Community-Based Walking Programs to Reduce Chronic Illness Among Racial/Ethnic Minorities in Limited Resource Neighborhoods: A Literature Review and Program Materials for Walk the Line

Alanti McGill

Follow this and additional works at: https://scholarworks.gsu.edu/iph_capstone

Recommended Citation
ABSTRACT

Community-Based Walking Programs to Reduce Chronic Illness Among Racial/Ethnic Minorities in Limited Resource Neighborhoods: A Literature for Walk the Line

By

Alanti McGill

February 23, 2018

Abstract Heart disease is the prominent killer across most racial and ethnic groups in the United States; however, cardiovascular disease (CVD) morbidity and mortality disproportionately affect non-Hispanic Blacks at higher rates than non-Hispanic Whites. While individual behaviors such as physical inactivity and poor nutrition (characterized by lack of recommended fruit and vegetable consumption) are a constant barrier to heart health among Blacks, there are social and environmental factors that covertly and overtly contribute to cardiovascular risk factors, and CVD. The aim of this study was to conduct a literature review on community based walking programs and explicate salient characteristics of such programs. A literature search was conducted using key words: “community-based walking programs”, “cardiovascular disease”, and “heart disease among African Americans”. The summative results of this study imply community-based walking programs can be efficacious chronic illness reduction interventions.
Community-Based Walking Programs to Reduce Chronic Illness Among Racial/Ethnic Minorities in Limited Resource Neighborhoods: A Literature Review for Walk the Line

by

Alanti McGill

B.A. Biological Sciences, Clemson University

A Capstone Submitted to the Graduate Faculty of Georgia State University in Partial Fulfillment of the Requirements for the Degree

MASTER OF PUBLIC HEALTH

ATLANTA, GEORGIA
30303

APPROVAL PAGE

Community-Based Walking Programs to Reduce Chronic Illness among Racial Minorities in Limited Resource Neighborhoods: A Literature Review for Walk the Line

by

Alanti McGill
In presenting this capstone as a partial fulfillment of the requirements for an advanced degree from Georgia State University, I agree that the Library of the University shall make it available for inspection and circulation in accordance with its regulations governing materials of this type. I agree that permission to quote from, to copy from, or to publish this capstone may be granted by the author or, in his/her absence, by the professor under whose direction it was written, or in his/her absence, by the Associate Dean, School of Public Health. Such quoting, copying, or publishing must be solely for scholarly purposes and will not involve potential financial gain. It is understood that any copying from or publication of this capstone which involves potential financial gain will not be allowed without written permission of the author.

___Alanti McGill____________
Signature of Author
# TABLE OF CONTENTS

LIST OF TABLES..................................................................................................................6

INTRODUCTION.........................................................................................................................7
  1.1 Background.................................................................................................................7
  1.2 Walk the Line Program.............................................................................................8
  1.3 Theoretical Framework............................................................................................8

METHODS AND PROCEDURES...............................................................................................10

LITERATURE REVIEW.............................................................................................................10
  3.1 Community-Based Walking Programs........................................................................10
  3.2 Intervention Strategies...............................................................................................10
  3.3 Cultural Sensitivity......................................................................................................11
  3.4 Social Support............................................................................................................12
  3.5 Self-Efficacy................................................................................................................12

Discussion and Conclusion..................................................................................................12
  4.1 Implications...............................................................................................................12
  4.2 Limitations................................................................................................................13

REFERENCES..........................................................................................................................14

APPENDICES...........................................................................................................................16
List of Tables

Table 1.3 Transtheoretical Model: Stages of Change with associated Processes of Change
Introduction

In 2014, the two leading causes of death were heart disease and cancer, both illnesses responsible for 45.9% of deaths in the United States (Heron, 2016). However, heart disease is the chief cause of death for men and women (Center for Disease Control and Prevention [CDC], 2017). Although heart disease is the prominent killer across most racial/ethnic groups in the US, it is well documented within literature that cardiovascular diseases (CVD) and its risk factors disproportionately affect non-Hispanic Blacks at higher rates than non-Hispanic Whites (Carnethon et al., 2017). Blacks also have a shorter life expectancy than Whites, 75.5 and 78.9, respectively (Heron, 2016). The health disparity observed within heart health is attributable to the differences apparent in life expectancies between blacks and whites (Carnethon et al., 2017; Cunningham et al., 2017). Death rates cause by heart disease and some its correlates such as diabetes are affecting Blacks at an earlier age than Whites and may be a contributing factor to lower life expectancy rates of African-Americans (Cunningham et al., 2017)

According to the American Heart Association, CVD "includes numerous problems, many of which are related to a process called atherosclerosis...a condition that develops when a substance called plaque builds up in the walls of the arteries" (AHA). Prominent risk factors of CVD include hypertension, diabetes, lipid disorders, obesity, and maladaptive health behaviors (diet, physical inactivity, smoking, and sleep disorders/insufficient sleep), and are commonly seen in blacks at a higher rate than whites (Carnethon et al., 2017). Along with racial differences, the incidence and prevalence of heart disease across socioeconomic levels show a disparity between low-income populations and more affluent populations (Carnethon et al., 2017). Individuals living in low-income communities tend to face environmental barriers to heart health to include built environment that impedes physical activity (PA). Although communities may have recreation facilities, factors such as physical disorder, litter, vacant homes pose a safety risk and perceived social disorder (Franzini et al., 2010). Furthermore, geography plays a considerable role; the southeastern region of US has higher rates of CVD, low rates of PA, and fewer fruits and vegetable consumption (Howard et al., 2007). These trends related to heart health, racial/ethnic minority status, socioeconomic level, socio-environmental status, and geographical locale establish an urgent need and opportunity for strategic program implementation to address individual, community, and structural determinants contributing to CVD and Cardiovascular Risk (CVR) in non-Hispanic blacks.
Walk the Line Program

Disparities in CVD and Cardiovascular risk (CVR) are also reflected in Westside neighborhoods of metropolitan Atlanta. This historic community located in the southern region of Fulton County is burdened by high rates of heart disease and stroke (Grady Health System). The new Atlanta Beltline Westside Trail serves as an advancement in reducing barriers to physical activity by introducing a walking trail readily accessible to Westside residents. Along with the construction of this new trail, the Atlanta Beltline Foundation has grant-funded several community health initiatives to introduce community dwellers to the Westside Trail. As one of these initiatives, Walk the Line is comprehensive wellness program developed and implemented by Grady Health System. Walk the Line is a community-based walking program to promote heart health through group walks, health education, and social support. The 10-week program takes place at a local church and encourages residents to walk on the Beltline to increase physical activity. Participants also sit through health education workshops led by volunteer clinicians and wellness experts. Also, individuals receive support from volunteer health coaches, program staff, and other participants.

