

LESSONS LEARNED FROM THE LOS ANGELES CHRONIC DISEASE MANAGEMENT CONSORTIUM

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CityMatCH Conference
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TODAY'S PRESENTATION

- Introduce the Los Angeles Chronic Disease Management Consortium (CDMC).
- Review the CDMC collaborative model.
- Discuss lessons learned.



NATIONAL HEALTH FOUNDATION

- An independent non-profit agency based in Los Angeles dedicated to improving and enhancing the health of the underserved by developing and supporting innovative projects.
- Facilitates various collaborative projects between government, public & private sectors.
- Chronic disease prevention and management is a strategic initiative.



CDMC BACKGROUND



- Mission: To provide communities with free, culturally appropriate chronic disease prevention, intervention and management programs and services.
- Programs developed and implemented by a multidisciplinary team.
 - Including physicians, registered dietitians, hospital administrators and *promotoras* or lay health educators.
- Funding provided by the Good Hope Medical Foundation (one of the founders), Unihealth Foundation and the Watts Health Foundation.

CDMC MEMBERS

- National Health Foundation
- Hospitals located in Los Angeles County
- Community partners

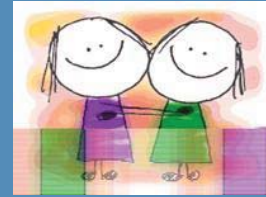


NHF ROLE

- **Grant administrator:**
 - Researches and writes grants.
 - Prepares reports and distributes funding.
- **Facilitate the consortium:**
 - Organize and facilitate meetings.
- **Evaluator:**
 - Develop & maintain web-based data collection systems.
 - Analyze outcomes & develop reports for publication.



CDMC HOSPITALS



5 Hospitals in Los Angeles County:

- Huntington Hospital
- California Hospital Medical Center
- Good Samaritan Hospital
- Childrens Hospital, Los Angeles
- Harbor-UCLA Medical Center

COMMUNITY PARTNERS

- Community Clinics
- County medical facilities
- Local YMCAs
- Departments of parks and recreation
- Various social service agencies

CDMC PROGRAMS

Pasadena Community Asthma Project : *1997-Present*

Healthy Eating Lifestyles Program (HELP): *2004-Present*

Type 2 Diabetes Program: *2005-Present*

Heart HELP, cardiovascular disease program: *current*



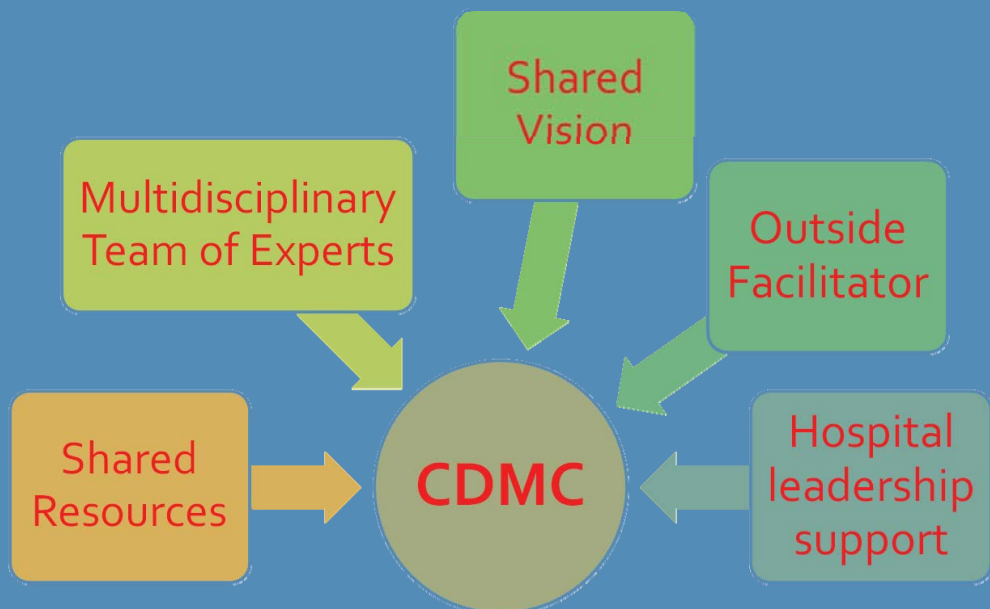
PROGRAM RESULTS & ACCOMPLISHMENTS

- *Cumulatively reached approximately 10,000 individuals through outreach & workshops.*
- Asthma program: Huntington Hospital showed a 30% decrease in pediatric inpatient admissions related to asthma.
- HELP: Child participants experienced significant BMI z-score reductions.
- Type 2: 65% of participants increased confidence in managing their diabetes.

CDMC IMPACT

- Expands hospitals services to better serve communities.
- Promotes preventive care and health and wellness.
- Demonstrates successful practices for replication in other communities and medical settings.
- Increases screening for chronic disease.

OUR COLLABORATIVE MODEL



WHY IT WORKS



Initial Development

- Seed funding/financial backing.
- Shared need and recognized benefit.
- Leadership buy-in & physician champions.
- Dedicated time for planning process.
- Diversity of membership and cultural appropriateness.



BARRIERS ENCOUNTERED

- Conflicting schedules of partners.
- Balancing competing priorities/interests.
- Sustaining programs once funding is completed.
- Understanding hospitals' unique internal structures and processes.



...MORE CHALLENGES

- “If you build it, they will come” or NOT???
- Creating programs for multiple, diverse populations.
- “Burn Out!!!”



LESSONS LEARNED

Measure Success

- Important to share “small-wins”...keeps participants engaged.
- Continuous quality improvement works!
- Important to demonstrate positive outcomes to funders and helps to secure additional funding.

LESSONS LEARNED

- Don't waste people's time...make meetings meaningful.
- Make sure ego's are checked at the door-important to erase hierarchy.
- Follow-up and then follow-up again.



SHARING SUCCESSES & LESSONS LEARNED

HELF responsible for disseminating program results & outcomes via conferences, academic journals and other public relations materials.

Development of Replication Packages for successful programs.

➤ HELF Replication Package currently available and being marketed.

.O.P.E. FOR HEALTH CAMPAIGN

"Hospitals Offering Prevention for Everyone"

Campaign developed in partnership with the Hospital Association of Southern California (HASC) to promote preventive health through the replication of CDMC piloted programs.

Will launch a region-wide chronic disease prevention and management effort starting with the HELP childhood obesity program.

NEXT STEPS...

Working to translate successes and accomplishments into policy changes and recommendations.

Developing programs to incorporate best practices into after school programs in South Los Angeles.

Providing hospitals an opportunity to join the prevention movement in health care.



THANK YOU

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