

RUTGERS

School of Health Professions

PHYSICIAN ASSISTANT PROGRAM

Responsive Health and Nutrition Program Development and Assessment

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Site Preceptor: Michelle Wilson, Executive Director, Elijah's Promise





# ORGANIZATION



Elijah's Promise Community Kitchen (EP) was founded in August 1989 by three New Brunswick churches. EP now serves over 375,000 free meals a year throughout central New Jersey.

Mission: EP harnesses the power of food to break the cycle of poverty, alleviate hunger, and change lives. EP aims to promote healthy and sustainable foods, empower individuals through job training, and create businesses that foster social good.

**Programs:** Community Kitchen, Promise Culinary School, Promise Agriculture, Promise Clinic, EP on Wheels, and more!

## BACKGROUND

Food Insecurity: Household-level economic and social condition of limited or uncertain access to adequate food for healthy life (USDA).

In 2019, 8.6% of NJ households are food insecure (NJSHAD). **COVID-19** has exacerbated food insecurity.

#### 2021 U.S. Census Quick Facts for New Jersey:

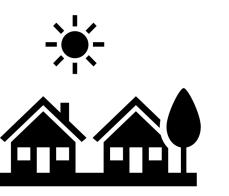
- Estimated population of 9.2 million
- 9.4% persons in poverty
- 9.2% persons without health insurance (under age 65 years)

Social Determinants of Health (SDOH): Conditions in the environments that affect a wide range of health, functioning, and quality-of-life outcomes and risks.











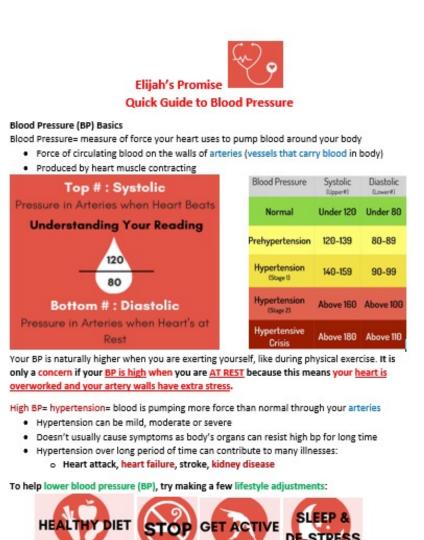
# **OBJECTIVES**

- Learn responsibilities, functions, and impact of EP on local communities
- Evaluate the effectiveness of EP programming
- Create and compile health education resources for vulnerable populations

## PROGRAM DEVELOPMENT

#### **Health Education**

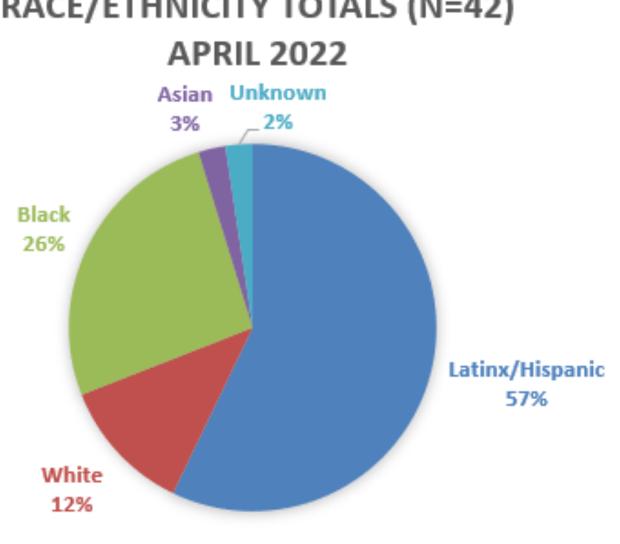
- **Problem:** Large population with diabetes and high blood pressure
- **Solution:** Diabetes and high blood pressure specific educational one-page flyers to build on knowledge about these conditions



## **EP Health Screening Data**

- **Problem:** Need a way to organize, collate, and present weekly health screening data of EP guests
- **Solution:** Creation of template health data visualization tool for EP staff to use

