



NATIONAL ASSOCIATION OF
Community Health Centers®

Abbott and NACHC Food 4 Health Promising Practices - Supporting Nutritional and Lifestyle Approaches at the Individual Level

April 23, 2026



Session Presenters



Melissa Germano-Ryczak, MS, RD, LDN
Director, Lifestyle Modification
& Preventive Medicine
The Wright Center for
Community Health



Walter Wanas, RDN
Clinical Dietitian-Nutritionist
The Wright Center for
Community Health



Alexandra Steppe
Sr. Director, Nutrition &
Lifestyle Services
Waianae Coast Comprehensive
Health Center



Amy Flowers, PhD
Director, Data Analytics
National Association of Community
Health Centers

Learning Objectives

1

Understand how lifestyle and nutrition coaching can empower patients

2

Identify culturally and linguistically appropriate nutrition interventions

3

Explore ways CHCs can support self-management through community health workers and group visits

3 Questions to Frame the Discussion

- 
1. How can lifestyle and nutrition be integrated into routine clinical care?
 2. What partnerships and supports are needed to sustain behavior change?
 3. What impact can lifestyle approaches have on patient outcomes and costs?

SEPP Framework

Science

Develop robust metrics and data points to measure the impact of Food for health programs, including improved patient outcomes, cost savings, and community health benefits.

Education

Educate and inform the healthcare workforce, patients, and community partners about the importance of integrating nutrition into care, promoting food as a critical component of whole-person health.

Practice

Identify and scale sustainable, community-centered models for implementing Food for health programs within health centers, including workflows, partnerships, and best practices.

Policy

Develop reimbursement strategies and policy frameworks to secure long-term financial sustainability for Food for health initiatives, including aligning with value-based care models and exploring innovative funding sources.

What We Mean by Lifestyle & Nutrition Care



Nutrition counseling and culturally tailored diet support



Cooking education and skill-building



Food prescriptions and medically tailored meals



Physical activity and behavior change support

Chronic disease self-management

Why CHCs Are the Ideal Setting

- High burden of diet-related conditions (diabetes, hypertension, obesity)
- Trusted, community-based care environments
- Team-based models (CHWs, dietitians, care teams)
- Existing SDOH + care coordination infrastructure



Promising Practices

Definition: A promising practice is an intervention, model, or approach that demonstrates measurable improvements in health outcomes and shows strong potential for replication, sustainability, and scale.

Dimension	Description	Operational Indicators
Demonstrated Impact	Evidence of improved clinical or population outcomes linked to a defined intervention (“dose,” duration, and target population).	Quantitative outcomes (e.g., A1c control, blood pressure, food security); qualitative impact (e.g., patient stories, community engagement).
Replicability and Scalability	Feasible to implement in other CHC settings with defined core components, workflows, and documentation.	Implementation guide, staffing model, or toolkit available; adaptable to varying CHC size and resources.
Interdisciplinary Integration	Involves collaboration across clinical, behavioral health, dental, and community-based teams.	Shared care plans, integrated data systems, multidisciplinary case management.
Community Responsiveness	Developed or adapted with community input to ensure relevance, fairness and trust.	Engagement of patients or community partners, or customary brokers in design and evaluation.
Evaluation and Learning	Includes a monitoring and evaluation plan that defines baselines, outcomes, and milestones.	Use of PRAPARE® or non-clinical factors of health data; clear outcome measures and feedback loops.
Sustainability and Value	Demonstrates potential for ongoing support through reimbursement, partnerships, or other funding models.	Alignment with value-based payment models, grant-to-payment transitions, or system-level integration.

Nutrition and Lifestyle Approaches in Whole-Person Care

Melissa Germano, MS, RD Director of Lifestyle Medicine
Walter Wanas, RD, Clinical Dietitian-Nutritionist.

THE WRIGHT
CENTER
— for —
COMMUNITY
HEALTH

THE WRIGHT
CENTER
— for —
GRADUATE MEDICAL
EDUCATION

THE WRIGHT
CENTER
— for —
PATIENT & COMMUNITY
ENGAGEMENT

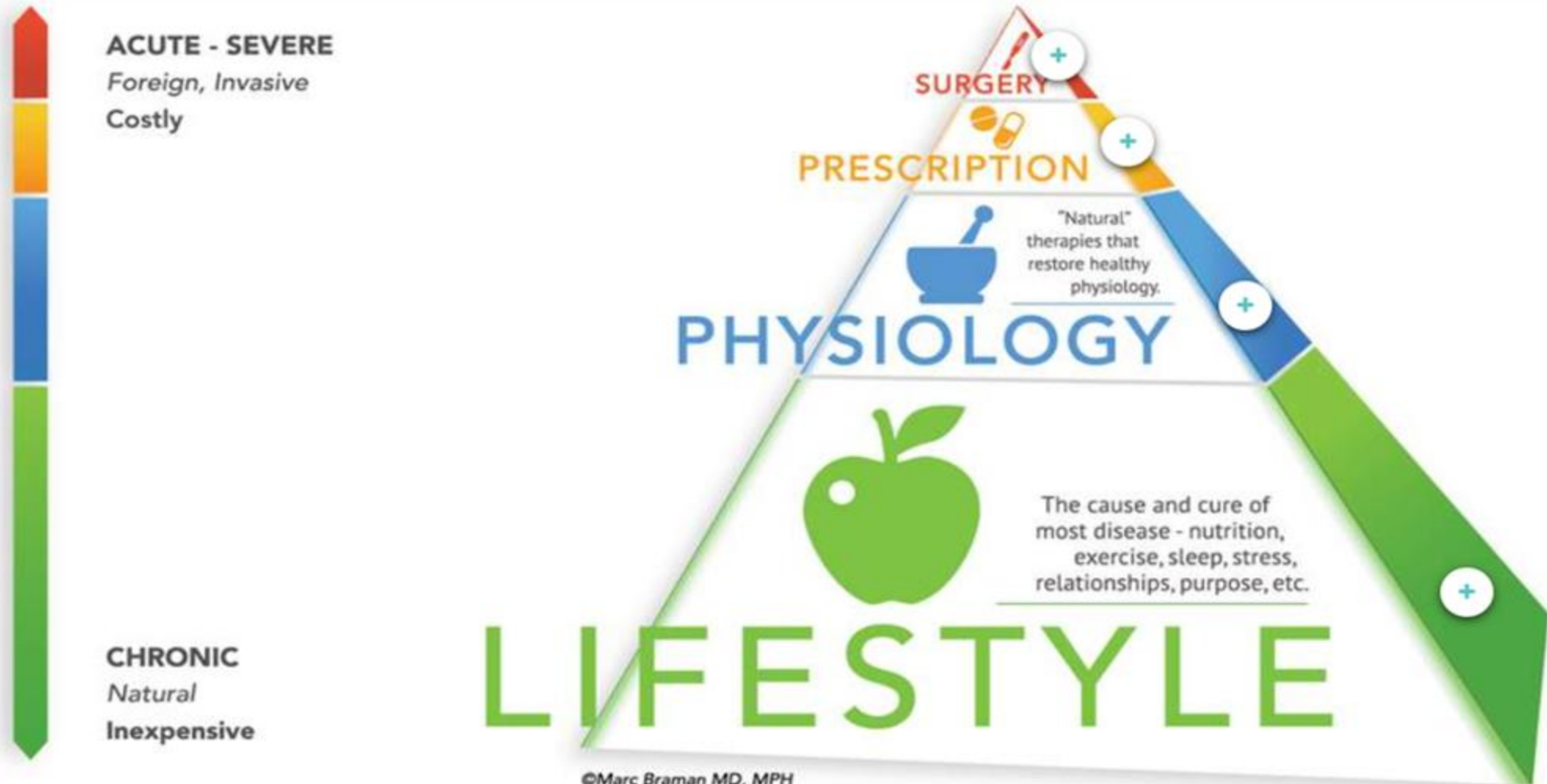
What is lifestyle medicine?

