

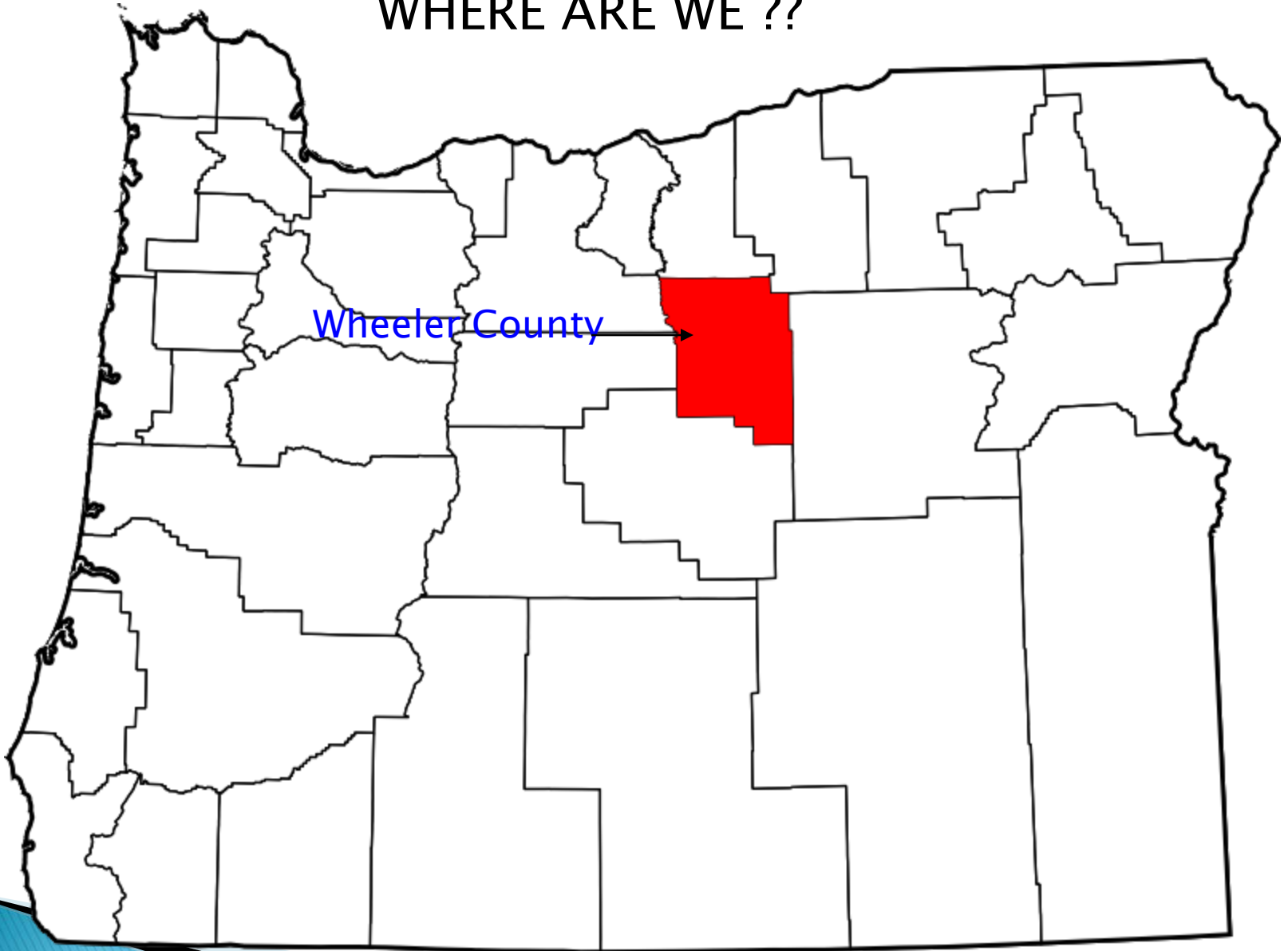
ASHER COMMUNITY HEALTH CENTER

DANIEL ALLEN PA-C
DEBBIE BOETTNER PA-C

