

# **Canyon Ranch Institute Healthy Community: A Program Based on Integrative Health and the Best Practices of Health Literacy to Promote Health and Reduce Chronic Disease**

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THE POWER & POSSIBILITY OF A HEALTHY WORLD



# A little background ...



- Children who grow up in safe and supportive families and neighborhoods free from abuse, neglect, and other negative influences are more likely to live healthier and more productive lives.
- Over the past 30 years, childhood obesity rates in the United States have more than doubled in young children and tripled in adolescents, negatively impacting the health of children.



# Our program ...



- The Canyon Ranch Institute Healthy Community Program is:
  - an integrative health program
  - community-based intervention
  - based on the best practices of health literacy
  - Targeted to improved health outcomes for youth and their families.
- The program is conducted in partnership with schools and community centers.

# The pilot designs – 2014 & 2015

- Pre/Post evaluation of participants
- Saturday mornings for four hours at a middle school in Tucson, Arizona, U.S.A.
- 2014 – 4 sessions; 2015 – expanded to 6 sessions
  - Exercise/ body movement
  - Stress management
  - Healthy meal planning and eating as a family
  - Gardening
  - 2015 – Added Goal-setting/Sense of purpose



# Pilot Participants

- Recruiting took place through a partnership with a local medical practice, a federally qualified community health center, and the school where the program was held.
- Over 150 adults and youth experienced the pilots.
- Youth were between 6 and 14 years old.
- Over half of participants were Hispanic/ Latino.
- Adults were primarily female (over 70%) and nearly 40% had annual incomes below \$15,000 U.S.



## 2014 Selected Adult Outcomes

- |   |   |
|---|---|
| • Weight loss – one person lost 35 pounds.                  | • 22% increase in health literacy.                    |
| • 12.5% increase in health knowledge.                       | • Eating as a family 2.8 more times per week.         |
| • Blood glucose – dropped 40.3 points on average.           | • A decrease in running out of food in the household. |
| • Blood pressure – one person went from 147/74 to 126/85.   | • 25.9% reduction in reported stress.                 |
| • Increase of 2 mentally/physically healthy days per month. | • 22.1% reduction in reported depression (PHQ-9).     |
| • 28.6% increase in amount of exercise.                     |   |



## 2014 Selected Youth Outcomes

- |   |   |
|---|---|
| <ul style="list-style-type: none"><li>• Lower blood pressure by 8.8 systolic and 4.3 diastolic.</li></ul> | <ul style="list-style-type: none"><li>• 75% decrease watching TV/ playing video games.</li></ul>    |
| <ul style="list-style-type: none"><li>• 1.5 less unhealthy days per month.</li></ul>                      | <ul style="list-style-type: none"><li>• Decrease in eating snacks in front of television.</li></ul> |
| <ul style="list-style-type: none"><li>• 63.8% increase in exercise frequency.</li></ul>                   | <ul style="list-style-type: none"><li>• Decrease in soda consumption.</li></ul>                     |
| <ul style="list-style-type: none"><li>• See family and self as being happier and healthier.</li></ul>     | <ul style="list-style-type: none"><li>• Increase in water consumption.</li></ul>                    |
| <ul style="list-style-type: none"><li>• Decrease in eating at drive-through restaurant.</li></ul>         | <ul style="list-style-type: none"><li>• Eating fruit and vegetables more often.</li></ul>           |
| <ul style="list-style-type: none"><li>• Increase in eating with family.</li></ul>                         | <ul style="list-style-type: none"><li>• Helping prepare dinner more often.</li></ul>                |



## 2015 Selected Adult Outcomes

- 21.7% increase in health knowledge (exercise, nutrition, stress management, gardening).
- 36.9% increase in trying new ways of preparing vegetables and fruits.
- 42 participants learned of health conditions and received a referral/consult.
- 35% increase in confidence to plant and grow herbs and vegetables.
- One adult used the program as a launching pad to stop smoking after a lifetime of smoking.
- 60% of adult participants know more about health, wellness, and exercise.
- 70% of adults participants reported eating healthier food.
- 19.9% increase in thinking about healthier food while meal planning.



## 2015 Selected Youth Outcomes

• 24% decrease in anger.	• 10.8% increase in hope.
• 16.7% increase in self-reported health status.	• 100% of youths reported exercising more.
• 53.8% increase in knowledge of correct hand-washing techniques.	• 66.7% increase in growing fruits and vegetables at home.
• 75% of youth said they and family were happier.	• 18.1% increase in identifying food groups correctly.

- Overall, the more sessions people attended, the more they experienced healthier outcomes.



# Learnings

- Dose/response – Program is now six sessions over eight weeks. Considering a further increase.
- Recruiting remains a primary challenge – program is free. Parents seem to want to drop off children rather than participate with them. Organized sports is a conflict.
- Training a Core Team of qualified individuals to offer the program versus CRI staff and volunteers increases reach and sustainability.

# Learnings

- The CRI Healthy Community program is a community-based, culturally competent, health-literate upstream approach to reduce chronic disease.
- Strategically aligned community organizations and resources – but need to continually expand that network to increase access to healthy settings and activities to form new healthy behavioral habits.
- Community and individual-level changes can be sustained through the active partnership of organizations and the volunteer effort of individuals reaching beyond the program's start and stop dates.



# Thank you!