Lifestyle medicine is an evidence-based medical specialty that applies therapeutic lifestyle interventions to treat, reverse, and prevent chronic conditions. By empowering patients to make lifestyle behavior changes in six interconnected pillars.



eat plants
keep moving
sleep well
be present
stay calm
love people

WHOLE HEALTH - TREATMENT



©Marc Braman MD, MPH



What makes lifestyle medicine unique?

These pillars are interconnected. Improvements in one often amplify gains in another. For example:

- Enhancing sleep improves energy and reduces emotional eating.
- Increased movement boosts mood and sleep quality.
- Better nutrition supports cognitive function and resilience.

When applied in therapeutic doses, these pillars work in synergy to prevent and reverse conditions like type 2 diabetes¹, hypertension, cardiovascular disease², and even early dementia.

***Lifestyle Medicine
Supports Whole Person Care***

Conventional Medicine

Treats **underlying disease process**

Treats **symptoms** of disease

Patients are **active** partners in their care

Patients are **passive** recipients of their care

Emphasizes **behavior changes**

Emphasizes **medical treatment**

Provider **educates and coaches** patients to make
behavior changes

Provider **discusses medical therapies**

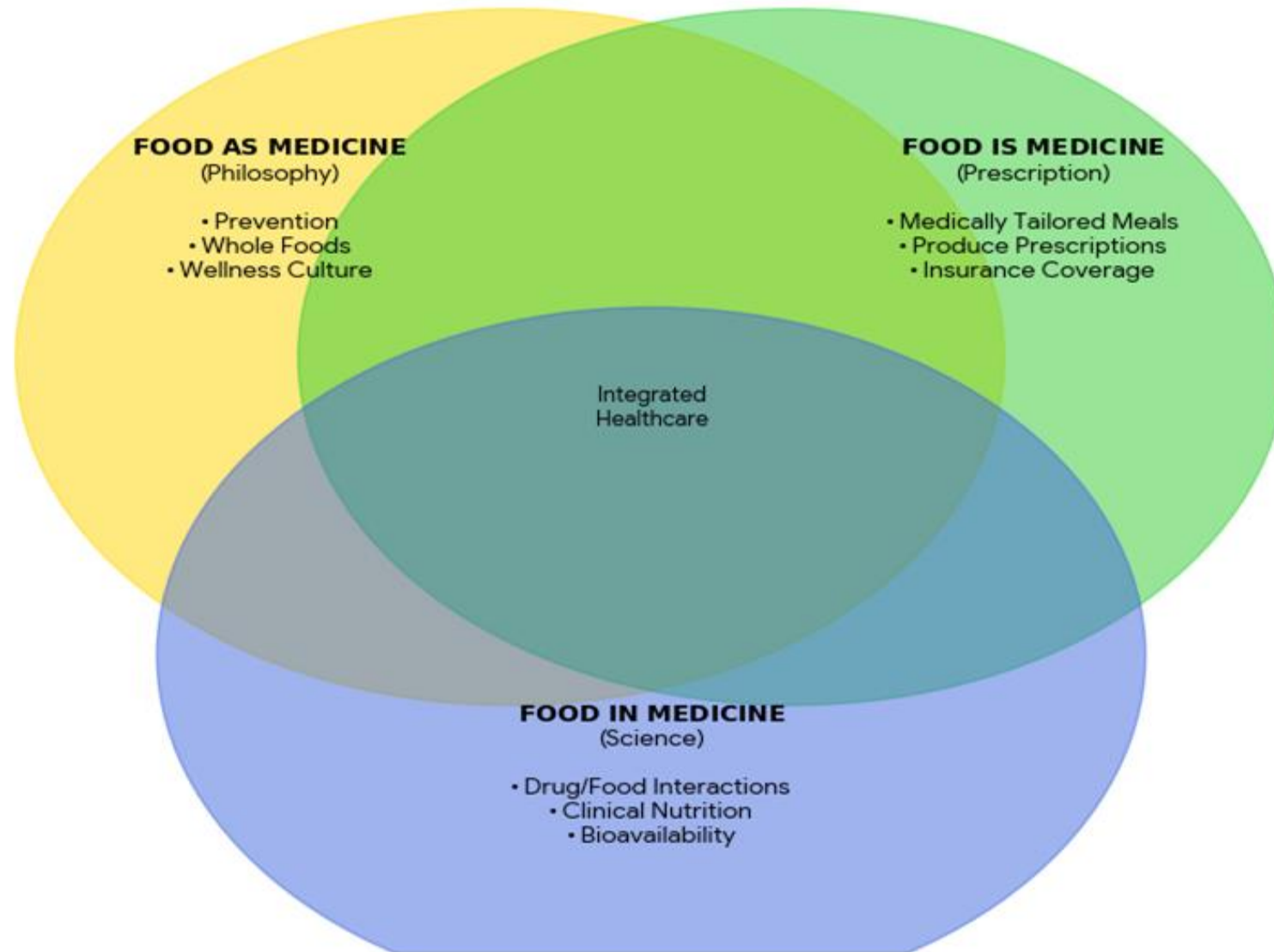
Home and community environment are assessed as
contributing factors.
Social Determinates of Health

Home and community environment are typically
overlooked

Food as Medicine



The Three Pillars of Food-Based Care





What does FOOD *as* MEDICINE mean?

The concept of food as medicine is grounded in the understanding that the foods we consume every day directly impact our physical, mental, and metabolic health. Rather than viewing food solely as a source of calories or energy, this approach recognizes its potential to either contribute to disease or support healing, prevention, and longevity.

When you begin to view food through this lens, it becomes a powerful preventive and therapeutic tool, especially when trying to manage weight or prevent—or even reverse—chronic disease.

It's important to remember that these recommendations are not considered a substitute for medications prescribed by your clinician.

A **BODY MASS INDEX (BMI)** between 25 and 29.9 places an individual in the overweight range, according to health guidelines. While BMI doesn't tell the whole story about your health, it can signal increased risk for several chronic conditions, including heart disease, type 2 diabetes, high blood pressure, and certain cancers. Research consistently shows that even a modest weight reduction of just 5–10% of your current body weight can lead to measurable health benefits.

DID YOU KNOW? Our everyday choices about what to eat can have an impact beyond the scale. There's growing research on how certain foods can help us live longer, healthier lives.

HERE ARE THREE TIPS TO START USING FOOD AS MEDICINE:

1

Begin sustainable weight loss through whole foods

When planning meals, prioritize whole, unprocessed foods that truly nourish your body. Highly processed foods are often loaded with added sugars, refined carbohydrates, and unhealthy fats—all of which can trigger cravings and contribute to overeating. Limit ultra-processed foods, such as:

- Refined carbs, including white bread and pastries
- Sugary drinks
- Processed meats, including deli meats and sausages
- Flavored yogurts with added sugars
- Frozen meals with sauces/additives
- Snack bars, chips, sugary cereal, and fast foods

Scan the QR code for more resources



The Daily Recommended Intake for macronutrients—based on the Acceptable Macronutrient Distribution Ranges from the Institute of Medicine—provides flexible guidelines to promote overall health and reduce the risk of chronic disease. By balancing carbohydrates, protein, and healthy fats from nutrient-dense sources, you can support steady energy, enhance satiety, and stay on track with your long-term wellness goals. These ranges can be adjusted to suit your individual needs, activity level, and personal goals.

Check out the chart below for a visual breakdown of these macronutrient recommendations, and scan the QR code to learn how to build a balanced plate and manage portion sizes effectively.

