

PRIMARY AND BEHAVIORAL HEALTH CARE INTEGRATION

Department of Research and Evaluation

Quarter 3: April —June 2016

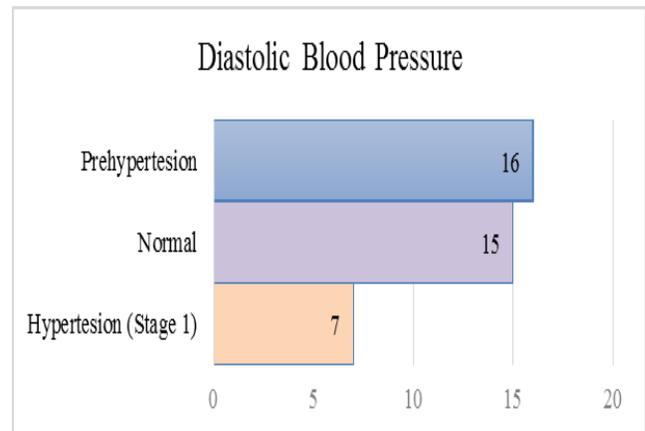
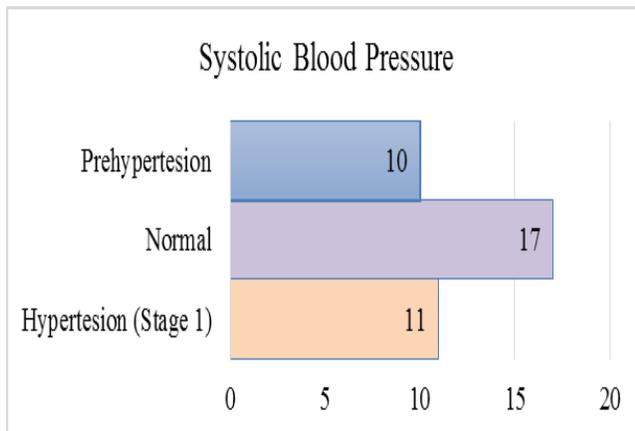
The Plateau Wellness Clinic is an innovative approach to improving the health and wellness of people in the Central Appalachian region of Tennessee. Health disparities play a significant role in this region, with poverty and lack of access as primary contributors to poor health outcomes. The population identified for this project is the adults living on the Upper Cumberland Plateau of Tennessee, who have serious mental illness or co-occurring disorder addiction. This group is a particularly vulnerable population in which social determinants of health play an impactful role.

The primary intervention strategy involves developing a holistic, integrated health clinic embedded in behavioral health services. The target population is familiar with the behavioral health system and are more likely to participate in physical health treatment when affiliated with familiar settings. The incorporation of peer-driven and recovery-oriented care further establishes a setting in which stigma is minimized and individuals are active partners in their own health outcomes.

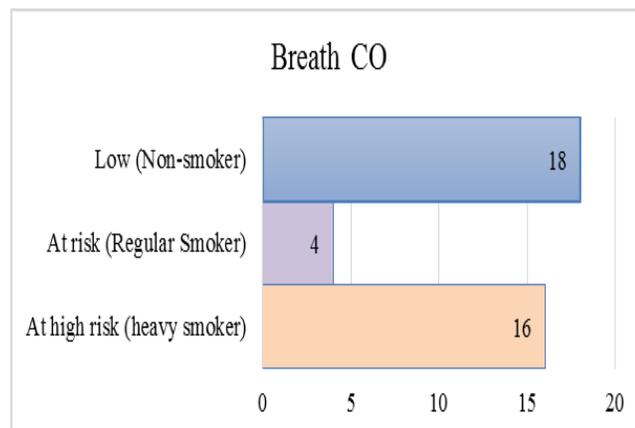
	Year One Target Number		Consumers served to date		Enrollments this quarter	
	n = 128		n = 41		n = 38	
Race/Ethnicity						
African American	3	2%	0	0%	0	0%
American Indian	1	0.8%	0	0%	0	0%
Asian	2	1.2%	0	0%	0	0%
Multi-racial			4	9.8%	4	10.6%
White	115	90%	37	90.2%	34	89.4%
Hispanic or Latino	8	6%	0	0%	0	0%
Gender						
Female	63	51%	23	56.1%	21	55.2%
Male	61	49%	18	43.9%	17	44.8%
Transgender	4	3%	0	0%	0	0%
Sexual Identity						
Heterosexual			37		34	89.4%
Homosexual			2		2	5.3%
Bisexual			2		2	5.3%
Other			0		0	0

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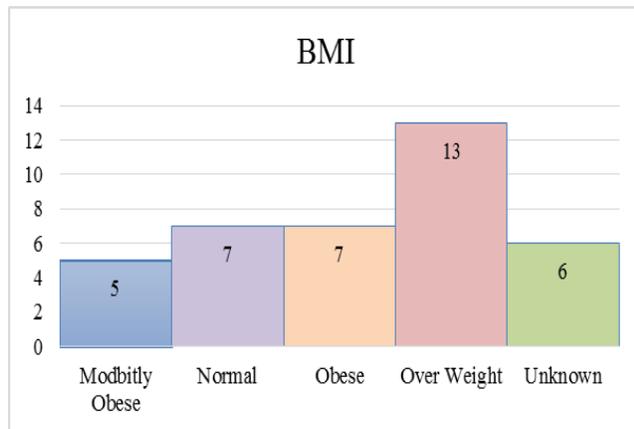
41% of all participants were at or above “at risk” (Systolic at 130 or above, and/or Diastolic at 85 or above) at enrollment. Last quarter, 33% of new enrollees were at-risk.