Theoretical Framework

The Transtheoretical Model (TTM) posits that behavior change occurs through a series of six stages (Prochaska & Velicer, 1997). These stages of change (SOC) include: pre-contemplation, contemplation, preparation, action, maintenance, and termination. Within the TTM are also ten processes of change (POC), which refer to the experiential and behavioral activities that occur while navigating the SOC and attempting to modify behaviors (Prochaska & Velicer, 1997). Experiential processes are characterized as cognitions, feelings, and perceptions related to a specific behavior, while behavioral processes are characterized by observable actions related to the behavior (Prochaska & Velicer, 1997). POC guide the strategic planning in health interventions (Prochaska & Velicer, 1997). For example, an individual, in the pre-contemplation stage, having conflicting internal feelings about an unhealthy behavior (i.e. physical inactivity), the most appropriate intervention would be one or more of the experiential POCs such as consciousness raising and/or dramatic relief. In another instance, an individual in the preparation stage would benefit from the overt behavioral POCs like stimulus control and/or counterconditioning.

Constructs of the TTM, outlined in Table 1.3, serve as the theoretical underpinnings for the Walk the Line program. This program utilizes the framework to assess attitudes and behaviors related to physical activity and
nutrition, then provide stage-matched interventions to participants through the support of health coaches. In addition
to general health education and nutrition taught to the entire group, health coaches are to determine which stage of
change a participant is in through one-on-one interactions and from results of a pre-program health behavior survey
given to participants to measure health behaviors and readiness for behavior change. The health coach then
determines which process of change would be most efficacious and create
an individualized action plan with each participant. Through personal attention and tailored planning, it is hoped that
program recipients will increase levels of physical activity (to include utilization of the Beltline); select healthier
food choices; and experience clinical improvements in blood glucose levels, body mass index (BMI), and
blood pressure.

Methods

Electronic searches of the following databases were conducted: SAGE Journal, Google Scholar, and GALILEO. Articles were identified using key word searches:

Literature Review

*Community-based walking programs*

Although advancements have been made in CVD prevention and treatment, CVD morbidity and mortality
continue to pervade racial and ethnic minority groups and disparities persist (AHA). Health professionals, advocates,
administrators, and policymakers recognize the need for community focused and culturally appropriate interventions to
address heart health at the community level. Community-based walking programs are low-cost, adaptive strategies to
involve community members in healthful activities that abate heart disease-related factors. Programs such the Heart
Healthy Lenoir Project (HHL) (Keyserling et al., 2016); Walk Your Heart to Health (WYHH) (Schulz et al., 2017); Sisters in
Motion (Duru et al., 2010); and an untitled walking group intervention for African-American women (Adams et al., 2015)
work to eliminate disparities in CVD and CVR through culturally-tailored programs.
**Intervention Strategies**

The HHL focused on Mediterranean-style diet characterized by good fats (polyunsaturated and monounsaturated fats) and quality carbohydrates (fruits, vegetables, and whole grains) and regular PA. HHL supported participants through dietary and PA counseling delivered in various formats: individually or in a group, over the phone or in-person at the local research office or a local clinic (Keyserling et al., 2016). While this intervention provided counseling on PA, it did not include group walking as a strategy. WYHH groups met three times per week over the course of 8 months to walk as group and participants received pedometers to track their steps (Shulz et al., 2017; HEP). Sisters in Motion was a randomized control study with an intervention and control group consisting of older, black women. The study spanned 8-weeks, the control and intervention group meeting on two different days for 90 minutes. The intervention arm included 1) a faith-based component (prayer and scripture reading then relating the reading to PA and overall health); 2) goal-setting with personal goals and with a small group; 3) a pedometer competition among groups; 4) PA classes led by a fitness instructor or the research assistant (walking, resistance and balance exercises, praise dancing, line dancing, and yoga). The control arm received lectures on topics unrelated to PA (memory loss, advance directives, etc.) and had PA classes led by a fitness instructor or research assistant (same as the intervention arm) (Duru et al., 2010). Adams et al. (2015) solely engaged African-American women, also. The women were given the Stanford Walking Kit as a 6-week guide for an individualized routine walking plan. Participants established two walking groups and were offered five weekly support group sessions (not conjoined with walking) by the investigator.

**Cultural Sensitivity**

The HHL assembled a local Community Advisory Committee to consult about the research the design and implementation. HHL also created the "Med-South" diet to fuse traditional Mediterranean-style foods and Southern-style meal to appeal to program recipients in Lenoir County (Keyserling et al., 2016). WYHH used lay health advisors and utilized a community-based participatory research approach that included residents, health service providers, and researchers in all aspects of the intervention (Shulz et al., 2017). WYHH, Sisters in Motion, and the untitled women's
group used local faith-based organizations and community centers as host sites. Sisters in Motion went a step further to incorporate the faith-based curriculum into their programming in efforts to galvanize older, African-American women into physical activity (Duru et al., 2010).

**Social Support**

Franzini et al. (2010) found that a lack of social processes such as collective efficacy and social cohesion in communities adversely affect physical activity, and this lack is mainly seen in high poverty neighborhoods. However, through collaborative walking, social networks can be expanded and strengthened (Grant et al., 2017). The consensus of the studies showed that walking programs improved social support. The social benefit of participating in walking groups could have lasting effects like increased social capital and leadership (Grant et al., 2017; HEP). The WYHH found that peer support and group cohesion also promoted program adherence (HEP).

**Self-efficacy & Goal-Setting**

Programs providing health education, counseling, modeling and social support can have a positive impact on perceived self-efficacy among its participants. A part of these interventions dedicates time to developing health goals with participants, individually or in a group setting. HHL counselor developed individual monthly action plans for eating and exercise with participants; the Stanford Walking Kit disseminated in the Adam et al. (2015) study consisted of goal sheets, and members of Sisters in Motion set goals as a group and individually for accountability. Goal achievement is a necessary part of a healthy self-efficacy because the more successes one has, the more they can conceive achieving.

**Discussion and Conclusion**

Racial and ethnic minority status is associated with higher rates of disease morbidity and mortality (Cunningham et al., 2017; Paschal et al., 2010). Culturally relevant and accessible chronic illness reductions programs are paramount in ameliorating health disparities among racial/ethnic minorities in low-income, medically underserved communities (Paschal et al. 2010). Community-based walking programs like Walk the Line and others mentioned are vital to communities overcoming social and physical barriers to increase physical activity and promote other adaptive lifestyle changes. Walking is one of the most accessible forms of exercise because it is low cost, low risk, and self-regulated...
(Adams et al., 2015). Walking is a protective factor for CVR and has extensive benefits including improved mental health, mood, sleep, muscle strength, balance, and staves off mental decline (Arthritis Foundation [AF]). These benefits are multiplied when walking with a group by improving social processes.