Macronutrient	Function (food as medicine)	% of Calories (DRI)	Whole Food Sources
Carbohydrates	Provides energy, supports gut health, reduces inflammation	45-65%	Vegetables, fruits, legumes, quinoa, oats, brown rice, sweet potatoes
Protein	Builds muscle, supports immunity, promotes satiety	10-35%	Eggs, fish, poultry, lentils, tofu, beans, nuts, seeds
Fat	Supports brain and hormones, reduces inflammation, aids nutrient absorptions	20-35%	Avocados, olive oil, nuts, seeds, fatty fish



2 Boost your fiber intake

Fiber, a non-digestible carbohydrate found in plant-based foods, plays a crucial role in supporting weight loss and overall metabolic health. It helps you feel fuller for longer, reducing hunger and preventing overeating—key factors in maintaining a calorie deficit and achieving sustainable weight loss.

In addition to promoting fullness, fiber helps regulate blood sugar and lowers cholesterol, supporting metabolic health and reducing risks associated with obesity-related conditions, such as type 2 diabetes and heart disease. A diet rich in fiber is also linked to a lower risk of certain cancers. The recommended daily fiber intake for adults varies slightly by age and sex, but general guidelines are:

Fiber intake recommendations (Dietary Guidelines for Americans, 2020-25)	
Women (ages 19-50): ~25 grams/day	Men (ages 19-50): ~38 grams/day

TOP FOOD SOURCES OF FIBER:

Fruits

Apples and pears (with skin), berries, oranges, and bananas

Vegetables

Broccoli, carrots, Brussels sprouts, and sweet potatoes

Whole Grains

Oats, quinoa, brown rice, whole wheat, and barley

Legumes & Beans

Lentils, black beans, chickpeas, and split peas

Nuts & Seeds

Almonds, chia seeds, flaxseeds, and sunflower

SIMPLE WAYS TO BOOST FIBER:

Start your day with fiber: Oatmeal with fruits and seeds; smoothies with greens, and berries; whole grain toast with avocado or nut butter.

Snack smart: Reach for nuts, seeds, popcorn, fruit with nut butter, or trail mix with dried fruit and seeds.

Eat whole fruits: Keep skins on apples, pears, peaches, and plums for extra insoluble fiber.

Choose fiber-rich carbohydrates: Instead of white rice, try quinoa, brown rice, barley, or bulgur.

Include legumes regularly: Add lentils, black beans, or chickpeas to meals 3-4 times per week. Use beans in soups, stews, grain bowls, or dips.

Add vegetables to every meal: Aim for half your plate to be vegetables. Include raw veggies as snacks or sides.



For more information on food and fiber content, scan here:

3 Limit added sugars, saturated fats, and sodium

Limiting added sugars, saturated fats, and sodium is essential for preventing chronic diseases and promoting long-term health. According to the Dietary Guidelines for Americans, 2020-2025, individuals should consume less than 10% of daily calories from added sugars, less than 10% from saturated fats, and no more than 2,300 mg of sodium per day.

Added sugars, provide excess calories without essential nutrients. Over time, high intake can lead to weight gain, insulin resistance, type 2 diabetes, chronic inflammation, and an increased risk of heart disease.

Saturated fats, found in red and processed meats, full-fat dairy products, and certain oils (like coconut and palm), can raise LDL ("bad") cholesterol levels, promoting plaque buildup in the arteries and increasing the risk of heart attack and stroke.

Sodium, largely consumed through processed and restaurant foods, contributes to high blood pressure (hypertension), which strains the heart and damages blood vessels, raising the risk of cardiovascular disease, stroke, and kidney damage.



Want to read food labels more effectively? Scan QR code:



SIMPLE WAYS TO LIMIT SUGAR, SATURATED FATS, AND SODIUM:

- Swap sugary drinks for infused water with ingredients like mint, lemon, or cucumber to stay hydrated without causing blood sugar spikes.
- Choose fresh or frozen vegetables over canned; if using canned, rinse to reduce sodium.
- Eat fatty fish, including salmon, sardines, and mackerel, 2-3 times per week for omega-3s that lower inflammation and triglycerides.
- Use olive oil instead of butter for cooking and roasting vegetables.
- Cook at home more often to better manage added sugars, fats, and sodium.
- Boost flavor by using sweet spices like cinnamon, vanilla, and ginger, and savory herbs like garlic, onion, basil, turmeric, and cumin.
- Replace saturated fats with healthy fats like olive oil, avocados, nuts, and seeds.
- Incorporate more plant-based proteins, like lentils, beans, tofu, and tempeh, instead of red and processed meats.

Learn more about using food as medicine at these links:

Academy of Nutrition and Dietetics: www.eatright.org

American Heart Association: www.heart.org

American Diabetes Association: www.diabetes.org

Nutrition Facts: www.nutritionfacts.org

American Institute for Cancer Research: www.aicr.org/cancer-prevention/healthy-eating/

To learn more about or to schedule an appointment with The Wright Center of Community Health's Lifestyle Medicine, go to TheWrightCenter.org/services/lifestyle-medicine/ or call 570-230-0019.

WRIGHT CENTER
for Community Health

WRIGHT CENTER
for Graduate Medical Education

WRIGHT CENTER
for Patient and Community Engagement

The background image shows a stone building with large glass windows. Several flags are flying on tall poles in front of the building, including the United States flag and the Virginia state flag. The building has a sign that reads "WRIGHT CENTER". The entire image is covered with a semi-transparent green overlay. In the top left corner, there is a geometric pattern of overlapping squares in various shades of green.

Medical Nutrition Therapy Program & Engagement Strategies

RDN Behavioral Tools and Therapies

Self Monitoring

Structured Meal Plan

Portion Control

Goal Setting

Problem Solving

Mindfulness Eating

Meal Sequencing

Cognitive restructuring

Contingency management

Relapse prevention techniques

Slowed rate of eating

Social support

Stress management

Stimulus control and cue reduction



Strategies to Increase Patient Engagement

Collaborative Problem-Solving

Leveraging Patient Strengths & Values

Connecting to Values: the “Why” behind Behavior Change

Personalized Goal Setting (SMART goals)

Utilizing Motivational Interviewing Techniques

Visual Tools and Resources



FIND YOUR WHY



The infographic illustrates the SMART goal framework using five horizontal arrows pointing right, each with a letter, a descriptor, and a definition:

- S Specific**: Your goal is direct, detailed and meaningful.
- M Measurable**: Your goal is quantifiable to track progress or success.
- A Attainable**: Your goal is realistic and you have the tools and/or resources to attain it.
- R Relevant**: Your goal aligns with your vision of health and wellbeing.
- T Time-Based**: Your goal has a start and end date.

Community Based Nutrition and Lifestyle Programs





EASY, HEALTHY, AND LOW-COST MEALS FOR EVERY DAY OF THE WEEK.

Whole Food Plant-Based



2026 Launch of Diabetes Prevention Program

- 2 classes

Start date:

**Tuesday April 28th, @ 5:30PM
MVP**

**Wednesday April 29th, @ 3PM
SCP**

*Remote option will be available if
patients unable to attend in person.*

Prevent Type 2 Diabetes

Our in-person and virtual lifestyle modification program helps people with prediabetes prevent or delay the onset of Type 2 diabetes. This supportive, 26-session National Diabetes Prevention Program provides practical tools for:

- Healthy eating
- Physical activity
- Stress management
- Sustainable lifestyle changes

To find out if you qualify, take the Prediabetes Risk Test by scanning the QR code at right. Be sure to share your results with your doctor.



Mid Valley Health Center

5 S. Washington Ave., Jermyn

Classes begin: April 28 at 5:30 p.m.

Scranton Health Center

501 S. Washington Ave., Scranton

Classes begin: April 29 at 3 p.m.



