

# ANNUAL REPORT 2015



**WELLNESS NOW**

# A MESSAGE FROM OUR CHAIRMAN OF THE BOARD AND EXECUTIVE DIRECTOR



**STEPHEN M. CAGLE, M.D.**  
CHAIRMAN OF THE BOARD



**GARY COX, J.D.**  
EXECUTIVE DIRECTOR

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WE ARE EXCITED TO SHARE WITH YOU OUR 2015 ANNUAL REPORT. THE LANDSCAPE OF HEALTHCARE AND THE ROLE OF PUBLIC HEALTH CONTINUES TO EVOLVE, AND AT THE OKLAHOMA CITY-COUNTY HEALTH DEPARTMENT (OCCHD) WE ARE COMMITTED TO PLANNING FOR THE FUTURE.

BECOMING A LEADING LOCAL HEALTH DEPARTMENT REQUIRES THAT WE INVEST OUR RESOURCES EFFECTIVELY.

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At OCCHD this has manifested through a variety of critical capital investments. Access to timely data has been accomplished through a robust electronic data collection, management and reporting system which links our public health activities to the community network of providers through a statewide health information exchange and enables real time decision making for preventive health needs. Regional services are being provided through the systematic placement of integrated, regional health campuses across the highest areas of need in our community; and engagement of non-traditional partnerships have helped to secure the environmental infrastructure such as sports fields, community gardens and walking trails to support healthy and balanced lifestyles.

While we are excited to celebrate our successes of the past year, we are also prepared for the challenges that lie ahead. Our state continues to be outpaced nationally in health improvement, and as the largest metropolitan health department in Oklahoma we take seriously our role in reversing those trends, and realize the value of developing non-traditional partnerships in achieving this aim. We look forward to expanding the robust partnerships being supported and maintained through the Wellness Now coalition and share our successes with each of you.

# REGIONALIZING FOR HEALTH

Developing regional campuses with a robust partner base has been a priority for OCCHD since 2011. This approach allows for the needs of the community to be addressed in a holistic way and is an effective way to leverage resources and ultimately improve the lives of OKC residents. We are pleased to have opened the partner building at our NE Campus (pictured lower right) this past year, offering integrated behavioral, primary and public health services with our partners at OU Physicians, Northcare and North Rock Pharmacy. Additionally, partnerships have enabled us to plan for two new sites in the coming year. These include campus locations at the Southern Oaks Park (proposed rendering pictured top right) and the Latino Community Development Agency.





## CREATING A ROBUST NETWORK OF PARTNERS

Partnerships have been at the root of each of our successes at OCCHD, and this past year was no exception. As an agency we concentrated heavily on engaging businesses and faith-based organizations in the discussion, and as a result have seen the conversation about health elevate from our community to national and international acknowledgement.



# PLANNING FOR THE FUTURE

Using data to drive decisions has always been a critical tenet of OCCHD's ability to plan for the future. The investment with MyHealth, coupled with the Wellness Now Coalition and operational improvements have assured OCCHD can proactively address community needs as well as maintain the flexibility to be responsive to emerging public health threats. Wellness Now work groups include Adolescent Health, Care Coordination, Faith Based, Health at Work, Maternal and Child Health, Mental Health, Nutrition and Physical Activity, and Tobacco Use Prevention.



# TOTAL WELLNESS

- Offered 8 week Total Wellness classes in 32 locations during 2015. Daytime and evening classes are offered four times a year covering each quadrant of Oklahoma County. Five of the classes were offered in Spanish.
- 1906 people pre-enrolled
- 1244 participants enrolled (65%)
- 1114 unique participants enrolled (130 people repeated the program)
- 621 graduates (50%)
- 14% of graduates met their 5% weight loss goal
- 83% of graduates lost weight
- 3,652.2 total pounds lost

## Family Wellness for Elementary School

OCCHD received a grant from the Oklahoma City Community Foundation to expand the Total Wellness program to incorporate children. We developed a complimentary program called Family Wellness for Elementary School age children and their parents to attend. The adults attend classes just like in Total Wellness while their kids are in separate room learning information through

games and activities. The education component behind the youth curriculum is OK 5-2-1-0 (5 servings of fruits and vegetables, 2 hours or less of screen time, 1 hour of physical activity and 0 sugary drinks each day).