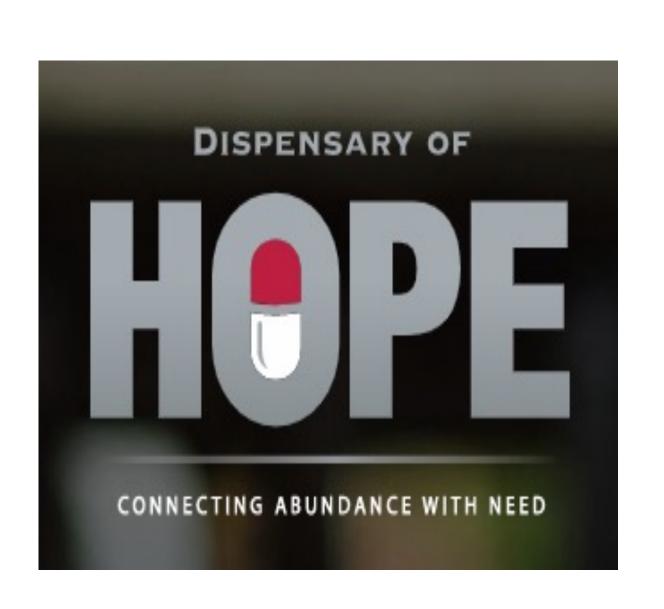
## RACE/ETHNICITY TOTALS (N=42)



## **Health Resources**

Elijah's Promise

- **Problem:** Target population are low-income / homeless; difficult for them take prescription medications
- **Solution:** Compiled a list of relevant resources and consulted with pharmacists



#### **Patient Advocacy**

- **Problem:** Target population has limited control over their health
- **Solution:** Created checklists to empower patients to track and understand their medical needs

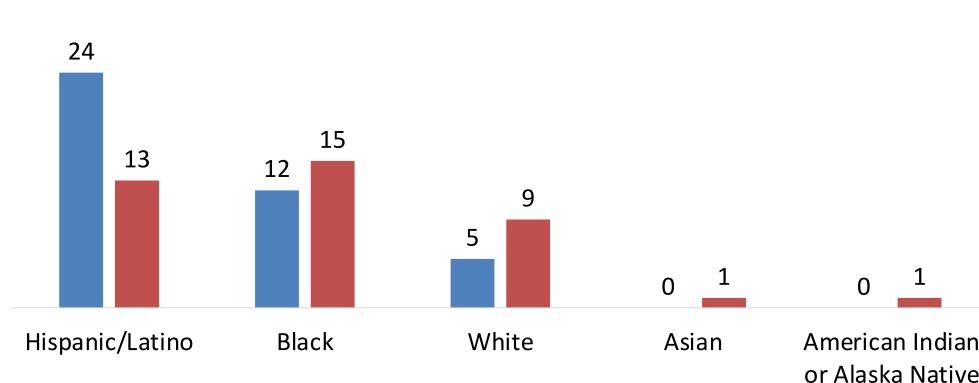


## PROGRAM ASSESSMENT

#### **EP Satisfaction Survey**

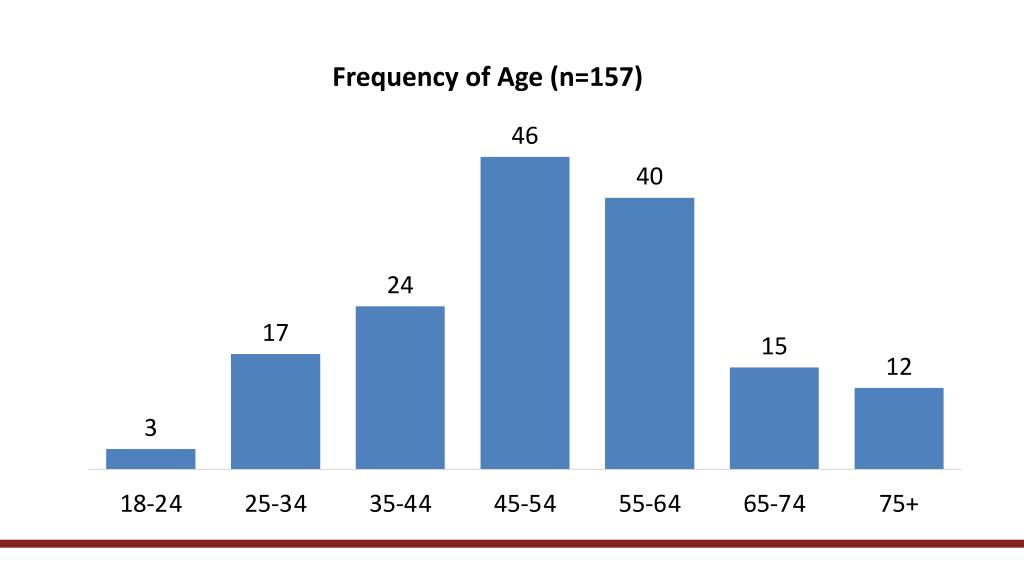
- **Problem:** Need to receive and measure feedback to improve programming
- **Solution:** EP satisfaction survey and report