For more information or to register, contact Melissa Germano, RD, director of lifestyle modification and preventive medicine, at germanom@TheWrightCenter.org or 570-892-8598.

Scan the code to register for classes.

Certificate

OF COMPLETION

THIS CERTIFICATE IS PRESENTED TO

Walter Wanas

For successfully completing 12 contact hours of training in the Prevent T2 Lifestyle Change Program through Temple University.

1/30/2026

DATE

Lisa A. Ferretti

Lisa A. Ferretti
Temple University NDPP Program Administrator



Certificate

OF COMPLETION

THIS CERTIFICATE IS PRESENTED TO

Melissa Germano

For successfully completing 12 contact hours of training in the Prevent T2 Lifestyle Change Program through Temple University.

1/30/2026

DATE

Lisa A. Ferretti

Lisa A. Ferretti
Temple University NDPP Program Administrator



2026 Walk With A Doc



April through October 2026

2nd SATURDAY OF EACH MONTH

Olive Street entrance
to Lackawanna Heritage Trail

April 11 | 9 a.m.
May 9 | 9 a.m.
June 13 | 9 a.m.
July 11 | 9 a.m.
Aug. 8 | 9 a.m.
Sept. 12 | 9 a.m.

3rd SATURDAY OF EACH MONTH

Delaware Street Trailhead
Jermyn, Lackawanna River Heritage Trail

April 18 | 9 a.m.
May 16 | 9 a.m.
June 20 | 9 a.m.
July 18 | 9 a.m.
Aug. 15 | 9 a.m.
Sept. 19 | 8 a.m.

This doctor-led group is a fun and safe place to go for a walk, learn about health, and meet new friends. The event is **FREE**, and all are welcome.



THE WRIGHT CENTER
for
COMMUNITY HEALTH

THE WRIGHT CENTER
for
GRADUATE MEDICAL EDUCATION

For more information,
contact Melissa Germano-Ryczak, M.S. RD LDN,
director of lifestyle modification and preventive
medicine, at germanom@TheWrightCenter.org.

We are a local chapter of an international 501(c)3. Learn more at walkwithadoc.org.

The image shows a photograph of a building, identified as the Wright Center, with a green overlay. The building has a stone facade and large glass windows. Several flags are flying on tall poles in front of the building. The text "What's Next?" is overlaid in the center in a white serif font. In the top left corner, there are several overlapping geometric shapes, including squares and triangles, in various shades of green and grey.

What's Next?



Trial a CDC Recognized Family Healthy Weight Program

Support for H.R. 6199: Medical Nutrition Therapy Act of 2025



Expansion of Diabetes Prevention Programs to additional sites and explore virtual delivery model.

Implementation of ACLM Lifestyle Medicine Resident Curriculum for our Internal Medicine Residents. In 2025 we initiated for our Family Medicine Residents.



Our CEO, Dr. Thomas-Hemak is one of 18 distinguished members chosen to help guide national health policy and program innovation.

The Committee will advise HHS Secretary Robert F. Kennedy Jr. and CMS Administrator Dr. Mehmet Oz on strengthening and modernizing care delivery and financing across Medicare, Medicaid, the Children's Health Insurance Program, and the Health Insurance Marketplace, with a focus on advancing higher-quality care, reducing administrative burden, strengthening program sustainability, and restoring a stronger focus on patients.

Resources





Core Program



Weight Loss Course



Diabetes Course



Live Workshops



Recipes



Community

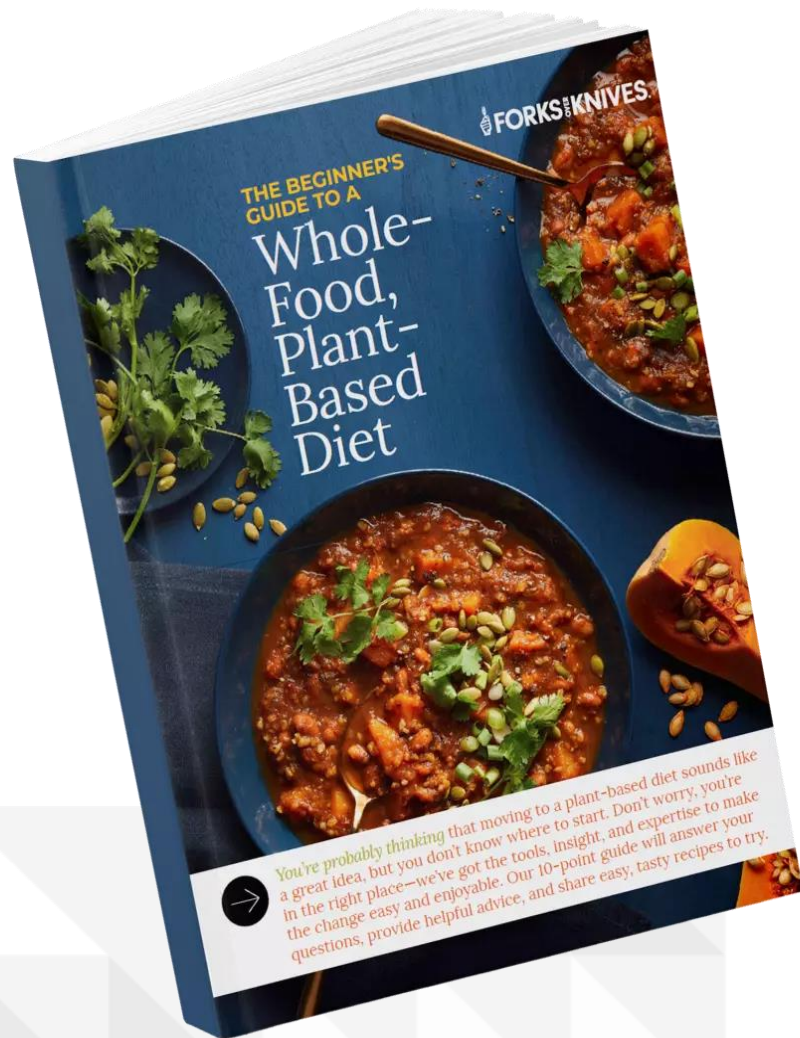
Evidence-Based Eating Guide

A Healthy Living Resource from Dr. Greger & NutritionFacts.org



*The Evidence-Based Eating Guide: A Healthy Living Resource from Dr. Greger & **NutritionFacts.org*** is a tool designed to help make the switch to a healthier lifestyle more simple. It's an easy to understand guide with applicable information for eating healthier, including a breakdown of [Dr. Greger's Traffic Light Eating](#), tips for using [Dr. Greger's Daily Dozen Checklist](#), sample menus, and more.

We hope that this guide will serve as a tool alongside NutritionFacts.org to help you, your loved ones, and your patients improve the length and quality of their lives.



THE ULTIMATE BEGINNER'S GUIDE TO A WHOLE-FOOD, PLANT-BASED DIET

Let us guide you through the first steps towards improving your health with a plant-based diet.

Included in this guide:

- What a whole-food, plant-based (WFPB) diet is all about and tips for getting started
- How a WFPB diet can help you lose weight and prevent or reverse many chronic health conditions
- Our most popular recipes to help you get started with WFPB eating
- The environmental benefits of a WFPB diet

<https://www.weitzmaninstitute.org>

Our Services

Our **training programs** offer innovative, high-quality, and accessible continuing education and professional development opportunities that address a wide range of topics for multiple disciplines. Please browse our options to discover what fits your needs.

Our **technical assistance programs** provide expert guidance through outcomes-driven coaching and quality improvement projects. We work with each organization and cohort to customize a meaningful TA program that is the right fit for your goals, timeline, budget, participant roles, and organizational priorities.