WHEELER COUNTY

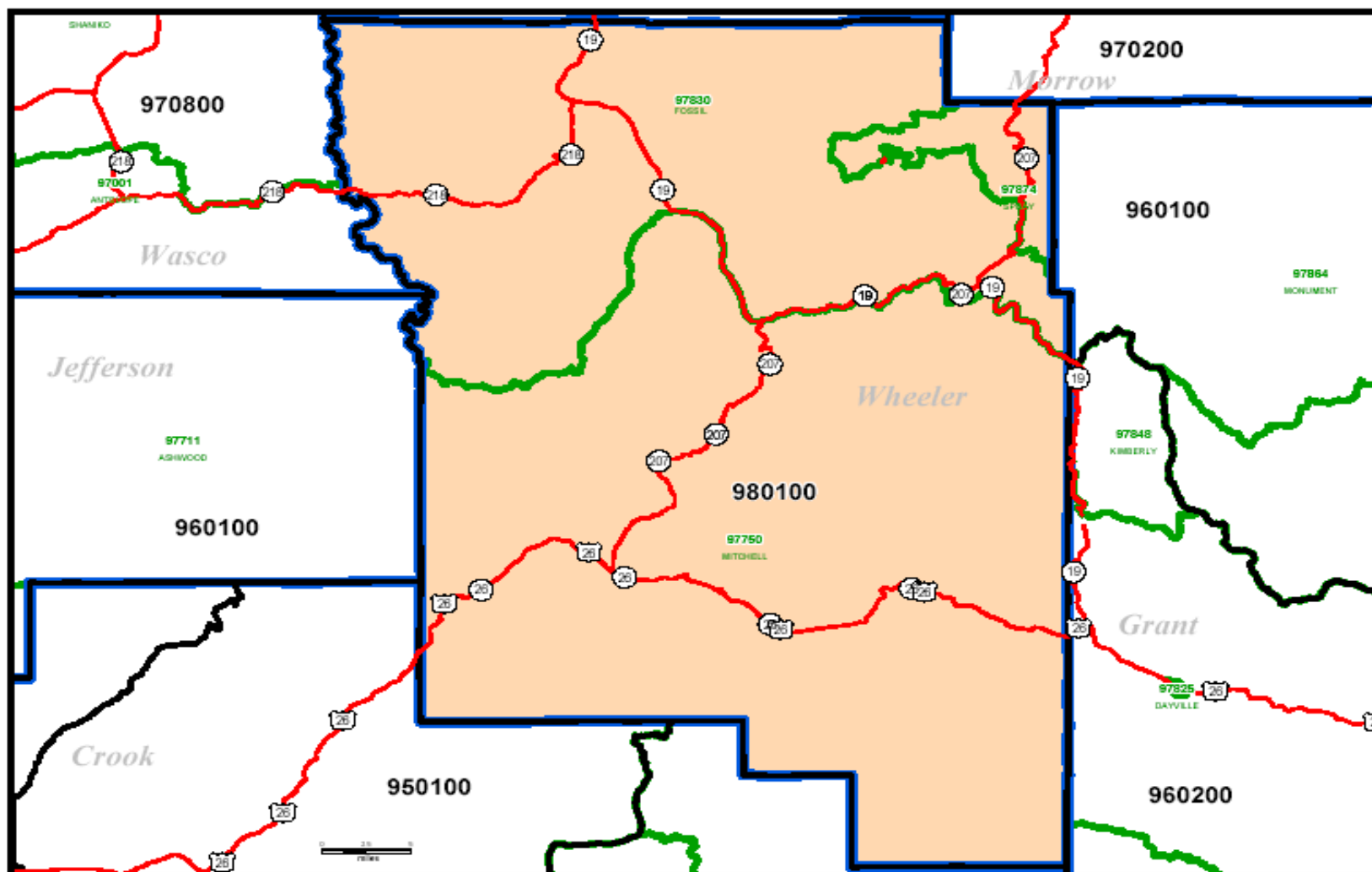
- ▶ WHERE LOSING MAKES YOU
A WINNER

WHERE ARE WE ??