Furthermore, other communities throughout the nation could adopt environmental strategies such as the development of Atlanta Beltline. The creation and promotion of walkable communities is a wide-reaching, structural intervention that can have significant impact on increasing physical activity and reducing rates of chronic illnesses and risk factors associated with chronic illness.

Limitations

One commonality across the programs is the lack of participation from men. Although black women bear the highest risk of physical inactivity (Adams et al., 2015; Carnethon et al. 2017; Duru et al., 2010), black men have the lowest life expectancy among black women, white women, and white men (Cunningham et al., 2017). Sisters in Motion and the Adams et al. (2015) explicitly targeted black women. However, more attention and outreach could be directed at men or men-only walking groups would encourage participation.
References:


American Heart Association (AHA). What is Cardiovascular Disease? (2017). Retrieved from [http://www.heart.org/HEARTORG/Support/What-is-Cardiovascular-Disease_UCM_301852_Article.jsp](http://www.heart.org/HEARTORG/Support/What-is-Cardiovascular-Disease_UCM_301852_Article.jsp)


List of Tables

Table 1.3 Transtheoretical Model: Stages of Change with associated Processes of Change

<table>
<thead>
<tr>
<th>Stages of Change</th>
<th>Process of change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-contemplation: individual has no intention of changing a behavior in the</td>
<td>Consciousness raising- increase awareness about the causes,</td>
</tr>
<tr>
<td>foreseeable future (in the next 6 months)</td>
<td>consequences, and cures for a problem behavior</td>
</tr>
<tr>
<td></td>
<td>Dramatic relief- produce increased emotional experiences follow</td>
</tr>
<tr>
<td></td>
<td>Environmental reevaluation- cognitive and affective assessments</td>
</tr>
<tr>
<td></td>
<td>how a particular unhealthy habit affects an individual’s social environment</td>
</tr>
<tr>
<td>Contemplation: individual is aware of pros and cons to changing a behavior</td>
<td>Self-reevaluation- cognitive and affective assessment of an individual’s self-</td>
</tr>
<tr>
<td>and is intending to change in the next 6 months</td>
<td>image with and without a particular unhealthy habit</td>
</tr>
<tr>
<td>Preparation- individual is intending to actionable steps to changing a behavior</td>
<td>Self- liberation- belief that one can change and the commitment and</td>
</tr>
<tr>
<td>in the immediate future (in the next month)</td>
<td>recommitment to act on that belief</td>
</tr>
<tr>
<td></td>
<td>Social-liberation- increase social opportunities or identify alternatives</td>
</tr>
<tr>
<td></td>
<td>especially for individuals who are relatively oppressed</td>
</tr>
<tr>
<td>Action- individual has made specific modification to their life styles in the</td>
<td>Contingency management- provide consequences for taking steps in particular</td>
</tr>
<tr>
<td>past 6 months</td>
<td>behavior (which could be toward behavior change and in the opposite direction)</td>
</tr>
<tr>
<td></td>
<td>Helping Relationship- provide, care, trust, openness, acceptance, and support</td>
</tr>
<tr>
<td></td>
<td>for healthy behavior change</td>
</tr>
<tr>
<td></td>
<td>Counterconditioning- learn healthier behaviors that can substitute for problem</td>
</tr>
<tr>
<td></td>
<td>behaviors</td>
</tr>
<tr>
<td></td>
<td>Stimulus control- remove cues for unhealthy habits and add prompts for</td>
</tr>
<tr>
<td></td>
<td>healthier alternatives</td>
</tr>
<tr>
<td>Maintenance- individual has sustained behavior for at least six months and is</td>
<td></td>
</tr>
<tr>
<td>working to prevent relapse</td>
<td></td>
</tr>
<tr>
<td>Termination- individual is no longer tempted to revert to previous behavior and</td>
<td></td>
</tr>
<tr>
<td>is at a state of 100% self- efficacy</td>
<td></td>
</tr>
</tbody>
</table>

Source: Prochaska & Velicer (1997)
Walk the Line

Every journey begins with a single step

Grady
Welcome to Walk the Line!

It is with great pleasure that I welcome you to Walk the Line! Our hope is that you have a great time exploring the Westside Trail, enjoy a diverse, healthy culinary experience, learn potentially life-saving information from Grady health experts, and with the support of a health coach, take a few steps forward in your wellness journey.

The goal of Walk the Line is to reduce risk factors associated with the leading causes of diseases and disability among Westside residents. The Atlanta Beltline’s Westside Trail is a valuable, new community asset, and we’re excited to partner with residents and community organizations to tap into this great resource.

We commend you on your commitment to health and wellness and wish you much success in Walk the Line and beyond!

Katie Mooney, MPH
Community Benefit Manager
Grady Health System

---

Table of Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Program Overview</td>
<td>5</td>
</tr>
<tr>
<td>Westside Trail</td>
<td>7</td>
</tr>
<tr>
<td>Health Coaches</td>
<td>9</td>
</tr>
<tr>
<td>My Goals</td>
<td>13</td>
</tr>
<tr>
<td>Health Screenings</td>
<td>15</td>
</tr>
<tr>
<td>Goals</td>
<td>17</td>
</tr>
<tr>
<td>Nutrition Tracker</td>
<td>19</td>
</tr>
<tr>
<td>Physical Activity Tracker</td>
<td>23</td>
</tr>
<tr>
<td>Daily Habit Tracker</td>
<td>27</td>
</tr>
<tr>
<td>Heart Health</td>
<td>29</td>
</tr>
<tr>
<td>Physical Activity</td>
<td>35</td>
</tr>
<tr>
<td>Nutrition</td>
<td>41</td>
</tr>
<tr>
<td>Diabetes</td>
<td>47</td>
</tr>
<tr>
<td>Cancer</td>
<td>55</td>
</tr>
<tr>
<td>Mental Health</td>
<td>63</td>
</tr>
<tr>
<td>Stroke</td>
<td>71</td>
</tr>
<tr>
<td>Other</td>
<td>79</td>
</tr>
<tr>
<td>Resources</td>
<td>85</td>
</tr>
<tr>
<td>Healthy Recipes</td>
<td>87</td>
</tr>
<tr>
<td>Grady Financial Assistance Program</td>
<td>91</td>
</tr>
<tr>
<td>HIV and AIDS Factsheet</td>
<td>93</td>
</tr>
<tr>
<td>BeltLine Grantees</td>
<td>95</td>
</tr>
<tr>
<td>Nutrition Tracker</td>
<td>97</td>
</tr>
<tr>
<td>Physical Activity Tracker</td>
<td>101</td>
</tr>
</tbody>
</table>
**Program Overview**

Walk the Line is a 10-week, comprehensive healthy lifestyle class for adults who live in the BeltLine’s Westside Trail neighborhoods. Our goal is to provide you with actionable steps to help you on your journey to wellness. Our coaches will provide you with tips that can make a big difference in your health and wellness. We want you to cross the finish line after 10 weeks with a new perspective on what it means to live well!