Online recipe nutrition calculators:

HappyForks

Verywell Fit

Samsung Food

MyFitnessPal

MyFoodDiary

Cronome

Stress Management/Mindfulness apps:

Insight Timer

Breathe2Relax

The Mindfulness App

Meditation Timer Pro

Ambi Pro, Calm, Headspace.

Mindfulness:

https://www.ted.com/talks/judson_brewer_a_simple_way_to_break_a_bad_habit

The Free Mindfulness Project: <https://www.freemindfulness.org/download>

The Coaching Tools Company:

https://www.thecoachingtoolscompany.com/free_coaching_tools



Nutrition & Lifestyle Services

Driving health outcomes through clinical – community partnerships

Presented By:

Alex Steppe, MSH, RD
Sr. Director Nutrition & Lifestyle Services



WAIĀNAE COAST
COMPREHENSIVE
HEALTH CENTER

Holistic Approach to Wellness

***E Ola Pono** | We believe that our community can thrive physically, spiritually, and economically and enjoy a healthy life.*

Our Commitment

- Provide accessible, affordable, high-quality care
- Preserve Native Hawaiian culture and traditions
- Advance a holistic, culturally grounded approach to wellness

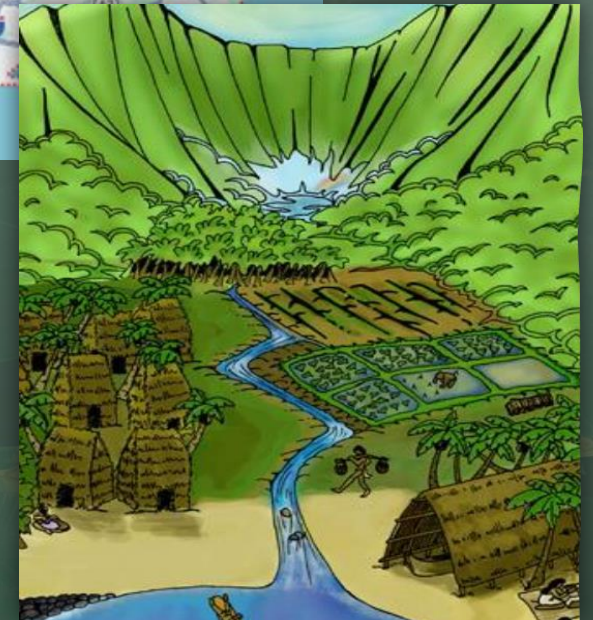
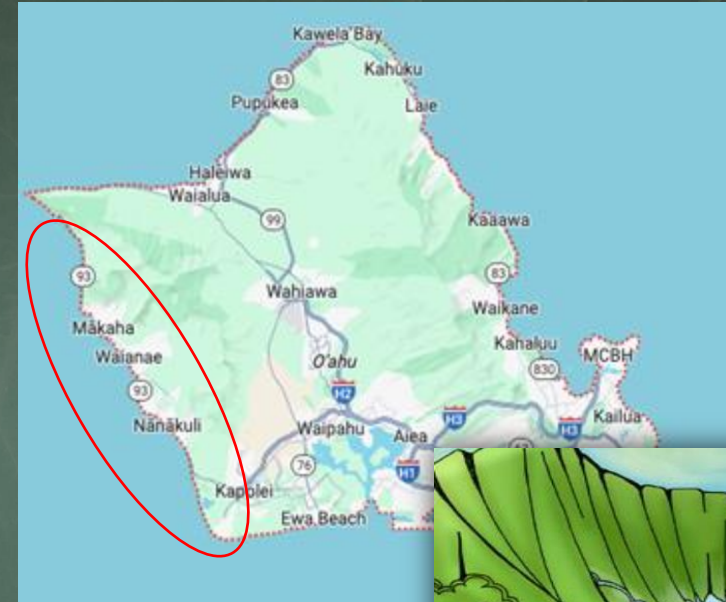
Bridging clinical care and community – based systems to improve health outcomes



Wai'anae Coast Comprehensive Health Center

Who we Are

- One of the largest FQHC's in Hawai'i, founded in 1972
- Comprehensive care at 7 service locations across Wai'anae Coast of O'ahu
 - Primary & Emergency Medical
 - Dental and Vision
 - Behavioral Health
 - Nutrition & Lifestyle
 - Diagnostic, Laboratory, Pharmacy
 - Social Services & Patient Navigation
- Care for 41,000 patients annually
- Serve largest Native Hawaiian population world-wide
 - From thriving food basket to under-resourced food desert.
 - 58% covered by Medicaid/QUEST
 - 63% at or below 100% FPL
 - Disproportionate rates of chronic disease, HRSN
 - DM, Cardiovascular, Obesity + Malnutrition
 - 1 in 3 households food insecure



‘Elepaio Social Services

Who we Are

- Wholly owned non-profit affiliate of WCCHC
- Extends care beyond the clinic into the community
- Addresses social drivers of health through culturally grounded programs

The ‘Elepaio Model for Community Health

A framework designed to build community resilience by integrating healthcare, food systems, and culture.

Five Key Pillars:

- **Food Access** - food pantries, distributions
- **Community Wellness** - education, workshops, cultural events
- **Food as Medicine** - produce Rx, food subscription
- **Food Sovereignty** - traditional agriculture, indigenous food systems
- **Career Pathways** – community health & food systems training



Nutrition & Lifestyle Services (WCCHC + ESS)

From Clinical Care to Community Impact

Culturally Grounded Clinical Foundation

- Medical Nutrition Therapy
- Diabetes Self-Management Education (DSME)
- Chronic Disease Management (CDM)
- Weight Management & Bariatrics
- 'Aina Based Nutrition Counseling

Food is Medicine: The Bridge

- Produce Rx & Food Subscriptions
- Shared staffing = more patient touch points & stronger wrap around

'ESS Community Health Lever

- Translates food-based healthcare interventions into action
- Delivers health education and wellness workshops at scale
- Ensures culture & traditional practices, local voice, remain central.



FIM Clinical Integration Looks Like

Birth History | PVP Azara WCCHC Care Team | Sticky Note | Referring Provider | HIPAA | Advance Directives | Screening Summary

09/25/2023 01:06 PM : Document "Pediatric Acute Visit WCCHC" | 09/25/2023 01:06 PM : "Social Hx Peds WCCHC" <Read-only> | 09/25/2023 01:06 PM : "Pediatric Acute Visit WCCHC" <Read-only>

Task Ped Staff

Task Self

Nurse Documentation

SEND TASK

Additional Orders

Click To Add QUICK Assessment and Status

Historical Assess/Plan Details

Additional Plan Details

BMI Education / Counseling ☐ Nutrition and physical activity counseling provided and healthy lifestyles reviewed

☐ Normal (BMI 5 to 84%) ☐ Underweight (BMI < 5%) ☐ Obesity peds (BMI = >95%) ☐ Acanthosis nigricans ☐ Excessive weight gain

☐ Overweight (BMI 85 to 95%) ☐ Morbid obesity child (BMI > 99%) ☐ Striae

☐ Family Planning Visit ☐ BCM Counseling ☐ Primary Contraceptive Method ☐ No Method details ☐ Teenclinic/FP Confidential

Preventive Health Referrals

☐ Dental ☐ Kid Fit / Teen Fit (Ages 7 - 17 years) ☐ KPRx (Keiki 2-12 Years)

☐ Behavioral Health ☐ Registered Dietician (MNT/DSME) ☐ Weight Management ☐ WOPRx: (Pregnant women or Parent of child 0 - 23 months)

Food Security Survey

General Consultation **Click To View All Referrals**

ICD10 **Comments** **Save**

Click here for Asthma Survey **Click for Asthma Action Plan** **Click To Document Current Asthma Therapy**

