

HEALTHFINDERS COLLABORATIVE, INC.

To provide quality, accessible, and culturally sensitive health care services at no cost, to low income, uninsured residents of greater Rice County.

August 2008

DIABETES AND HEALTHFINDERS

Since June 2005, HealthFinders has been an active provider in addressing the influx of diagnosed diabetic patients residing in Rice County.

Diabetes is a disease where the body can no longer produce or properly use insulin, which is needed to convert sugars and other food into energy. According to the Minnesota Department of Health (MDH), 1 in 4 Minnesotans have diabetes or are at risk of developing it. Mary Ho, Director of Rice County Public Health, states that in 2006 diabetes was the major leading cause of death 15 out of 409 cases and in 2004 it was responsible for 12 out of 415 deaths.

HealthFinders' Diabetes Program currently serves 22 patients. Program participants receive glucose monitoring equipment, educational resources, one-on-one and group support, and medications at no cost. Mary Ho is pleased with the program, for it "not only teaches people how to manage diabetes, but also how to take care of themselves. There is much prevention as there is care in this program."

Catalina, a 58-year old female program participant stated, "I was depressed in learning I

had diabetes. You begin to wear yourself out if you don't take control. I remember meeting with Dr. Hansen and how he gave me so much courage and reassurance that if I followed HealthFinders' Diabetes Program requirements and his treatment plan, I would get better and have control. The group educational classes, medical treatment and medications is a blessing and very effective. I now have the understanding of how to live my life as a Diabetic and have brought that into my home so that my children and grandchildren are not at risk." She started cooking healthier, well-balanced meals for her family. "They didn't like it but got used to it. Our family is eating more vegetables, smaller portions during the day, and excluding greasy foods. I am proud that we are walking at least 35 minutes every day as a family" says Catalina.

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Clinic Statistics (June 2005—April 2008)	
Patients Served	956
Clinic Visits	2100
Number of Rx's filled	3750
Present Date Statistics	
Diabetic Program (Max Capacity = 22)	22
Pura Vida Program	14
Clinic Volunteers	83
Student Volunteers	20

VOLUNTEER SPOTLIGHT

Rachel Odette is currently employed at Northfield Hospital as a Spanish Interpreter.

Rachel has volunteered with HealthFinders for the past three years as a Spanish interpreter.

Upon asking what is her most rewarding aspect in volunteering with HealthFinders, Rachel stated, "Seeing a smile on the patients' face, when they say 'Thank you'. That's all I need to see and hear, to know that they are grateful for the work that we do at HealthFinders."

For more information on our volunteers or to receive our volunteer newsletter, please visit www.healthfindersmn.org





Mark your calendars!!

HealthFinders' Annual Gathering
Potluck

October 6, 2008 at 6:30pm

Little Prairie United Methodist Church

For more information call

507-330-4031

Everyone welcomed!!!

.....Continued "Diabetes and HealthFinders"

Mary Ho states that according to the Center for Disease Control Behavioral Risk Factor Surveillance System, the three main risk factors in developing diabetes are: overweight and obesity, sedentary lives, and smoking. A self reporting survey conducted in 2006 showed that 60% of Rice County respondents identified themselves as being overweight and obese; 14% stated they did not engage in exercise; and 19% stated they were current smokers. Rice County certainly has the risk factors for diabetes, says Mary Ho.

A HealthFinders non-insulin dependent, well managed diabetic patient costs approximately \$800—\$1,000 annually to maintain a healthy diabetic medical treatment plan. This of course does not take into consideration the monies donated as in-kind donations on behalf of medical facilities, clinical and administrative staff, pharmacies, optometrist and many more specialized professionals. Mary Ho stated that the national average in treating a diabetic in 2003 was \$10,092, nearly three times of the medical expenses.

To learn more about the Diabetes Program please visit www.healthfindersmn.org or call 507-330-4031

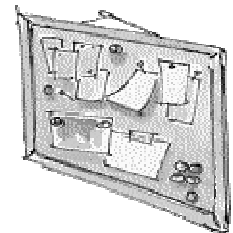
HealthFinders offers the following services with the assistance from local organizations providing in-kind donations and the generosity from individuals and organizations like you who donate to provide financial means to accomplish our mission!

- **Free clinic visits two nights a week—**
Tuesday and Thursday from 5:30pm—8:30pm
- **Medication Assistance Program—**Individuals without prescription medications insurance receive prescription and over-the-counter medications at no cost through participating pharmacies and HealthFinders.
- **Diabetes Program—**At all times, HealthFinders has a maximum of 22 patients enrolled in this program where they will receive all the necessary tools and education needed to control their blood sugar levels.
- **Pura Vida Program—**This six-month cyclic program provides the tools and education necessary for a maximum of 10 individuals to gain a better understanding and a hands on approach on actively engaging in a healthier lifestyle.
- **Referral Services—**In efforts to not duplicate services, HealthFinders takes the extra steps needed to refer and advocate on behalf of patients with existing services available in Rice County. This is in efforts to insure HealthFinders constituents are aware and access the necessary service needed for ongoing and consistent care.

All these programs are possible because of our dedicated clinical and non-clinical staff volunteers. If you are interested in giving a few hours of your time on a monthly or quarterly basis, please call or email Angie Koch at 507-330-4031 or koch.angelica@healthfindersmn.org

HealthFinders' Want Ads

- Clinic Volunteers
 - Medical Providers
 - Nurses
 - Receptionists
 - Spanish Interpreters



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