Wheeler County

WHEELER COUNTY



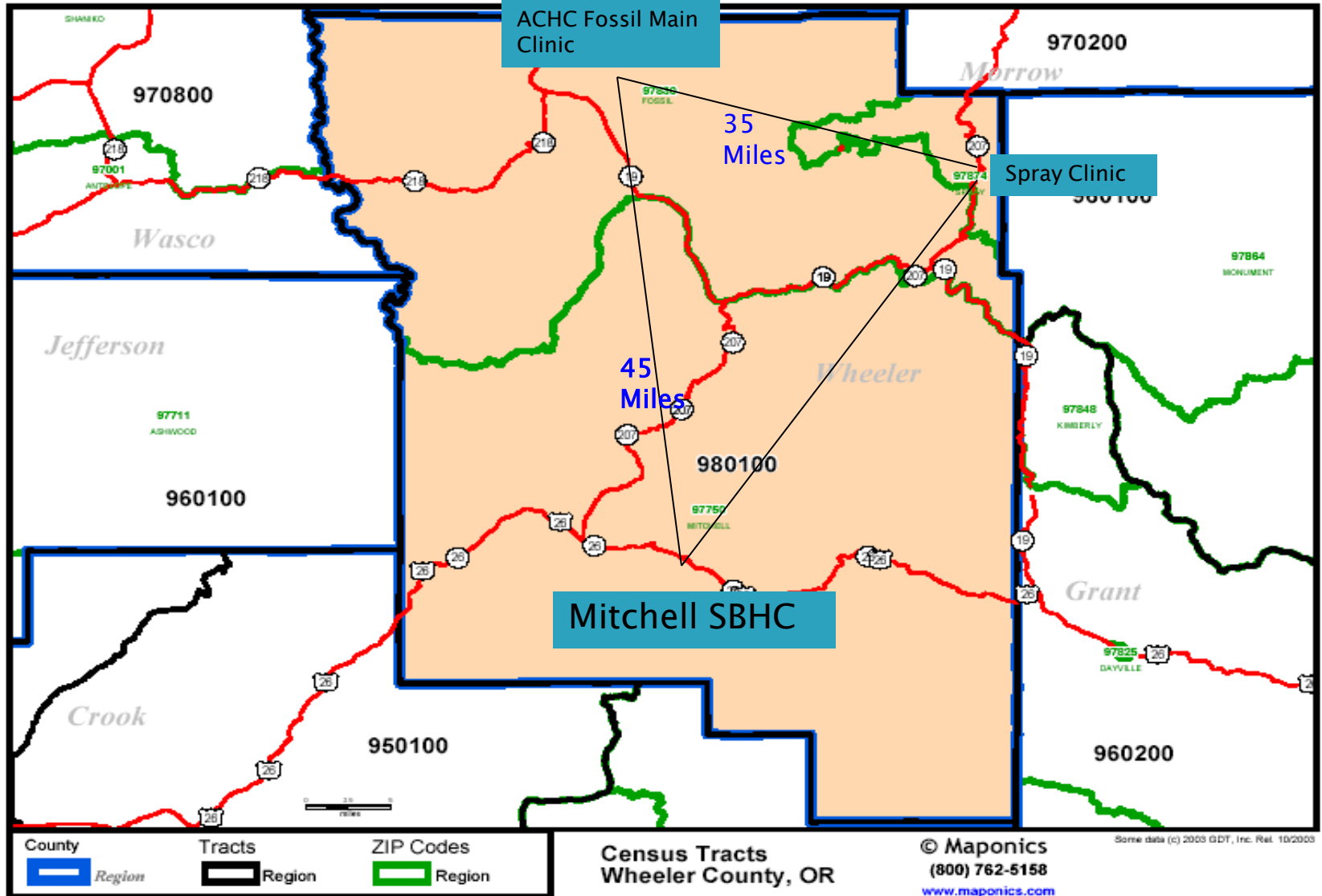
County	Tracts	ZIP Codes
Region	Region	Region

Census Tracts
Wheeler County, OR

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CLINICS



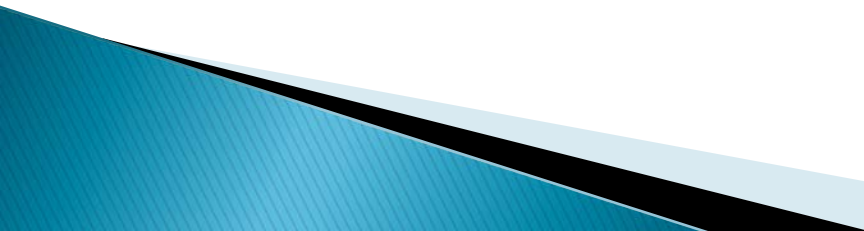
County	Tracts	ZIP Codes
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POUND FOR POUND