Office Orders

1. Select diagnosis associated with order

Date	Dx Code	Billing Diagnosis History
11/15/2023 01:08 PM	I15.2	Hypertension secondary to endocrine disorders
11/15/2023 01:08 PM	E11.59	Hypertension associated with type 2 diabetes mellitus
10/03/2023 08:44 AM	Z20.822	Contact with and suspected exposure to COVID-19
04/10/2023 08:00 AM	R50.9	Fever, unspecified

2. Then select Office Order **Misc Procedures/Injections** **Lab Master**

WCCHC Food Access Programs

Enrolled in Food Subscription Program? ☐ Yes ☒ No

Food Subscription notes **Save and Close**

Enrolled in WOPRx: (Waiānae Ohana Produce Prescription Program)? ☐ Yes ☒ No

Scale dispensed? ☐ Yes ☒ No

BP cuff dispensed? ☐ Yes ☒ No

WOPRx notes **Save and Close**

Enrolled in KPRx: (Keiki Produce Prescription Program)? ☐ Yes ☒ No

KPRx Program notes **Save and Close**

CHS Enabling Template **Food Security Survey**

All Food Access Program Referrals

Date	Status	Ordered By	Order	Reason	Comments	Date
08/02/2023	ordered	S Enabling BRADLEY Enabling	Refer to Food Subscription Program			11
12/06/2022	ordered	S Enabling BRADLEY Enabling	Refer to KPRx Program			11
11/16/2022	ordered	S Enabling BRADLEY Enabling	Refer to KPRx Program	High BMI, Underweight, Food Insecurity	WCHC_Pediatric_MRI Bil FOOT M79.673 RIGHT FOOT PAIN	11
11/16/2022	ordered	S Enabling BRADLEY Enabling	Refer to KPRx Program			11
11/16/2022	ordered	S Enabling BRADLEY Enabling	Refer to KPRx Program			11
10/18/2022	ordered	S Enabling BRADLEY Enabling	Refer to KPRx Program			11
09/13/2022	ordered	S Enabling BRADLEY Enabling	Refer to Farm-acy Program			11
09/13/2022	ordered	S Enabling BRADLEY Enabling	Refer to Farm-acy Program			11
09/13/2022	ordered	S Enabling BRADLEY Enabling	Refer to WOPRx Program	Food Insecurity?	Entry criteria: SNAP Benefit Recipient. Type of Participant: Adult chronic-disease management.	11
09/13/2022	ordered	S Enabling BRADLEY Enabling	Refer to WOPRx Program	Food Insecurity?	Entry criteria: SNAP Benefit Recipient. Type of Participant: Adult chronic-disease management.	11

Vital Signs History

Date	Time	Wt (kg)	Wt (lbs)	BMI	Bp	Measured By
11/15/2023	3:37 PM	61.235	135.00	21.79	120/80	Jance Gapasen
11/13/2023	11:09 AM					Britney Laa
10/27/2023	8:50 AM		125.00	20.17	120/80	Jance Gapasen
09/19/2023	11:58 AM					Charlene Kealoa

>>> View Lab Summary **Hemoglobin A1c Results**

Done in Office **Done at Lab**

Date	Order	Result/Value
01/04/2018	Hgb A1c	5.4
04/26/2018	Hgb A1c	5.9
04/26/2018	Hgb A1c	5.8

Date of last	Result
11	

FIM Community Facing Looks Like



Food Justice Farmer's Markets

- SNAP Acceptance
- SNAP Doubling on local produce & proteins
- WIC Acceptance
- WIC Doubling on local produce
- Produce Rx and Food Subscription redemption site



Student & Senior Pantries

- 11 weekly school pantries
- 5 weekly senior pantries
- Offering fresh local produce, frozen proteins, milk, eggs, bread and shelf stable pantry items.
- Healthy ready to eat meals prepared by the local high school culinary program distributed at senior pantries.



Community Food Distributions

- Community led food distributions
- Employee food distributions
- Student/family community dinners and food distributions at the schools
- Free recipes and healthy cooking demonstrations utilizing the shelf stable and fresh local produce distributed.

Wellness Workshops

- FREE Bi-monthly workshops for patients and community
- Focuses on nutrition, healthy cooking, food preservation, culture, sustainability, agriculture, financial literacy and emergency preparedness



Food Prescriptions

- All grant and privately funded
- Tracks blood pressure, BMI, A1C (if applicable), visceral fat
- Measures fruit and vegetable intake, health related quality of life
- Participants required to update clinical measurements and attend one work shop every 3 months for prescription/subscription card "refill"



'Ao Pulapula Nursery

- Backyard growers project – free green material/food trees, irrigation supplies/set up, and support team to provide support with planting and technical assistance.
- Community gleaning - assists community with harvest and redistribution
- Indigenous food restoration and education for community



Produce Rx & Food Subscription

OHANA PRODUCE PRESCRIPTION program

You might qualify for **\$120** per month for 10 months to buy fruits, vegetables & poi at Makeke locations

ELIGIBILITY CRITERIA (must meet all 5):

- Has a Primary Care Provider at the Waianae Coast Comprehensive Health Center
- Lives along the Leeward Coast of O'ahu (Zipcodes 96792, 96797, 96707, 96706)
- Has a nutrition-related chronic disease AND/OR food insecurity (e.g. diabetic, high blood pressure, etc.)
- Has Medicaid insurance or SNAP/EBT
- Willing to complete surveys and clinical measurements throughout the program (Blood pressure, weight, and Hb A1c blood test)

More than 1 participant per household are allowed to enroll. Limited spots available.

foodmedicine@wccchc.com 808-697-3526

Thanks to the USDA National Institute of Food and Agriculture for funding this program. USDA is an equal opportunity provider. This program is funded by the WCCCHC, Institute of Waianae Coast for Health.

OHANA PRODUCE PRESCRIPTION program

DO YOU HAVE A TEEN 13-17 YEARS OLD?

You might qualify to get **\$60 MONTHLY VOUCHERS!**

Get fresh local fruits, vegetables and poi from Makeke Farmers & Green Markets for up to 6 months, or shop online with free delivery!

We want to understand how prescriptions for fresh produce can improve health.

As a participant, you will complete health measures and surveys throughout the program.

MAKE AN APPOINTMENT WITH YOUR TEEN'S WCCHC PROVIDER TO SEE IF YOU QUALIFY!

Limited spots available. Program will close once full.

(808) 697-3526 makekefarmers foodmedicine@wccchc.com

MUST MEET ALL 5 CRITERIA to be eligible to participate:

- HAVE A PRIMARY CARE PROVIDER AT WCCHC
- BE 13-17 YEARS OLD
- NEEDS HELP ACCESSING FOOD AND/OR HAS A NUTRITION-RELATED CONDITION (e.g. overweight, etc.)
- HAVE MEDICAID INSURANCE OR SNAP/EBT
- LIVES IN LEEWARD COAST OF O'AHU

Thanks to the USDA National Institute of Food and Agriculture for funding this program. USDA is an equal opportunity provider. This program is funded by the WCCCHC, Institute of Waianae Coast for Health.

KEIKI PRODUCE PRESCRIPTION program

DO YOU HAVE A CHILD 2 - 12 YEARS OLD?

You might qualify to get **\$60 MONTHLY VOUCHERS!**

Get fresh local fruits, vegetables and poi from Makeke Farmers & Green Markets for up to 6 months, or shop online with free delivery!

We want to understand how prescriptions for fresh produce can improve children's health. Participants will complete health measures throughout the program.

MAKE AN APPOINTMENT WITH YOUR CHILD'S DOCTOR TO SEE IF THEY QUALIFY!

Limited spots available. Program will close once full.

