

La Vida Sana, La Vida Feliz

La Vida Sana, La Vida Feliz is a wellness program for women that focuses on nutrition, physical activity and stress management. The program meets twice a month over a four-month period (8 sessions in total) for two hours a session and is offered in both English and Spanish. Materials, childcare and transit cards are provided at no cost.

Weight, waist, blood pressure, cholesterol, PHQ score and A1c level are measured pre- and post-program as well as the participant's nutrition and exercise knowledge and behaviors.

Patient eligibility:

-Non-pregnant woman, age 18 or older, with a BMI of 25 or greater

*This program is placing more emphasis on pre-diabetes and diabetes in this new grant year. Providers are being encouraged to specifically refer patients that are pre-diabetic or diabetic (A1c \geq 6.0).

Referral method:

This program is open to both Erie patients and non-Erie patients. Every participant must be seen by a healthcare provider prior to beginning the program.

For Erie patients:

The provider discusses the program with the patient. Information is included in the exam rooms.

If the patient is interested, the provider completes a referral.

-For EHRS sites: an internal referral is completed ("La Vida Sana") and sent to the referral specialist. The referral specialist sends the referral to Erica Plaisier.

-For non-EHRS sites: a paper referral form is completed for the patient and sent through inter-office mail to Erica Plaisier, Room 212, Humboldt Park.

A lipid panel is ordered for the patient.

A prescription for physical activity is completed for the patient and either given to the patient or placed in the mailbox of Erica Plaisier (in HP Providers' office).

Physical activity prescription must include patient's name, prescribed type of activity, time and frequency (e.g. walking 30 minutes a day 5-7 days/week). A reason for the prescription must also be stated (e.g. pre-diabetes, weight concerns, hypertension). Patients can bring the signed prescription to participating Chicago Park District fitness centers and received a free 3-month pass.

Once the referral is received, program staff contact patient to schedule an orientation appointment. The orientation provides additional information to the patient and if she decides to participate, program paperwork is completed (goal-setting, waivers and PHQ test). The patient is instructed to make an appointment with the lab for the lipid panel.

Program staff contact each participant prior to first class and every other week to check-in on her goals and remind her of the next group meeting.

For non-Erie patients: Patient has program referral form and physical activity prescription signed by her healthcare provider and brings the referral to the first group session. Lab results are faxed or mailed to the La Vida Sana office.