- 4 class locations offered (2 in NE OKC and 2 in SW OKC)
- 28 adults and 37 youth participants enrolled
- 41.3 adult weight loss (we do not track youth weight loss—instead focusing on slowing their progression of weight gain)

## Total Wellness client success story

“I have had an issue with my weight all of my life. I have gone to Weight Watchers and gotten to my goal twice, but I haven’t been able to maintain the weight. Maybe I was just ready for it, but your class tripped something in my brain and taught me a new healthy way to approach food that I can live with permanently. I continue to monitor my food intake and exercise and have now lost about 55 pounds in nine months. I have discovered I can splurge occasionally and go right back to my new healthy eating habits. I have been able to stop taking cholesterol medication and lower my dosage of blood pressure medication. My doctor thinks I can stop taking this medication completely in the future.. I turned 60 this year and feel better than I have in years. I just want you to know what a large impact your class had on my life.”

## OKLAHOMA PICK YOUR PLATE METHOD



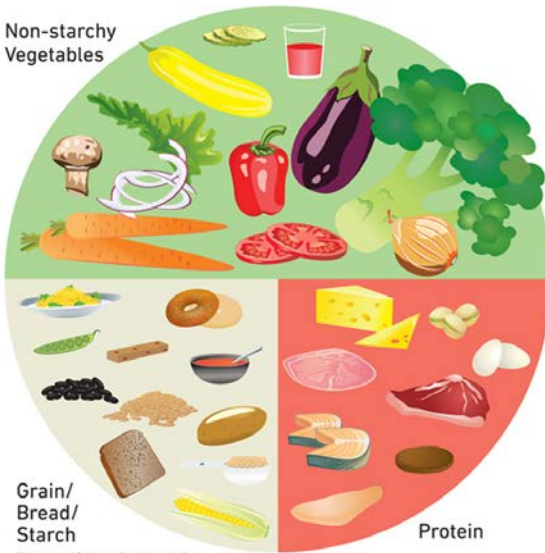
**Fruit**

(1 serving = 15 grams of carbohydrate)

Fill your 9" plate using the Oklahoma Pick Your Plate Method for a healthy and balanced meal! The American Diabetes Association and the American Heart Association recommend filling half your plate with vegetables at each meal.



**Non-starchy Vegetables**



**Grain/  
Bread/  
Starch**

(1 serving = 15 grams of carbohydrate)

**Protein**



**Dairy**

(1 serving = 15 grams of carbohydrate)



### Oklahoma Pick Your Plate Method

OCCHD developed the Oklahoma Pick Your Plate Method, teaching how to eat well balanced, portion controlled meals without being on a diet. This method is ideal for people who are trying to lose weight, and improve their lab values while also being appropriate for people living with diabetes and heart disease. So far 7 other organizations across the state have begun using our plate method as part of their client education materials.

## MY HEART

- Served over 300 clients throughout OK County
- CHWs were able to provide 823 food boxes to 618 individuals and families
- Over a 5% decrease in Body Mass Index (BMI) for the first cohort
- Overall decrease in client blood pressure and average total cholesterol levels by the end of the first year

### My Heart client success story

“Upon enrolling in the program Lex was informed that his risk factors included hypertension and high cholesterol. He was also pre-diabetic, obese, and a tobacco user. When enrolling in the program, Lex was reluctant to make any lifestyle changes. He was smoking, drinking, eating fried foods, and would not exercise. However, the consistent support from the My Heart staff helped him ‘gain life’. Lex said “My CHW stayed on me and did not give up on me, and the Physician Assistant ran tests and explained my results. This helped me make the change. My body was not feeling the same way it used to and I want to stay handsome and fine, so I started exercising again. I was fearful of losing limbs too, and I want to live.”

## Programs at work

- In 2015, the OCCHD Teen Pregnancy Prevention team taught three different teen pregnancy prevention curricula in 95 classrooms within thirteen metro area schools covering 3 school districts, one community organization and two juvenile justice centers.
- Health at School staff held Family Fun Night events at the NERHWC with over 400 participants and our first one in south OKC at Heronville Elementary with over 250 participants.
- Facilitated the adoption of a tobacco free housing policy (effective March 2016) for all property owned and operated by the Oklahoma City Housing Authority (OCHA), including 955 buildings
- Facilitated the adoption of two 24/7 tobacco free school policies and 5 tobacco free worksite policies.
- Assisted one municipality with a tobacco free city-owned property ordinance, and one municipality with a smoke-free city owned property ordinance.
- Increased the number of pregnant women who called the Oklahoma Tobacco Helpline for cessation support by 20.75%

**“ALONE WE CAN DO SO LITTLE; TOGETHER WE CAN DO SO MUCH”  
–HELEN KELLER**



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