(808) 697-3526 foodmedicine@wccchc.com

MUST MEET ALL 4 CRITERIA to be eligible to participate:

- HAVE A PRIMARY CARE PROVIDER AT WCCHC
- HAVE FOOD INSECURITY AND/OR OVERWEIGHT OR OBESITY
- BE 2 - 12 YEARS OLD
- LIVES IN WAIANAE (96792)

Thanks to the USDA National Institute of Food and Agriculture for funding this program. USDA is an equal opportunity provider. This program is funded by the WCCCHC, Institute of Waianae Coast for Health.

DO YOU HAVE A CHILD 2 - 12 YEARS OLD?

If YES, you might qualify to receive **\$60** monthly vouchers for fresh local fruits, vegetables, and poi through our **KEIKI PRODUCE PRESCRIPTION PROGRAM**

TELL ME MORE ABOUT THIS PROGRAM!

We want to understand how prescriptions for fresh produce can improve children's health.

Participants can use vouchers at Makeke Farmers & Green markets for up to 6 months OR shop online with free delivery!

Participants will complete health measures (blood pressure, weight, food samples, stool samples, etc.) throughout the program

ELIGIBLE PARTICIPANTS MUST:

- Have a Primary Care Provider at WCCHC
- Have food insecurity AND/OR overweight or obesity
- Be 2 - 12 years old
- Live in Waianae (96792)

HOW DO I GET STARTED?

Make an appointment with your child's doctor at the Waianae Coast Comprehensive Health Center to see if they qualify for the program!

Only one child per household can enroll in this program. *This program has limited spots available and will close once full!

ELEPAIO SOCIAL SERVICES

(808) 697-3526 Makeke Waianae, a farmers' & green market foodmedicine@wccchc.com

FOOD SUBSCRIPTION program

Your household* might qualify for **\$250** per month for 6 months to buy fruits, vegetables, protein, poi, and honey at Makeke Waianae, a farmers' & green market

ELIGIBILITY CRITERIA (must meet all 4):

- Active patient at the Waianae Coast Comprehensive Health Center
- Must have seen an eligible WCCHC doctor within the past 12 months
- Lives along the Leeward Coast of O'ahu (Zipcodes 96792, 96797, 96707, 96706)
- Enrolled SNAP/EBT

First show denial letter dated within the past 6 months

Food vouchers help accessing food

To find out if you are eligible, call 808-697-3736 Community Health Services

household will enroll into program to receive funds for entire household. *Multiple families under one address will go through additional verification. Limited spots available. Once full, we can put you on a waitlist.

808-697-3526

ELEPAIO SOCIAL SERVICES

(808) 697-3526 Makeke Waianae, a farmers' & green market foodmedicine@wccchc.com

Community Wellness Workshops



Pickling Class

'ELEPAIO SOCIAL SERVICES
presents a Community Wellness Workshop:

TUESDAY, MAY 28, 2024
5:30 PM - 7:00 PM
WCCHC DINING PAVLION

Join us for May's Wellness Workshop pickling! If you love veggies and have a knack for making pickles, come and learn to make two delicious vegetable recipes.

- Accordion Pickles
- Cabbage Kimchi

We hope to see you there!

THIS FREE WORKSHOP IS OPEN TO THE PUBLIC!
REGISTRATION IS NOW OPEN

Go to the link to register or scan the QR code:
<https://forms.office.com/r/rspc8>

For any questions:
call: 808-697-3709
or email: cfujimoto@wcchc.com



Financial Literacy Workshop Part 2

HOSTED BY 'ELEPAIO SOCIAL SERVICES & THE WAI'ANA'E ECONOMIC DEVELOPMENT COUNCIL

THURSDAY, SEPTEMBER 12, 2024
5:30 PM - 7:00 PM
WCCHC DINING PAVLION
86-260 FARRINGTON HIGHWAY

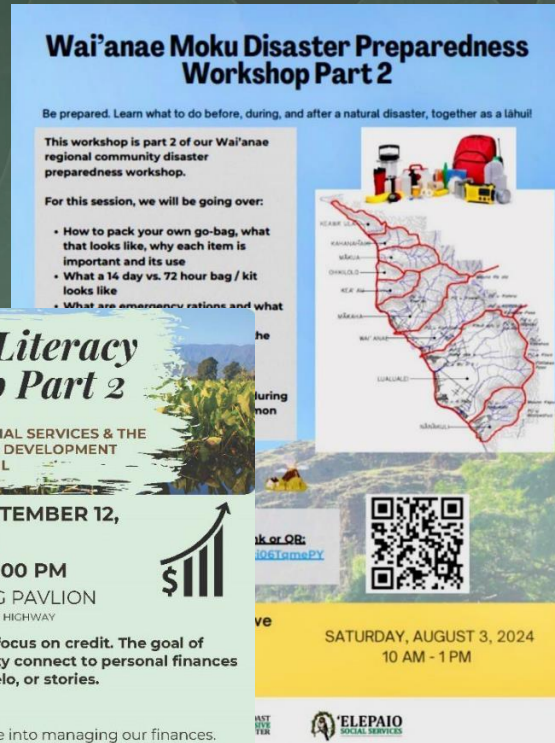
Part 2 of this financial workshop will focus on credit. The goal of these workshops is to help community connect to personal finances through cultural concepts and mo'olelo, or stories.

Participants will:

- Understand how Hawaiian values tie into managing our finances.
- Understand the power of credit, and why it matters.
- Learn the concept: Spend, Save, and Grow.
- Understand the factors that determine your credit score.
- Learn about how your credit score is allocated.
- Understand credit score ranges.
- Learn strategies to increase your credit scores

THIS FREE WORKSHOP IS OPEN TO THE PUBLIC!
REGISTRATION IS NOW OPEN

Go to the link to register or scan the QR code
<https://forms.office.com/r/W8q7afGUDP>



Wai'anae Moku Disaster Preparedness Workshop Part 2

Be prepared. Learn what to do before, during, and after a natural disaster, together as a lāhuli

This workshop is part 2 of our Wai'anae regional community disaster preparedness workshop.

For this session, we will be going over:

- How to pack your own go-bag, what that looks like, why each item is important and its use
- What a 14 day vs. 72 hour bag / kit looks like
- What are emergency rations and what

Join us for this workshop on Saturday, August 3, 2024, from 10 AM - 1 PM at the WCCHC Dining Pavilion. Registration is now open. Scan the QR code or visit <https://forms.office.com/r/DdPIRWLISE> to register.



Makeke Cooking: Farmer's Market Series

'ELEPAIO SOCIAL SERVICES
presents a Community Wellness Workshop:

WEDNESDAY, JULY 31, 2024
5:30 PM - 7:00 PM
WCCHC DINING PAVLION
86-260 FARRINGTON HIGHWAY

Join us for July's Community Wellness Workshop focused on recipes inspired by ingredients you can find at the farmers market! This month will feature 2 simple but delicious recipes that will encourage you to buy local produce from your mahi'ai. The first recipe will be eggplant "unagi", and the second will be market mix quick Vietnamese pickles.

THIS FREE WORKSHOP IS OPEN TO THE PUBLIC!
REGISTRATION IS NOW OPEN

Go to the link to register or scan the QR code:
<https://forms.office.com/r/DdPIRWLISE>

For any questions:
call: 808-697-3709
or email: cfujimoto@wcchc.com



Wai'anae EAT LOCAL CHALLENGE

Join us as we celebrate in February, the delicious and nutritious COCONUT (Niu)!

FEBRUARY 3, 10, 17 & 24
MĀKEKE WAI'ANA'E WAI'ANA'E MALL
86-120 FARRINGTON HWY, WAI'ANA'E, HI 96792
8:00AM - 12:00PM

Register any Saturday during the Challenge. Go to the link to register or scan the QR code to get:

MAUKA AT KA'ALA FARM (WAI'ANA'E VALLEY)

DAY 1: SATURDAY, AUGUST 31 from 8:30 AM - 1 PM
Traditional Food Growing & Preparation | Mo'olelo | Watershed Information
Traditional Ahupua'a Practices | Free Lunch

FREE registration begins August 5, required to participate.
Call 897-5709 for details.

