

City of Lawrence, Kansas
6 East 6th Street
Lawrence, KS 66044

Phone: (785) 832-3209
Fax: (785) 832-3228
E-mail: Rpem@lawrenceks.org

HEALTHY FOOD PILOT PROGRAM



City of Lawrence

ABOUT THE PROGRAM

Objective

To improve the eating habits of program participants and examine the characteristics and outcomes of nurse practitioner-referred weight management patients over a 12 week period.

Design

This program is currently only open to employees that are a member of the healthcare plan and have met the requirements to utilize the WellCare Clinic. A nurse practitioner will conduct a review of clinic records of all individuals (employees only) that express an interest in the program and that fall into an at risk category due to excessive weight. The nurse practitioner will then make contact with a select number of those individuals, both male, female and of different age groups, and ask them if they would like to participate in the Food Pilot Program. The individuals selected to participate in the program will be scheduled to meet with the nurse practitioner for more details about the program, to discuss specific weight loss goals, and will be enrolled in the CIGNA Healthy Steps to Weight Loss program. Those selected to participate in the Healthy Food Pilot Program will be offered a free 20-minute needs assessment consultation with a nurse practitioner in which information regarding health, weight status, and appropriate health related programs will be described and offered.

The minimum qualifications to be selected for the program are listed below in red. Additional criteria have been established by the Nurse Practitioners and are as follows:

- **BMI >30**
- **2 or more abnormal labs:**
 - Total Cholesterol >200
 - LDL >150
 - HDL <40 in men
 - HDL < 50 in women
 - Triglycerides >150
 - Glucose >100
 - Blood pressure > 130/80
 - Waist circumference > 40 inches (men)
 - Waist circumference > 35 inches (women)

Additional qualifiers:

- Other chronic disease states
- HTN
- Hyperlipidemia
- DM

- Obesity
- Autoimmune diseases
- Other major health conditions as identified by the nurse practitioner

Those that are enrolled in the program will also have access to a nutritionist when referred by a WellCare Clinic nurse practitioner. All program expenses will be covered by the City of Lawrence, to include the cost of a healthy lunch five days a week for each program participant.

Criteria used to evaluate qualification for continued participation in the program:

- At least a 4% reduction in BMI over a 12 week period.
- A reduction in 2 or more abnormal labs from their previous study.
- A reduction in waist circumference.
- Attendance in biweekly appointments with the ARNP in the clinic.
- Enrollment in CIGNA healthy lifestyle program.
- Continued approved food choices per ARNP or dietician.

Setting

The City of Lawrence’s WellCare Clinic located inside of Lawrence Memorial Hospital, 330 Arkansas Street, Suite 215, Lawrence, Kansas 66044.

Use of Funds

There will be a total of 10 individuals that will be selected to participate in the program. Participants may sign up for the program in 12 week increments. Those participants that show improvement will be eligible to sign up to participate for another 12 weeks. However, if no improvement has been shown, then a new participant may be identified by one of the nurse practitioners at the clinic. Program participation also provides these individuals with access to a nutritionist, and reimbursement of up to \$876 for each 12 week session, or \$292 per month-not to exceed \$3504 per year per participant (subject to tax) for the purchase of healthy food for lunch as recommended by the nurse practitioner. Individuals will be required to submit proof of purchase of healthy lunch meals. The total cost of supplementing the food for the program is estimated to be \$35,040 annually.

GOALS OR DESIRED OUTCOMES

The City of Lawrence anticipates that at least 50% of the participants in the program will experience significant weight loss improving their overall health. As a result of the success of those that enroll in the program the City of Lawrence would like to see increased interest in program participation as well.

The success of the program will be measure by tracking:

- 1) Reduced Body Mass Index (BMI) and weight loss of program participants.

- 2) Percentage of those that showed improvement in overall health such as blood pressure, cholesterol and glucose levels.
- 3) Percentage of those that start and then complete the program.
- 4) Percentage of those that submit receipts for reimbursement.
- 5) Tracking of results of program monitoring of patient outcomes and questionnaire provided to program participants (monitoring of participants in the program may take place for up to 18 months).