**Thursdays, February 22 – April 26**

5:30 – 7:30 PM

Shiloh Missionary Baptist Church
1150 Westview Drive SW, Atlanta, GA 30310

Walk the Line includes:

- **Exercise** – Each week we will walk on the newly opened Westside BeltLine Trail.
- **Health education** – Grady experts will teach about different aspects of health and wellness including nutrition, physical activity, diabetes, heart disease, and more!
- **Healthy meals** – We will share a healthy meal together every week.
- **Health screenings** – You will be offered blood pressure, blood sugar, weight and BMI screenings on weeks 1 and 10.
- **Health coaches** – Our volunteer health coaches will be checking in with you along the way to support you, encourage you, and celebrate your successes!
- **Healthy giveaways** – You will receive a variety of items to encourage healthy living. Those who attend at least 8 sessions will receive a special gift on week 10!

**Class Schedule**

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Date</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>February 23</td>
<td>Introduction &amp; Goal Setting</td>
<td>March 29</td>
<td>Cancer</td>
</tr>
<tr>
<td>March 1</td>
<td>Heart Health</td>
<td>April 5</td>
<td>Mental Health</td>
</tr>
<tr>
<td>March 8</td>
<td>Physical Activity</td>
<td>April 12</td>
<td>Stroke</td>
</tr>
<tr>
<td>March 15</td>
<td>Nutrition</td>
<td>April 19</td>
<td>TBD</td>
</tr>
<tr>
<td>March 22</td>
<td>Diabetes</td>
<td>April 26</td>
<td>Final Celebration!</td>
</tr>
</tbody>
</table>

Participant #: ______________________

Health Coach: ______________________
Weekly Itinerary

5:30  Gather in SMBC parking lot
5:40  Group walk on the BeltLine*
6:30  Dinner
6:45  Expert presentation
7:20  Wrap up

*Remember to wear comfortable clothes and walking shoes every week!

Walk the Line Tips

Want to get the most out of Walk the Line? Here are a few suggestions:
- Attend all ten Walk the Line sessions
- Identify an accountability partner (or two!) who can support you during the week and who you can support also.
- Ask health coaches for tips and resources. They have a wide range of experience and together are a wealth of knowledge!
- Contact the Program Coordinator or Community Benefit Intern at any time throughout the program with questions or concerns.

Please don’t hesitate to let us know how we can support you further!

Questions or concerns?

Contact Walk the Line Coordinators:

Katie Mooney  Alanti McGill
Program Coordinator  Community Benefit Intern
klmooney@gmh.edu  amcgill6@student.gsu.edu
404-616-8383 (o)  803-767-0103
678-296-2282 (m)

Acknowledgments

This program is made possible with support from the Atlanta BeltLine Partnership and Kaiser Permanente of Georgia.
Keeping the Trail Safe

Access Points
- Washington Park
- Harwell Street
- Martin Luther King Jr. Drive
- Stafford Street Park
- Holderness site
- W. Fair Street
- Westview Drive
- Langhorn Street/Greenwich Street
- Lucile Avenue
- Muse Street
- Kroger/Cascade
- Gordon Park/White Street
- Lawton Street/Donnelly Avenue
- Peeples Street/Donnelly Avenue
- Allene Avenue
- University Avenue
- Napolean Drive, SW
Maintenance issues on the trail can be reported by calling and leaving a detailed message at 404.477.3687. If possible, take a photo and send it to us at fixit@atlbeltline.org. You can also report issues and incidents through our smartphone app. Just look for “On the BeltLine” in the Apple App Store or Google Play. Please remember to always call 911 in the case of emergencies.

**Etiquette on the Atlanta Beltline**

The Atlanta BeltLine is growing in popularity every day. With thousands of people sharing this public space, it is important that we all follow basic rules of etiquette to ensure everyone has an enjoyable experience! Have fun on the Atlanta BeltLine!

- Slow down
- Stay to the right
- Pass on the left
- Step off the trail to stop
- Walk only in twos, side-by-side
- Call “left” or ring your bell when passing on your bike
- Clean up after your pet
- Maximum 6-ft leashes
- Keep children close

*Ask Eddy Cat!* Have an etiquette question? Ask our official etiquette ambassador, Eddy Cat! You can reach Eddy Cat at eddy.cat@atlbeltline.org, or on Twitter @beltlineeddyCat.

**Official Trail Rules**

A special division of the Atlanta Police Department, the Path Force Unit, patrols Atlanta BeltLine trails and parks during open hours: 6 a.m. - 11 p.m. every day. Signs are posted at trail entrances with the following trail rules:

- Report illegal activities to 911
- Place all litter and recycling in receptacles
- All pets must be on a leash; pick up after your pet
- No horses are allowed at any time
- No motorized vehicles allowed (except for wheelchairs)
- No tents or canopies allowed, except by special permit
- No equipment that calls for independent power, except by special permit
- Games and activities that could harm the landscaped area are prohibited
- No glass containers allowed
- No amplified music allowed, except by special permit
- No selling of food or other items, except by special permit
- No alcoholic beverages, except by special permit
- Absolutely no drugs or illegal substances allowed

**Health Coaches**

Health coaches are here to support and encourage you in your wellness journey! You can expect your health coach to support you in the following ways:

- Setting health goals
- Checking in with you every week
- Providing additional resources such as recipes, exercise tips, or more health information
- Answering your questions
- Communicating concerns or feedback to the Program Coordinator
- Celebrating your successes!

Meet Barbara Beckford!
I currently work as an Administrative Assistant at the School of Public Health at Georgia State University. I hold a bachelor’s degree in Nutrition from Georgia State University and a Master’s degree in Health Promotion from Georgia College & State University. I am very passionate about working alongside community members to help increase the community’s knowledge as it relates to chronic diseases. Last year, I volunteered as a health coach on Grady’s Walk the Line program to share the knowledge I’ve obtained through my studies with participants!