MAKAI AT NENE'U (POKA'I BAY)

DAY 2: SUNDAY, SEPTEMBER 1 from 8:30 AM - 3 PM
Ocean Safety & Awareness Clinic | Hokule'a/Voyaging Experts | Ocean Debris Education
Cultural Activities | Ocean Activities | Free Lunch

FIM Clinical – Community Impact

PROGRAM HIGHLIGHTS

COMMUNITY IMPACT

79,030 MEALS DISTRIBUTED

1,731,442 POUNDS OF FOOD DISTRIBUTED

205,384 POUNDS OF LOCAL PRODUCE DISTRIBUTED

LOCAL ECONOMIC IMPACT

\$497,021 SPENT ON LOCAL PRODUCE & MEALS

\$389,361 TO LOCAL VENDORS FROM FOOD AS MEDICINE

\$308,118 IN EBT REIMBURSED TO LOCAL VENDORS

\$204,558 IN DOUBLE BUCKS REDEEMED AT FARMERS' MARKETS

5,378 TOTAL EBT TRANSACTIONS

\$3,357,739 INFUSED INTO WAI'ANAE ECONOMY

Does it Work?

Measuring Impact

[Events](#)
[Registrants](#)
[Clients](#)
[Cards](#)
[Programs](#)
[Wellness](#)
[My Account](#)
[Administrator](#)

Client Activity

Client Profile

NAME:

Kenny Paresa

DOB

1900-01-01

GENDER

Male

EMAIL

kparesa@wcchc.com

PHONE

8086973709

EMPLOYEE

✓

PATIENT

MKPRx

1 of 57 COMPLETED

ACTIVITY	REQUIRED	EVENT DATE	DESCRIPTION	TARGET DATE	STATUS	ON	NOTES	PLAN/PROGRAM PERIOD	2025-01-01 - 2025-12-31
				2025	Completed	05/14/2025			kparesa
				2025	Completed	01/01/1900			kparesa
				2025	Completed	01/01/1900			kparesa



Events + Registrants + Clients + Cards + Programs + Wellness + My Account + Administrator

Manage Card

Card # 7782732925108679

Active

Card Type MKPRx

Date Issued 1/19/2025 9:17:29 AM

Added By System

Issued To [REDACTED]

DOB 6/30/1974

Gender Female

MRN [REDACTED]

Change Card Holder

Card Credits

Memo \$ 0 +

MEMO 1st month Funds \$ 100 05/08/2025

Card Debits

Memo \$ 0 +

MEMO Touan Farm (Fruit/Vegetable - FSP(KPRx) \$ 5 05/10/2025

MEMO Sam Flowers and Imports (Fruit/Vegetable - FSP(KPRx) \$ 8 05/10/2025

Card Balance \$87.00

Card Notes

There are no notes for this card.

Add Note

[Events](#)
[Registrants](#)
[Clients](#)
[Cards](#)
[Programs](#)
[Wellness](#)
[My Account](#)
[Administrator](#)

Pantry

[Pantry Logs](#)
[25 Most Recent](#)
[Pantry Locations](#)
[Dashboard](#)

[Kupuna Pantry](#)
[Keiki Pantry](#)
[Ohana Night](#)

Select a Client

11

DOB 12/19/1990

22

DOB 8/4/1944

19

DOB 11/2/1952

1

DOB 10/19/1969

1

DOB 7/16/1963

1

DOB 6/8/1954

16

DOB 6/1/1958

9

DOB 1/1/1900

Kupuna Pantry Log

Location	Pick Up Date	Notes	Added By
QLT - Children's Center	04/25/2025		kparesa
QLT - Children's Center	04/11/2025		rmguerrero
QLT - Children's Center	03/28/2025		kparesa
QLT - Children's Center	03/21/2025		kparesa
QLT - Children's Center	03/14/2025		kparesa
QLT - Children's Center	03/07/2025		ccolin
QLT - Children's Center	02/21/2025		kparesa
QLT - Children's Center	02/14/2025		kparesa
QLT - Children's Center	02/07/2025		kparesa
Mali Learning Center (MLC)	02/03/2025		kparesa
QLT - Children's Center	12/20/2024		rmguerrero
QLT - Children's Center	12/13/2024		rmguerrero
Mali Learning Center (MLC)	11/25/2024		rmguerrero
QLT - Children's Center	11/22/2024		rmguerrero

Add a Kupuna Pantry Pick Up

Pantry Location
Hale Moena

Pickup Date
05/14/2025

Notes

Add Pick Up

On the forefront of FAM

Elepaio FAM program is clearly emerging **as a fully integrated clinical intervention**—far more than simply “handing out food.”

- Tracking ongoing monthly impact of FAM program on cost savings and quality improvement
- AI analytics for risk prediction and services impact embedded into the Elepaio App for front line staff for patient-level decision making
- Use of analytics to expand FAM program to multiple patient cohorts where positive impact is high

Cost Savings Impact of Elepaio- Food as Medicine Program

Study period: 2021 to 2024

419

Total patients with both Food Program data and claims

374

Total patients for whom we have continuous eligibility in health plans

Cost Impact Analytics Methodology 6 Month Pre & Post Program Study

- 6 month Pre-program claims cost window
- 6 month Post-program claims cost window

Cost Savings Impact of Elepaio- Food as Medicine Program (n = 374)

Time	Programme	Cost-Pre	Cost-Post	Total savings
1 Month enrollment:	Food Prescription Assistance	\$778	\$812	\$34 PMPM cost increase
6 month enrollment:	Food Prescription Assistance	\$770	\$652	★ \$118 PMPM cost savings

Why the Model Works



Community caring for community

Future Outlook



Food for Health and CHCs: Policy

The Department of Health and Human Services (HHS) recognizes CHCs as “at the forefront of efforts to Make America Healthy Again” through chronic disease prevention, nutrition counseling, cancer screenings, and comprehensive wellness services.

Here Are Ways Congress Can Help (NACHC Policy Paper)

1. Invest in Nutrition Services within CHCs.

Congress should recognize nutrition services as a required CHC service under Section 330 and provide dedicated funding to support implementation.

2. Enable System Change

Congress should reduce administrative barriers that limit CHCs ability to integrate nutrition services into primary care.

3. Strengthen the Workforce

Congress should direct HHS and USDA to jointly develop a national strategy to expand access to comprehensive nutrition services, promote long term healthy eating, and test innovative payment models for nutrition-based therapies targeting obesity, diabetes and other chronic conditions.

*Please email federalpolicy@nachc.org
if you would like to engage with NACHC on policy priorities for F4H*

National Training Initiative

Supporting primary care clinicians in FQHC/CHCs

Eligible* clinicians receive **50% off lifestyle medicine certification** through the National Training Initiative Scholarship.

Learn more + apply: [Lifestylemedicine.org/nti](https://lifestylemedicine.org/nti)

**MD/DO/NP/PA only. Must also meet ABLM's certification eligibility requirements.*



What's included

The scholarship covers 50% of the costs for the required lifestyle medicine certification prerequisites and the certification exam fees:

- **Lifestyle Medicine Conference Registration** (LM2026) (Retail price: \$949)
- **Foundations of Lifestyle Medicine Board Review Course**, 4th Edition (Retail price: \$899)
- **ABLM Board Exam Certification Fees** for 2026. (Retail price: \$1,299-\$1,499)



Questions?

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The Wright Center for Community Health

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Evaluation



THANK YOU!



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Community Health Centers®

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