Our Members: Demographics

- Of 422 members, 52.1% are female
- Most of our members (73.9%) are Cuban
- The majority (75.1%) of our members are above age 45
- 2.6% of our members are between the ages of 18 and 24

Enrollment: Year 4

As of January of 2014, 432 members have been enrolled in Por Tu Salud. This enrollment rate represents 103% of our target enrollment for the month of January, 420. To meet our enrollment target for Year 4, 48 members should be enrolled before March 31st, 2014. The graph in the next page depicts our actual enrollment compared to our target enrollment for Year 4.
Enrollment (continued)

Our enrollment from September to October increased by 11.1% (from 15 to 25).

Physical Health: At a Glance

- As you can see on the graph to the right, from Baseline to 12-month follow-up, the percentage of members with high total cholesterol has decreased from 64% to 48%. That means that 16% of our members' total cholesterol levels decreased in 12 months!

- For high blood pressure, the percentage of members has increased from Baseline to 6-month follow-up (from 23% to 31%), and then decreased at 12-month follow-up to 24%.

- The percentage of our members who were obese at Baseline stayed the same from Baseline to 6-month and 12-month follow-up (81%).
Perception of Care, n=10

Group Attendance

Solutions For Wellness Module
Step Into Better Health

49 members attended at least one group in January. This reflects a 27% decrease in attendance since April 2013.

On average, members attended 2 groups.

Wellness Fairs Topics
Small Steps to Achieve a Healthy Lifestyle
Thinking, Planning, and Executing
Preparing for a doctor’s appointment

Pre & Post Tests

Of 13 members who took pre and post-tests:
8% obtained higher scores at pre-test!

62% of the scores reflected no change

31% 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 **did not change** from Baseline to 6-month follow-up (35%), but **increased** at 12-month follow-up to 47%.

- The number of members who were under the category of borderline high at Baseline decreased from 38% to 33% at 6-month follow-up. This number further **increased** to 40% 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 26% to 30% but then **decreased** to 8% at 12-month follow-up. **That is 18% of our members whose cholesterol levels decreased enough to no longer be in the “high” category!**

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*“Our bodies are our gardens—our wills are our gardeners.” — Shakespeare*

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**Body Mass Index**

- As you can see from the graph to the left:
  - 1% of our members’ BMI decreased enough to be considered normal from Baseline to 6-month. This percentage change remained stable at 12-month follow-up.
  - The percentage of members who fell under the category of overweight at Baseline **increased** at 6-month follow-up (32%) and then stayed the **same** at 12-month follow-up.
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 9% and then **decreased** at 12-month follow-up by 10%.
  - In other words, at 6-month, 10% of participants’ HbA1c levels decreased considerably enough to be considered normal rather than pre-diabetic. However, members’ HbA1c levels **increased** again at 12-month and did not remain in the normal category.
- The percentage of consumers at Baseline whose levels of HbA1c were considered pre-diabetic **decreased** at 6-month follow-up from 42% to 33% and then increased at 12-month follow-up to 44%.
- The number of consumers whose levels of HbA1c were considered diabetic at Baseline (7%) **increased** to 13% at 6-month follow-up, but then **decreased** to 2% at 12-month follow-up.
- Lastly, the percentage of consumers whose levels of HbA1c were categorized as uncontrolled diabetic **decreased** from 14% at Baseline to 8% at 6-month follow-up and then **increased** to 11% at 12-month follow-up.

**Diabetes affects the parts seen below.**
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 8% decrease in the frequency of mental health symptoms experienced from Baseline to 6-month follow-up. This decrease was still noted at 12-month follow-up.

Overall, this means that over the course of 12 months, 8% of the members stopped reporting that they experience fatigue, hopelessness, worthlessness, or anxious symptoms “all the time” and instead reported experiencing them less frequently.