Meet Letheshia Husbands!
I have worked for Emory University in the School of Medicine for the past 8 years. My background is in Sociology and I am currently pursuing my Master of Public Health at Emory in the Rollins School of Public Health. My focus is on Prevention Science, but I am also interested in the long term effects of positive health behaviors on improving overall health and quality of life for patients with chronic conditions. In my spare time, I have recently returned to practicing yoga and am currently trying my hand at gardening. As a resident of the Historic West End I am very excited to meet some of my fellow neighbors in South West Atlanta and work together to develop healthy habits that are easy to sustain. See you on the Beltline!

Meet Leslie Johnson!
I am originally from Miami, Florida, and I am a recent 2017 Master of Public Health teaching West End residents about environmental stewardship and the health benefits of outdoor activity. As a health coach, I’m excited to share health information and model a healthy lifestyle for others. In my spare time, I enjoy reading books, going to the movies and taking Zumba classes at the gym. Fun fact: I have taken an introductory scuba diving course and have plans to become officially certified!
Meet Kayleigh Jones!

I moved to Atlanta from New York last August to attend Emory for my master’s in Public Health. I am focusing my degree in Behavioral Sciences and Health Education, so being a health coach was something I thought I would enjoy; and I was right because this is my second time acting as a health coach for Walk The Line! I love staying active to relieve stress through hiking, yoga, high-intensity interval training (HIIT), and running. I also enjoy cooking and trying new restaurants, so if anyone wants to share recipes or restaurants, let’s talk! Lastly, my go to fun fact about myself is that my Dad liked the song “Kayleigh” by the band Marillion, and that was how I got my name!

Meet Laura Jones!

Hi, my name is Laura and I’m a Master of Public Health student at Emory University in the Department of Behavioral Sciences and Health Education. I recently graduated from The College of William and Mary in my home state of Virginia with a degree in psychology. In my free time I enjoy doing yoga and reading. I became a health coach last year because I enjoy learning about healthy behaviors and sharing that knowledge with others. I’m very excited to continue being a health coach this spring! Walk The Line! I love staying active to relieve stress through hiking, yoga, high-intensity interval training (HIIT), and running. I also enjoy cooking and trying new restaurants, so if anyone wants to share recipes or restaurants, let’s talk! Lastly, my go to fun fact about myself is that my Dad liked the song “Kayleigh” by the band Marillion, and that was how I got my name!
Meet Tamara Mason!
Tamara Mason, MPH, CHES, earned her Master of Public Health degree from Emory University in August 2003. Originally from Queens, NY, Tamara has lived in Atlanta for sixteen years now and is proud to call the city her home. Tamara and her husband live in the East Atlanta area with their two children. Tamara enjoys reading, dancing, playing tennis, traveling, and has a new found hobby of making candles. Tamara is passionate about health education and health behavior change. She believes that community members can make positive changes to their health behaviors and lifestyle if they are provided with the proper tools and skillset to do so. She is looking forward to serving as a Health Coach with the Walk the Line program!

Meet Raven King!
My name is Raven King and I am pursuing my Masters in Public Health at Emory University. I am currently working with the Atlanta Community Food Bank to strengthen local neighborhoods by addressing food access and security. In collaboration with Georgia Food Oasis, we emphasize the importance of using the resources already within the community as a tool to empower neighborhood residents. I am excited to volunteer with the Grady wellness ‘Walk the Line’ program and look forward to encouraging health promotion and wellness.

Meet Jasmine Molin!
My name is Jasmine Molin, I graduated with my Masters in Public Health December 2017. My focus within public health has been the importance of physical activity and healthy eating habits. By being a health coach I will be able to assist in educating about both and helping those who want to improve their wellness. I look forward to developing relationships with people in the community while improving our health together!
Meet Jimica Tchamako!
I currently serve as the Director of the Requirements for the Public Health Informatics Institute (PHII) in Decatur, GA, where I am responsible for leading teams and collaborating with public health professionals and their stakeholders on projects centered around business analysis, process improvements, requirements development, information system solutions, and informatics training. I am also completing a Master of Public Health focused in Applied Public Health Informatics at Emory University. I consider myself an PH Informatician who is interested in health equity. My thesis project is focused on using informatics to understand and inform community health and well-being in Atlanta, Georgia. I am excited to serve as a Health Coach for Grady’s Walk the Line Program as it will give me the opportunity to work closely with the community I serve and the work that I am so passionate about.

Meet Kristen Vales!
One of my goals in life is to improve health and health equity throughout Georgia; the other is to hold a handstand for more than 10 seconds! I have worked with several organizations to introduce health in comprehensive plans and policies. In addition to plans and policies, my work has also focused on health and equity analysis, community health, healthy food access and active living. During my down time, I volunteer as a dance instructor and promote healthy and active living. I was compelled to become a health coach because I'm an native Atlantan who grew up on the Westside (Go Astros!) and want to change my community’s health. I have my Master of Public Health with a concentration in Health Management and Policy from Georgia State University's School of Public Health (Go Panthers!)

Health coaches want to hear from you! Let them know how they can best support you.
[TAB: My Goals]
Health Screenings – Week 1

My **Blood Pressure** is: _______ / _______

<table>
<thead>
<tr>
<th></th>
<th>First Number (Systolic pressure)</th>
<th>Second Number (Diastolic pressure)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Healthy</td>
<td>Less than 120</td>
<td>Less than 80</td>
</tr>
<tr>
<td>Unhealthy (pre-hypertension)</td>
<td>120-139</td>
<td>80-89</td>
</tr>
<tr>
<td>Too High (hypertension stage 1)</td>
<td>140-159</td>
<td>90-99</td>
</tr>
<tr>
<td>Too High (hypertension stage 2)</td>
<td>Greater than 160</td>
<td>Greater than 100</td>
</tr>
<tr>
<td>Dangerously High</td>
<td>Greater than 180</td>
<td>Greater than 110</td>
</tr>
</tbody>
</table>

My **Blood Glucose** (blood sugar) is: _______

<table>
<thead>
<tr>
<th></th>
<th>Before Eating</th>
<th>Within 2 Hours of Eating</th>
</tr>
</thead>
<tbody>
<tr>
<td>Too Low</td>
<td>Less than 70</td>
<td></td>
</tr>
<tr>
<td>Healthy</td>
<td>70-100</td>
<td>70-140</td>
</tr>
<tr>
<td>Too High</td>
<td>Greater than 130</td>
<td>Greater than 180</td>
</tr>
</tbody>
</table>

Blood glucose measures how much glucose (a type of sugar) is in your bloodstream. We get glucose from foods, and the body uses glucose as its primary source of energy. Insulin is made by the body to help bring glucose from the blood into your cells so it can be used for energy. A blood glucose that is too high can indicate a problem with using or making insulin, which occurs in Diabetes.

