PROJECT OVERVIEW

ATTACHMENT B

PROJECT NAME
Project HEART: Healthy Empowerment to Accessing Resources Together

HWPP PROJECT NUMBER
2007 I-31

PROJECT SUMMARY
Describe the major purpose of the project, the need and how it relates to the Health improvement Model. Briefly describe the project's implementation plan, methods to be utilized and involvement of affected communities. Detail the community-academic partnership plan. Specify the evaluation method that will be used to measure feasible, quantifiable and significant outcomes and the impact the project will have on the health of Wisconsin residents. Do not exceed this one page.

The purpose of Project HEART (PH) is to improve the health of women offenders in Milwaukee through increased access to preventive screening, health information, and advocacy. A secondary goal is to promote public health leadership and social change in health services for justice involved women. PH will increase access to primary and preventive health services for a population that faces significant barriers to accessing health care. PH will focus on specific populations: urban women who are primarily poor, undereducated, uninsured and African American. PH will transform health improvement efforts through innovative building and systemic programs by utilizing data gathered about women's health to inform stakeholders and policy makers and engage them in discussion about policy and practice changes that will lead to improved health among the criminal justice population.

Implementation Plan: (1) Expand the scope, capacity and reach of the community academic partnership to support improved health for justice involved women in Milwaukee. The project will add new partners who are committed to supporting improved health among the justice involved women in Milwaukee; (2) Empower a minimum of 300 women offenders to increase their health practices and give them tools that will lead to improved health. PH will implement a health improvement curriculum focused on increased empowerment, information, access and advocacy for justice involved women. Components in the curriculum will include: health screenings, readiness for change coaching, personal health action planning, onsite nutrition and fitness education, and onsite health advocacy training; (3) Increase access to information about health services to the broader criminal justice community. In year one, PH will develop and disseminate a specialized Health Resource Directory for justice involved women. In year three, the partnership will host a Community Corrections Health Fair focused on increasing connections between health providers, resources and the justice involved population; (4) Increase coordination and access to health care services for women involved in the criminal justice system through systems and policy change. The Partnership will convene a Project Steering Committee (PSC) comprised of project partners, consumers and stakeholders. Over the three years, the PSC will draft review project activities, facilitate linkages, draft a white paper about the health needs and practices of women involved in the criminal justice system and host a Summit for key policy makers to discuss changes needed to improve the health of women offenders.

Partnership Plan: Horizons will provide project leadership, oversee the expansion of the community-academic partnership, coordinate the implementation of the health improvement curriculum, promote and disseminate information about the project in the community and report results to HWPP. Ann Maguire, MD of the Medical College of Wisconsin will act as Academic Partner. She will consult in the development of the health improvement curriculum, review all curriculum materials, provide guidance and oversight of project evaluation measures, assist Dr. Ibler in conducting health screenings and participate in the Project Steering Committee. Bread of Healing Clinic will conduct health screenings, coordinate referrals to address the immediate health care needs of women, and assist and support women in identifying an appropriate medical home. Barbara Horner Ibler, MD will also participate in the Project Steering Committee. Bread of Healing will also provide onsite movement and fitness classes at Horizons. Community Advocates will provide onsite education and advocacy on how to become active health consumers.

Outcomes/Evaluation: (1) 60% of women who complete the curriculum will have a stable or decreased BMI from intake to discharge; (2) 60% of women who complete the curriculum will report an increase in their fruit and vegetable intake and a decrease in their consumption of high fat foods from intake to discharge; (3) 60% of women will self report that they have identified an appropriate medical home at discharge; (4) 75% of women will report that they have made progress on at least one of their identified personal health action plan goals; and (5) a partnership outcome will include increased engagement of stakeholders in advocating for systems and public policy change. The Division of Biostatistics at MCW will assist with the development and implementation of the evaluation plan. Dr. Ann Maguire will oversee the implementation of the evaluation plan and coordinate communication between project partners and MCW.