



2023 Impact Report

HealthVisions Midwest of Hammond addresses the needs of Lake County residents by providing programming that promotes quality of life for our most vulnerable and underserved populations. Our Hammond team is 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.

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 medical appointments, VA visits, grocery stores, and prescription pickup. Currently, TNT is a self-funded program, running on the generosity of private donations. In 2023, TNT provided **1,429** total rides.

HealthVisions also assisted 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 serves as a liaison between health/social services and the community to improve the quality of service delivery. HVM Hammond is certified by the IN Community Health Worker Association to offer the Certified Community Health Worker Training, a robust 45-hour course with weekly live virtual sessions and networking opportunities with other CCHWs.
- In 2023, **192 professionals obtained their Community Health Worker Certification.**





In May 2023, HealthVisions expanded their community outreach efforts by opening a blessing box. This initiative, spearheaded by their dedication to holistic health and community welfare, aims to address food insecurity and support those in need. Situated at a central location accessible to all, the blessing box serves as a beacon of hope, where individuals can find essential items such as non-perishable foods and toiletries. From May 31 through December 31:

- **503** people visited the blessing box.
- **50** turkeys were given away
- **30** produce baskets were provided



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 through comprehensive wellness program on healthy eating, physical activity, disease self-management skills, medical services, and personalized care plans. In addition to classes, participants received free items to promote healthy lifestyles, such as cooking utensils, recipes, and exercise opportunities like Zumba classes. In 2023, through community partnerships, HEART was able to achieve the following outcomes:

- **1,209** total reached and educated about Cardiovascular Health
- **482** screened for risks of Heart Disease
- **43%** of participants lost weight and lowered their BMI.
- **84%** of participants increased their knowledge about heart disease and learned to live healthier lives.

Your generous support of HealthVisions Midwest made all of this possible.

Thank you!