My **Weight** is: _______    My **BMI** is: _______

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Healthy Weight</td>
<td>18.5 - 24.9</td>
</tr>
<tr>
<td>Overweight</td>
<td>25 - 29.9</td>
</tr>
<tr>
<td>Obese</td>
<td>30 or higher</td>
</tr>
</tbody>
</table>

Body Mass Index (BMI) is used to screen for weight categories that may lead to health problems but it is not diagnostic of the body fatness or health of an individual. A high BMI can be an indicator of high body fatness. BMI is a person’s weight in kilograms divided by the square of height in meters.
Health Screenings – Week 10

My **Blood Pressure** is: _______ / _______

<table>
<thead>
<tr>
<th></th>
<th>First Number (Systolic pressure)</th>
<th>Second Number (Diastolic pressure)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Healthy</td>
<td>Less than 120</td>
<td>Less than 80</td>
</tr>
<tr>
<td>Unhealthy (pre-hypertension)</td>
<td>120-139</td>
<td>80-89</td>
</tr>
<tr>
<td>Too High (hypertension stage 1)</td>
<td>140-159</td>
<td>90-99</td>
</tr>
<tr>
<td>Too High (hypertension stage 2)</td>
<td>Greater than 160</td>
<td>Greater than 100</td>
</tr>
<tr>
<td>Dangerously High</td>
<td>Greater than 180</td>
<td>Greater than 110</td>
</tr>
</tbody>
</table>

My **Blood Glucose** (blood sugar) is: _______

<table>
<thead>
<tr>
<th></th>
<th>Before Eating</th>
<th>Within 2 Hours of Eating</th>
</tr>
</thead>
<tbody>
<tr>
<td>Too Low</td>
<td>Less than 70</td>
<td></td>
</tr>
<tr>
<td>Healthy</td>
<td>70-100</td>
<td>70-140</td>
</tr>
<tr>
<td>Too High</td>
<td>Greater than 130</td>
<td>Greater than 180</td>
</tr>
</tbody>
</table>

Blood glucose measures how much glucose (a type of sugar) is in your bloodstream. We get glucose from foods, and the body uses glucose as its primary source of energy. Insulin is made by the body to help bring glucose from the blood into your cells so it can be used for energy. A blood glucose that is too high can indicate a problem with using or making insulin, which occurs in Diabetes.

My **Weight** is: ________  My **BMI** is: ________

<table>
<thead>
<tr>
<th></th>
<th>18.5 - 24.9</th>
</tr>
</thead>
<tbody>
<tr>
<td>Healthy Weight</td>
<td></td>
</tr>
<tr>
<td>Overweight</td>
<td>25 - 29.9</td>
</tr>
<tr>
<td>Obese</td>
<td>30 or higher</td>
</tr>
</tbody>
</table>

Body Mass Index (BMI) is used to screen for weight categories that may lead to health problems but it is not diagnostic of the body fatness or health of an individual. A high BMI can be an indicator of high body fatness. BMI is a person's weight in kilograms divided by the square of height in meters.
My Health Goals

Short Term Goals (10 weeks):
1. __________________________________________________________________________________
2. __________________________________________________________________________________

Long Term Goals (6 months - 1 year):
3. __________________________________________________________________________________
4. __________________________________________________________________________________

*Remember to set S.M.A.R.T goals!*

Potential Obstacles:
1. __________________________________________________________________________________
2. __________________________________________________________________________________
3. __________________________________________________________________________________
4. __________________________________________________________________________________

Necessary Tools:
1. __________________________________________________________________________________
2. __________________________________________________________________________________
3. __________________________________________________________________________________
4. __________________________________________________________________________________

Plan of Action:
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________

Participant Signature: ________________________________   Date: ____________
Accountability Partner Signature: ________________________________
Health Coach Signature: ________________________________
S.M.A.R.T Goals

Whether you are just beginning or continuing your health journey, it is imperative to create a plan and set goals. It is recommended when setting your health goals (or any goal) to utilize the S.M.A.R.T. goal model. This model is a structured way to set goals and strategize actionable steps. The acronym S.M.A.R.T. provides guidelines for goal setting:

**Specific**
- What will you accomplish? (Who, What, When, Why, How)

**Measurable**
- How can you quantify (numerically or descriptively) progress?
- How will you know you have reached this goal?

**Achievable**
- Is this goal realistic?
- Do you have the resources to achieve this goal? If no, how will get them?

**Relevant**
- How is this goal beneficial to your life?
- Why is it relevant to your life?

**Time-Bound**
- When is the deadline for completion? Is the deadline realistic?

*Walk the Line Tip: Setting health goals for Walk the Line is a perfect opportunity to collaborate with your health coach!*
Nutrition Tracker

List all foods and drinks consumed at each meal and between meals. For each food or drink, list the number of servings, total calories, and total grams of fat, sugar and protein according to the nutrition label.

Day: _______________

<table>
<thead>
<tr>
<th>Item</th>
<th># of servings</th>
<th>Fat (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
<th>Total Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dinner</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Snacks</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Glasses of Water (8oz):  1  2  3  4  5  6  7  8  9  10

For foods without a label, visit the My Fitness Pal website (www.myfitnesspal.com). Click on the “Food” page, type your food into the search bar, click search, and select a similar food.
<table>
<thead>
<tr>
<th>Item</th>
<th># of servings</th>
<th>Fat (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
<th>Total Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dinner</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Snacks</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Glasses of Water (8oz): 1 2 3 4 5 6 7 8 9 10

**Nutrition Tracker**

Day: ________________

<table>
<thead>
<tr>
<th>Item</th>
<th># of</th>
<th>Fat (g)</th>
<th>Sugars</th>
<th>Protein</th>
<th>Total</th>
</tr>
</thead>
</table>

35
### Nutrition Tracker

**Day:** _______________

<table>
<thead>
<tr>
<th>Item</th>
<th># of servings</th>
<th>Fat (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
<th>Total Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>BRE</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>LUN</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>DIN</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SNK</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Glasses of Water (8oz): 1 2 3 4 5 6 7 8 9 10

---

**Breakfast**

<table>
<thead>
<tr>
<th>servings</th>
<th>(g)</th>
<th>(g)</th>
<th>Calories</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Lunch</th>
<th>servings</th>
<th>(g)</th>
<th>(g)</th>
<th>Calories</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Dinner</th>
<th>servings</th>
<th>(g)</th>
<th>(g)</th>
<th>Calories</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Snacks</th>
<th>servings</th>
<th>(g)</th>
<th>(g)</th>
<th>Calories</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Total</th>
<th>servings</th>
<th>(g)</th>
<th>(g)</th>
<th>Calories</th>
</tr>
</thead>
</table>