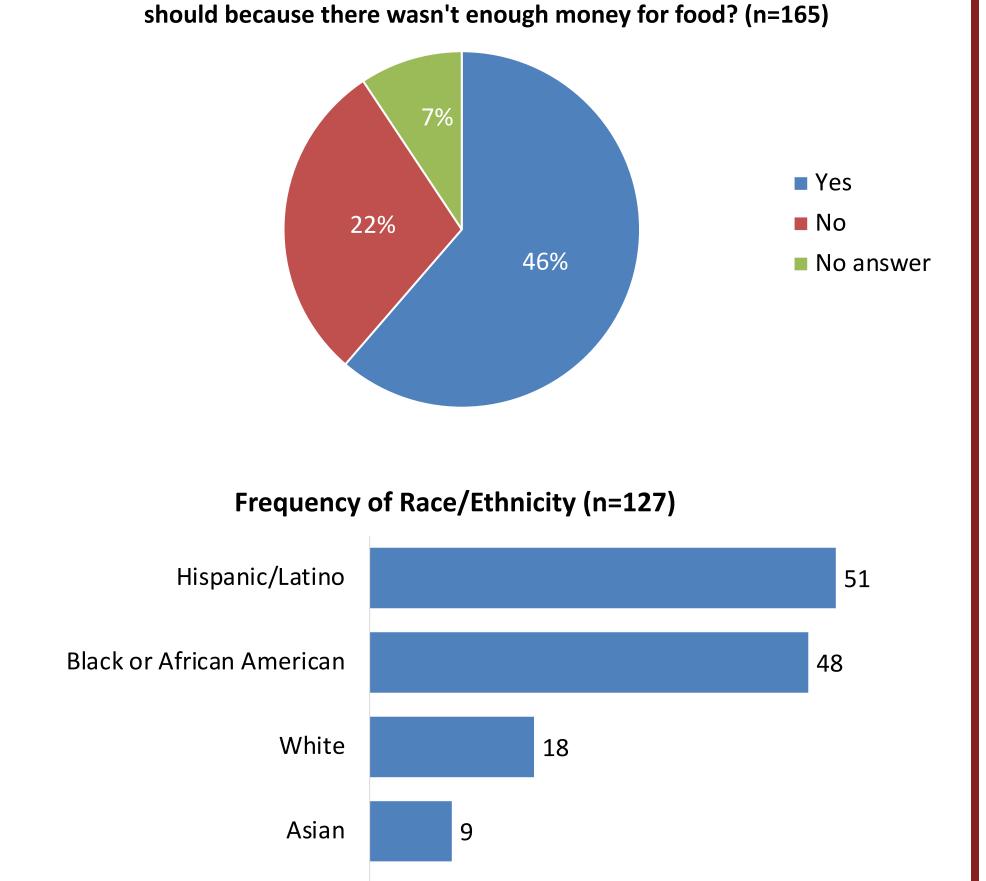
Would you like help from EP on how to apply for SNAP/WIC? (n=84) ■ Yes ■ No



#### **EP Summer Survey**

- **Problem:** Need to quantify target populations and assess levels of food insecurity within the community
- **Solution:** EP summer survey and report





American Indian or Alaska Native

In the last 12 months, did you ever eat less than you felt you

# ACKNOWLEDGEMENTS

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