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.
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 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

<table>
<thead>
<tr>
<th>Condition</th>
<th>Baseline</th>
<th>6M</th>
<th>12M</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Blood Pressure</td>
<td>24%</td>
<td>30%</td>
<td>22%</td>
</tr>
<tr>
<td>High Total Cholesterol</td>
<td>63%</td>
<td>63%</td>
<td>47%</td>
</tr>
<tr>
<td>Obesity</td>
<td></td>
<td>80%</td>
<td>83%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>24%</td>
<td>21%</td>
<td>12%</td>
</tr>
</tbody>
</table>
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

Perception of Care, n=62

- Staff were sensitive to my cultural background.
- Staff told me what side effects to watch out for.
- Staff encouraged me to take responsibility for my life.
- I was given information about my rights.
- I felt free to complain.
- Staff here believe that I can grow, change, and recover.

<table>
<thead>
<tr>
<th>Perception</th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>Undecided</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>Staff were sensitive to my cultural background.</td>
<td>3%</td>
<td>2%</td>
<td>0%</td>
<td>2%</td>
<td>94%</td>
</tr>
<tr>
<td>Staff told me what side effects to watch out for.</td>
<td>2%</td>
<td>3%</td>
<td>0%</td>
<td>0%</td>
<td>95%</td>
</tr>
<tr>
<td>Staff encouraged me to take responsibility for my life.</td>
<td>3%</td>
<td>2%</td>
<td>0%</td>
<td>0%</td>
<td>92%</td>
</tr>
<tr>
<td>I was given information about my rights.</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
<td>100%</td>
</tr>
<tr>
<td>I felt free to complain.</td>
<td>2%</td>
<td>3%</td>
<td>0%</td>
<td>0%</td>
<td>95%</td>
</tr>
<tr>
<td>Staff here believe that I can grow, change, and recover.</td>
<td>7%</td>
<td>3%</td>
<td>0%</td>
<td>0%</td>
<td>90%</td>
</tr>
</tbody>
</table>
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%.

- 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.

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

Body Mass Index

- Over the course of 12 months, 10% of our members’ cholesterol levels have decreased enough to be in the “desirable” category!

- 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.
Mental Health Symptoms

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.