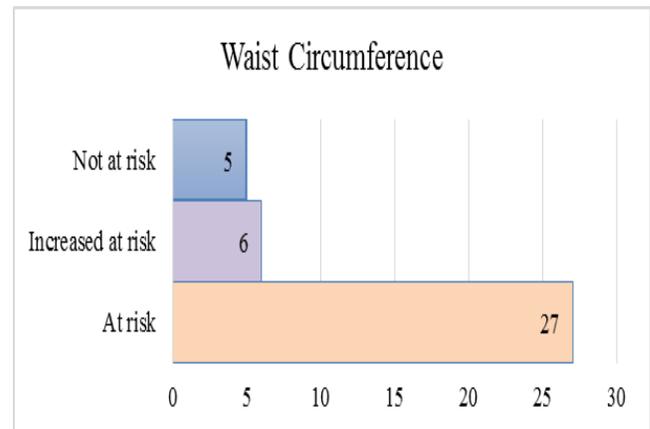
51% of all participants were smokers at enrollment; 39% were heavy smokers and considered at high risk.

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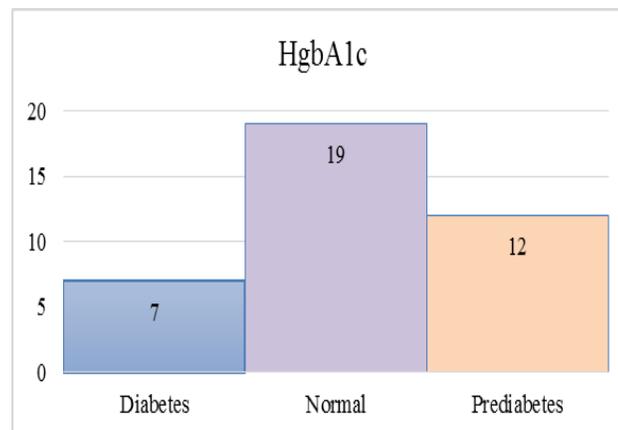
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At baseline, 66% of participants had a BMI of 25 or higher; 31.7% had BMI's in the obese and morbidly obese ranges. Last quarter, all enrollees had BMI's at or above 25.



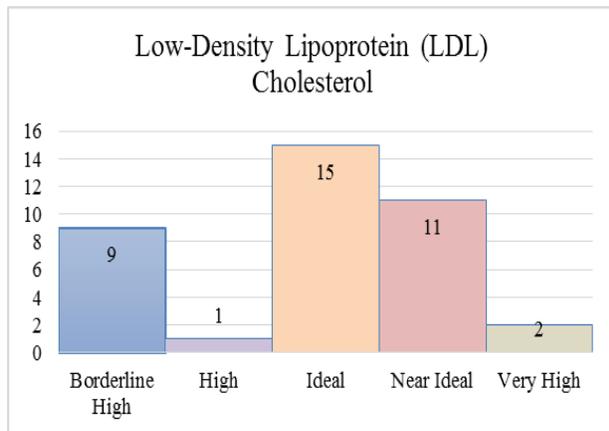
73.2% of all participants were at risk, with a waist circumference at or above 102 cm for males or 88 cm for females.



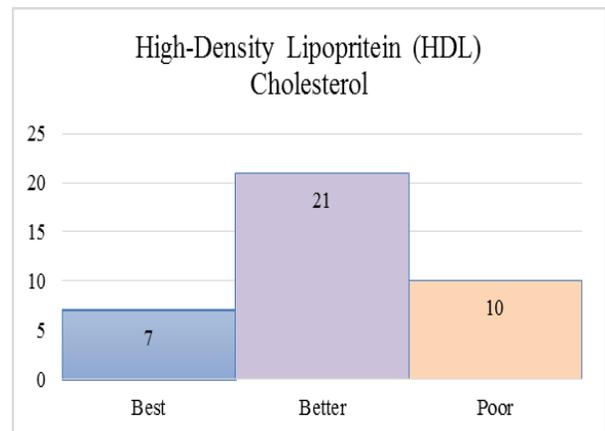
Blood HgbA1c levels were measured for all participants at enrollment. 19.5% of all participants had levels at or above 6.4% at baseline, indicating diabetes (high risk). Another 29% were found to be at-risk for developing diabetes (levels between 5.7-6.4%).

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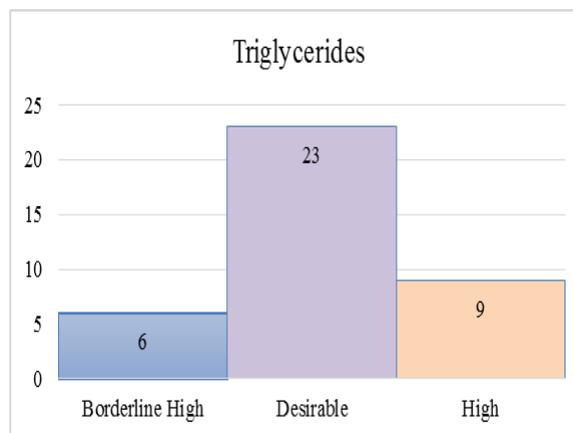
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7% of all participants had high or very high LDL cholesterol levels at intake; 19.5% were borderline high.



29.3% of all participants had poor levels of HDL cholesterol at intake.



24.4% of all participants had high triglycerides; 17% were at borderline high.