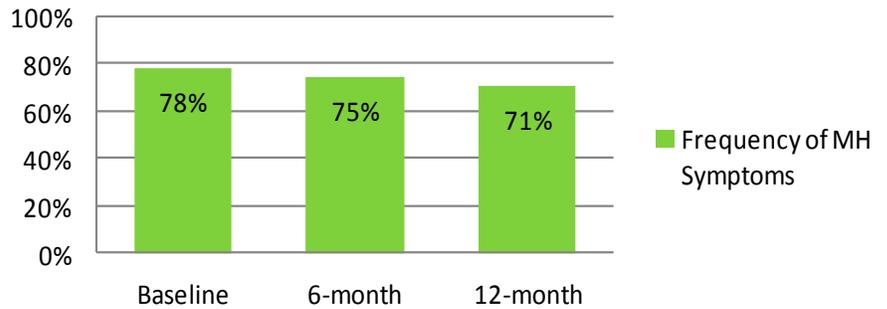
E-mail:
 epesantes@spectrumprograms.org
 violetarodriguez@spectrumprograms.org

Mail:
 11031 NE 6th Avenue
 Miami, FL 33161



Mental Health Symptoms

Frequency of MH Symptoms, n=55



Participants' Behavioral Health Status is measured through section B3 of the National Outcome Measures (NOMs) Client-Level Measures for Discretionary Programs Providing Direct Services. The section asks participants questions such as, "In the past thirty days, about how often did you feel nervous?" and similar questions are presented to assess hopelessness, restlessness, symptoms of depression, fatigue, and worthlessness for a total of 6 items. Participants can respond to such questions with answers ranging from 0 = none of the time to 4 = all of the time.

The graph above represents participants' total score decrease in reporting that they felt fatigued, anxious, depressed, or worthless "all the time". As noted, there was a **3% decrease in the frequency of mental health symptoms experienced from Baseline to 6-month follow-up** and an **additional decrease of 4% at 12-month follow-up**.

Overall, this means that 7% of the members stopped reporting that they experience symptoms of fatigue, hopelessness, worthlessness, or anxiety "all the time" and instead reported experiencing them less frequently.