---
<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lunch</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dinner</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Snacks</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Glasses of Water (8oz): 1 2 3 4 5 6 7 8 9 10

**Physical Activity Tracker**

For the week of: ________________________________
<table>
<thead>
<tr>
<th>Day</th>
<th>Cardio Activities</th>
<th>Strength Training Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example</td>
<td>Walking</td>
<td>Resistance band</td>
</tr>
<tr>
<td></td>
<td>Duration: 30min</td>
<td>Duration: 20 min or 6 exercises (2 reps of 10)</td>
</tr>
<tr>
<td>Monday</td>
<td>Activities:</td>
<td>Activities:</td>
</tr>
<tr>
<td></td>
<td>Duration:</td>
<td>Duration:</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Activities:</td>
<td>Activities:</td>
</tr>
<tr>
<td></td>
<td>Duration:</td>
<td>Duration:</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Activities:</td>
<td>Activities:</td>
</tr>
<tr>
<td></td>
<td>Duration:</td>
<td>Duration:</td>
</tr>
<tr>
<td>Thursday</td>
<td>Activities:</td>
<td>Activities:</td>
</tr>
<tr>
<td></td>
<td>Duration:</td>
<td>Duration:</td>
</tr>
<tr>
<td>Friday</td>
<td>Activities:</td>
<td>Activities:</td>
</tr>
<tr>
<td></td>
<td>Duration:</td>
<td>Duration:</td>
</tr>
<tr>
<td>Saturday</td>
<td>Activities:</td>
<td>Activities:</td>
</tr>
<tr>
<td></td>
<td>Duration:</td>
<td>Duration:</td>
</tr>
<tr>
<td>Sunday</td>
<td>Activities:</td>
<td>Activities:</td>
</tr>
<tr>
<td></td>
<td>Duration:</td>
<td>Duration:</td>
</tr>
</tbody>
</table>

**Recommendations:** The CDC recommends adults get at least 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity every week AND muscle-strengthening activities that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms) on 2 or more days a week.

**Cardio or Aerobic:** Moderate Physical Activity—You feel your heart beat faster and you breathe faster too.

**Strength Training or Resistance Exercises:** You work your muscles against resistance using weights or gravity (for example, push-ups). Try 6-8 strength training exercises of 8-12 repetitions of each exercise.
<table>
<thead>
<tr>
<th></th>
<th>Cardio</th>
<th>Strength Training</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday</strong></td>
<td>Activities:</td>
<td>Activities:</td>
</tr>
<tr>
<td></td>
<td>Duration:</td>
<td>Duration:</td>
</tr>
<tr>
<td><strong>Tuesday</strong></td>
<td>Activities:</td>
<td>Activities:</td>
</tr>
<tr>
<td></td>
<td>Duration:</td>
<td>Duration:</td>
</tr>
<tr>
<td><strong>Wednesday</strong></td>
<td>Activities:</td>
<td>Activities:</td>
</tr>
<tr>
<td></td>
<td>Duration:</td>
<td>Duration:</td>
</tr>
<tr>
<td><strong>Thursday</strong></td>
<td>Activities:</td>
<td>Activities:</td>
</tr>
<tr>
<td></td>
<td>Duration:</td>
<td>Duration:</td>
</tr>
<tr>
<td><strong>Friday</strong></td>
<td>Activities:</td>
<td>Activities:</td>
</tr>
<tr>
<td></td>
<td>Duration:</td>
<td>Duration:</td>
</tr>
<tr>
<td><strong>Saturday</strong></td>
<td>Activities:</td>
<td>Activities:</td>
</tr>
<tr>
<td></td>
<td>Duration:</td>
<td>Duration:</td>
</tr>
<tr>
<td><strong>Sunday</strong></td>
<td>Activities:</td>
<td>Activities:</td>
</tr>
<tr>
<td></td>
<td>Duration:</td>
<td>Duration:</td>
</tr>
</tbody>
</table>

This week, I challenge myself to…

I can improve on…
<table>
<thead>
<tr>
<th>Day</th>
<th>Cardio</th>
<th>Strength Training</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Activities:</td>
<td>Activities:</td>
</tr>
<tr>
<td></td>
<td>Duration:</td>
<td>Duration:</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Activities:</td>
<td>Activities:</td>
</tr>
<tr>
<td></td>
<td>Duration:</td>
<td>Duration:</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Activities:</td>
<td>Activities:</td>
</tr>
<tr>
<td></td>
<td>Duration:</td>
<td>Duration:</td>
</tr>
<tr>
<td>Thursday</td>
<td>Activities:</td>
<td>Activities:</td>
</tr>
<tr>
<td></td>
<td>Duration:</td>
<td>Duration:</td>
</tr>
<tr>
<td>Friday</td>
<td>Activities:</td>
<td>Activities:</td>
</tr>
<tr>
<td></td>
<td>Duration:</td>
<td>Duration:</td>
</tr>
<tr>
<td>Saturday</td>
<td>Activities:</td>
<td>Activities:</td>
</tr>
<tr>
<td></td>
<td>Duration:</td>
<td>Duration:</td>
</tr>
<tr>
<td>Sunday</td>
<td>Activities:</td>
<td>Activities:</td>
</tr>
<tr>
<td></td>
<td>Duration:</td>
<td>Duration:</td>
</tr>
</tbody>
</table>

This week, I challenge myself to...

I can improve on...

Physical Activity Tracker

For the week of: _________________________
<table>
<thead>
<tr>
<th></th>
<th><strong>Cardio</strong></th>
<th></th>
<th><strong>Strength Training</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday</strong></td>
<td>Activities:</td>
<td></td>
<td>Activities:</td>
</tr>
<tr>
<td></td>
<td>Duration:</td>
<td></td>
<td>Duration:</td>
</tr>
<tr>
<td><strong>Tuesday</strong></td>
<td>Activities:</td>
<td></td>
<td>Activities:</td>
</tr>
<tr>
<td></td>
<td>Duration:</td>
<td></td>
<td>Duration:</td>
</tr>
<tr>
<td><strong>Wednesday</strong></td>
<td>Activities:</td>
<td></td>
<td>Activities:</td>
</tr>
<tr>
<td></td>
<td>Duration:</td>
<td></td>
<td>Duration:</td>
</tr>
<tr>
<td><strong>Thursday</strong></td>
<td>Activities:</td>
<td></td>
<td>Activities:</td>
</tr>
<tr>
<td></td>
<td>Duration:</td>
<td></td>
<td>Duration:</td>
</tr>
<tr>
<td><strong>Friday</strong></td>
<td>Activities:</td>
<td></td>
<td>Activities:</td>
</tr>
<tr>
<td></td>
<td>Duration:</td>
<td></td>
<td>Duration:</td>
</tr>
<tr>
<td><strong>Saturday</strong></td>
<td>Activities:</td>
<td></td>
<td>Activities:</td>
</tr>
<tr>
<td></td>
<td>Duration:</td>
<td></td>
<td>Duration:</td>
</tr>
<tr>
<td><strong>Sunday</strong></td>
<td>Activities:</td>
<td></td>
<td>Activities:</td>
</tr>
<tr>
<td></td>
<td>Duration:</td>
<td></td>
<td>Duration:</td>
</tr>
</tbody>
</table>