- ▶ HOW IT GOT STARTED
 - ▶ COMMUNITY INVOLVEMENT
 - COMMITMENT
 - WEIGH INS
 - FINANCIAL OBLIGATION
 - ▶ EXERCISE AND DIET
 - ▶ LOCAL MERCHANT INVOLVEMENT
- 



RESULTS

▶ AGE OF PARTICIPANTS

- 20 TO 92 FOR A TOTAL OF 80+ COMMUNITY MEMBERS

▶ HEALTH IMPROVEMENTS

- ▶ BLOOD PRESSURE
 - ▶ DIABETES CONTROL
 - ▶ HYPERLIPIDEMIA
 - ▶ ARTHRITIS/OSTEOPOROSIS
 - ▶ EXERCISE TOLERANCE /BALANCE
 - ▶ WEIGHT LOSS – TOTAL OF 1500 POUNDS!!!
 - ▶ SELF-ESTEEM BUILDING AND HEALTH AWARENESS
- 

WOMENS HEALTH PROGRAM

- ▶ SUSAN B. KOMEN for the CURE
 - HOW THIS GRANT HAS IMPACTED WHEELER COUNTY.
 - COMMUNITY AWARENESS OF BREAST CANCER
 - ACCESS TO SERVICES
 - BENEFITS AS SEEN BY THE COMMUNITY
 - THE BUS
 - 151 WOMEN RECEIVED MAMMOGRAMS SINCE APRIL 2008 AS A RESULT OF THE AVAILABILITY OF THE BUS

CONCLUSION

HEALTH CARE IN A FRONTIER
IS MORE THAN JUST
COMING TO WORK.
IT'S GETTING INVOLVED



COMMUNITY INVOLVEMENT



EXPANSION

- ▶ ESTABLISHED A STABLE CLINIC IN SPRAY 2007 WENT FROM A ONE ROOM RENTED AREA TO A FULL BUILDING NOW WITH A ONE CHAIR DENTAL EXAM ROOM IN ADDITION



EXPANSION



MITCHELL SBHC 2006



MITCHELL SBHC 2009

EXPANSION

- ▶ COMMUNITY SUPPORT FOR A NEW CLINIC IN MITCHELL
- ▶ FIRST ESTABLISHED HEALTH CARE IN 26 YEARS
- ▶ FIRST EVER ESTABLISHED DENTAL IN WHEELER COUNTY

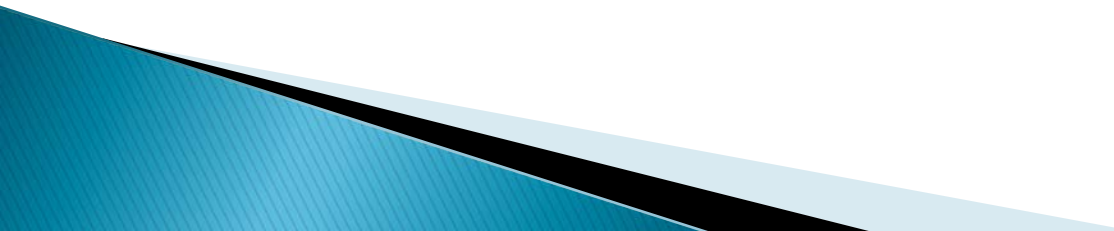


MITCHELL SBHC

2 CHAIR DENTAL CLINIC



CONCLUSION

- ▶ LOSS OF IGNORANCE OF THE BENEFITS OF DIET AND EXERCISE
 - ▶ LOSS OF BARRIERS TO RECEIVING NECESSARY HEALTH MANAGEMENT SCREENINGS
 - ▶ WINNERS WITH IMPROVED HEALTHY HABITS AND LOWERING OF HEALTH RISK FACTORS.
 - ▶ ABLE TO DECREASE OR ELIMINATE NEED FOR MEDICATION.
 - ▶ **WHAT'S NEXT ??????**
- 

THANKS

- ▶ OF COURSE IT HAS ALL BEEN MADE EASIER BY A DEDICATED STAFF, A VISIONARY BOARD OF DIRECTORS AND **MOST OF ALL:**
- ▶ THE MAN WHO WRITES THE GRANTS, RUNS THE PLACE AND KEEPS ASHER COMMUNITY HEALTH CENTER GOING
- ▶ **JIM CARLSON OUR CEO**



A WINTER'S COMMUTE IN WHEELER COUNTY



QUESTIONS ??