



2022-2023 IMPACT REPORT

HealthVisions Midwest of Hammond has been working to address the needs of Lake County residents by providing programming that promotes quality of life for our most vulnerable and underserved populations. Our Hammond team has been hands-on in the community providing education, transportation, and professional development opportunities to individuals looking to take control of their health and be their own best advocate.

The HEART program empowers and supports people across Lake County to live healthier lives.

HEART reduces the risk of cardiovascular disease among low-income minorities as a comprehensive wellness program on healthy eating, physical activity, disease self-management skills, medical services, and personalized care plans. In addition to classes, participants receive free items that promote healthy lifestyles, such as cooking utensils, recipes, and exercise opportunities like Zumba classes. In 2022, through community partnerships, HEART was able to achieve the following outcomes:

- **777** people received education on cardiovascular disease prevention and coaching on healthier lifestyles.
- **30%** of HEART participants with a baseline BMI greater than 25 decreased their BMI by **2 points**.
- **70%** of HEART participants increased their CVD knowledge to at least **85%**.

Written by HEART Participant:

“This class taught me a lot. It was nice that the Facilitators spoke in Spanish too so I could understand. I would share the information with my wife after I got home. One day, she was telling me about some things she was feeling, and I remembered something I learned in class. I told her we needed to go to the hospital because it could be bad. She let me take her and they told us she was having a minor heart attack. Ever since that day, I use what I learned in class for us to eat better and be more active. I even got my wife to quit smoking.

This class saved mine and my wife’s life. Thank you!”





Many Lake County residents, like other minority communities, experience extensive barriers to accessible quality healthcare and nutritional food. Some factors that contribute to this growing issue within our community are the lack of reliable public transportation, the inflation of transportation costs, and the increased presence of food deserts in underserved communities. To make quality healthcare and nutritional food more accessible, HVM founded the **Trusted Neighborhood Transportation (TNT) program that provides transportation** to HEART participants, seniors, veterans, and the disabled to attend medical appointments, VA visits, grocery, and prescription pickup. Currently, TNT is a self-funded program, running on the generosity of private donations. Utilizing one 12-passenger van with one driver, **TNT has provided 410 rides since it began in October of 2022.**

Written by TNT passenger:

"[My TNT driver] is my favorite person. She makes sure not only me but that my family is being provided for. I like her a lot! 27yrs young with a good head on her shoulders!"

HealthVisions has also had the pleasure of assisting professionals working in the community by providing training and the opportunity to obtain their **Community Health Worker Certification.**

- A community health worker (CHW) is a frontline public health worker who is a trusted member of and has a close understanding of the community served. This trusting relationship enables the worker to serve as a liaison between health/social services and the community to facilitate access to services and improve the quality and cultural competence of service delivery. HVM Hammond is certified by the Indiana Community Health Worker Association (INCHWA) to offer the Certified Community Health Worker (CCHW) Training Program. The program includes a robust 45-hour training curriculum, weekly live Zoom sessions, and networking opportunities with other CCHWs.
- In 2022, **109 professionals obtained their Community Health Worker Certification.**
- The CCHW program also offers opportunities to its participants to gain credits applicable to their general education. In particular, a young woman who had to overcome many life challenges, including the foster care system, enrolled in the CCHW program, and by completing the course, she obtained her high school diploma instead of her GED, which **empowered** her to continue with her educational goals.

