In February 2019, the Neighborhood Wellness Center opened a new location in the City of Baldwin Park.

The purpose of this project was to help create and establish connections within the Baldwin Park community in order to provide free individual health education, home health visits, health education presentations at various locations within Baldwin Park.

This project also positioned our organization to more effectively address the issues of rising hypertension and diabetes in the Hispanic/LatinX community.

**SUMMARY**

In February 2019, the Neighborhood Wellness Center opened a new location in the City of Baldwin Park.

The purpose of this project was to help create and establish connections within the Baldwin Park community in order to provide free individual health education, home health visits, health education presentations at various locations within Baldwin Park.

This project also positioned our organization to more effectively address the issues of rising hypertension and diabetes in the Hispanic/LatinX community.

**WHAT WE DID**

Utilizing Azusa Pacific University student nurses we provided community health education and screening services to four distinct groups described below:

1. **Neighborhood Wellness Center (NWC)**
   - Operated 3 days per week. 9am to 3pm
   - 212 Individual diabetes and hypertension education sessions to both men and women

2. **Baldwin Park Senior Center**
   - Weekly blood pressure screening and individualized health education
   - 183 seniors served
   - Health education classes provided regarding hygiene, cancer screening and healthy eating

3. **YWCA-WINGS Shelter for survivors of domestic violence**
   - Bi-weekly visits by student nurses and Nurse Practitioner
   - Conducted complete health assessments on shelter residents
   - Provided referrals to Integrated are clinic to see the primary care provider

4. **Home Visitations**
   - 9 home visits conducted by student nursing teams of two.
   - Discuss any ongoing medical issues
   - Review medications
   - Check blood pressure and temperature

**FUN FACTS**

- 212 Health Education Sessions
- 9 Home Health Visits
- 183 Blood Pressure Screenings with Seniors at Baldwin Park Senior Center
- 16 Health Education Presentations at various locations in Baldwin Park
- Health Education topics included:
  - Diabetes Management
  - Healthy Eating and Exercise
  - Stress Management
  - Anxiety and Depression

**EVALUATION RESULTS**

- 100% of patients surveyed believed that student nurses provided clear health recommendations
- 100% of patients surveyed believed that student nurses helped them to improve their health

**FINAL THOUGHTS**

The Neighborhood Wellness Center in Baldwin Park is committed to providing no-cost access to health education, home health, health education presentations and opportunities for the residents of Baldwin Park to learn to optimize their health and wellness.

Health and wellness are key in the fight against chronic diseases!