This week, I challenge myself to…

I can improve on…

**Daily Habit Tracker**

For the week of ________________
<table>
<thead>
<tr>
<th>Goals</th>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

For the week of __________________

<table>
<thead>
<tr>
<th>Goals</th>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

For the week of __________________

<table>
<thead>
<tr>
<th>Goals</th>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

For the week of __________________

<table>
<thead>
<tr>
<th>Goals</th>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

For the week of __________________

<table>
<thead>
<tr>
<th>Goals</th>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Daily Habit Tracker

For the week of ________________

<table>
<thead>
<tr>
<th>Goals</th>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

For the week of ________________

<table>
<thead>
<tr>
<th>Goals</th>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

For the week of ________________

<table>
<thead>
<tr>
<th>Goals</th>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

For the week of ________________

<table>
<thead>
<tr>
<th>Goals</th>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

For the week of ________________

<table>
<thead>
<tr>
<th>Goals</th>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
[TAB: Heart Health]
This Week at Walk the Line…

Date ___________

Health Topic HEART HEALTH

Health Expert JADA BUSSEY-JONES, MD, FACP

Dr. Jada Bussey-Jones, MD, FACP is a Professor of Medicine in the Department of Medicine of Emory University’s School of Medicine. She received her BS in Sociology and later her MD from Emory University. She currently serves as the Chief of Grady General Medicine and Geriatrics and the Director of Education for Emory’s Urban Health Initiative – leading community-based participatory programing and training of health professionals to improve the health and decrease disparities among diverse populations in Atlanta.

Dr. Bussey-Jones has nationally recognized educational expertise in the areas of minority health, disparities, as well as patient and provider education to minimize disparities. She has developed several program initiatives addressing health promotion and disease prevention for a largely minority and underserved population in her former role as the Director of the Primary Care Center of Grady Memorial Hospital. She has developed and directed several curricula on cultural competence, disparities, and social determinants of health for students, residents and faculty and was recognized with an Educational Innovation Award for this work. She has also chaired the National Disparities Education Task Force for the Society of General Internal Medicine organization and served as editor for a special issue of the Journal of General Internal Medicine dedicated to disparities education. In this role, her leadership resulted in an award winning national disparities course, web based educational modules, and two national symposia on disparities at both the Society of General Internal Medicine and at the American Association of Medical Colleges.

How was today’s walk?

Distance _________________

Duration _________________

How was today’s meal?

Caterer _________________

New Food _________________

Other notes:
Notes

What new information did I learn? What do I want to remember?

How can I apply this information to my daily habits, health, and life?

What questions do I still have?
Cardiovascular Disease Screening and Management

Healthcare providers use the term "cardiovascular disease" to describe many conditions that affect blood circulation in the body:

- Heart disease happens when blood circulating to the heart is slowed or stopped because of a blocked artery. Heart disease can result in chest pain, a heart attack, or even sudden death.
- Heart failure happens when the heart loses its ability to pump blood as it should. Heart failure can be caused by a number of factors. These include damage to the heart or blocked arteries.
- Stroke happens when blood flow to the brain is blocked. This is the most common type often because of a blood clot or blockages within arteries.
- Peripheral arterial disease consists of blockages in the arteries to the legs and feet.

What causes cardiovascular disease?
Most people think of obesity when they think of cardiovascular disease, but another strong risk factor is age. Your risk of developing cardiovascular disease goes up at age 40, but is highest after age 70.

People with diabetes are 2 to 4 times more likely than others to develop cardiovascular disease. Because this risk is so high, cardiovascular disease remains the most common cause of death in people with diabetes.

How is cardiovascular disease detected?
If your healthcare providers suspect cardiovascular disease, they will first look to your family health history for more information. Your risk of developing cardiovascular disease is higher if you have family members with the disease. Other risk factors include bad cholesterol, obesity, and diabetes.

Healthcare providers use a variety of tests to detect cardiovascular disease. A routine blood test can show whether you have high levels of c-reactive protein. This is a marker that you’re at higher risk.

An electrocardiogram (ECG) will show whether your heart’s electrical activity is normal. If it's not, a stress test on a treadmill, for example, will give more information that may lead to diagnosis. If you are not able to walk on a treadmill, your healthcare provider may "stress" your heart by injecting medicine through an IV. This medicine can cause the heart to beat fast and imitate the stress of exercise. Some people will be asked to have an echocardiogram. This makes pictures of the heart to show how well the muscles of the heart can squeeze and pump blood.

Protect your heart!
If your risk of developing cardiovascular disease is high, now is the time for action. You can reduce your risk, starting today, by making the following lifestyle changes. Ask your healthcare provider to help you:

- Quit smoking
- Lose weight
- Eat a healthy, balanced diet
- Exercise
- Control your blood pressure
- Improve your cholesterol
- Find out if using aspirin therapy would help you
- Set an appropriate HbA1C goal with your healthcare provider and work toward that goal

| [TAB: Physical Activity] |
Date __________

Health Topic PHYSICAL ACTIVITY

Health Experts MARIA RODRIGUEZ, VICTORIA SHEELSEY, KRISTEN WENDLAND

Maria Garcia Rodriguez graduated from Georgia State University in Atlanta with a Doctorate of physical therapy. She has worked in a privately owned outpatient clinic, Piedmont Henry where she worked with ICU, Neuro, and general medicine, and now works at Grady Memorial Hospital. In the Grady Health system she has worked in the following settings: general medicine, acute care for the elderly, Ortho/trauma, and outpatient clinic. After work she enjoys mountain and road biking, swimming, and lifting weights. She cheered at Georgia State for basketball and competition and also swam for the GSU swim club team.

Victoria Sheesley graduated from Mercer University in Atlanta with a doctorate in physical therapy. She works for Grady Health System as a physical therapist and has primarily spent her time in the outpatient clinic. She enjoys going for long walks along the Beltline in addition to walking at the many different parks in Atlanta. She also enjoys lifting weights as well as playing recreational soccer with friends on the weekends.

Kristen Wendland graduated with her doctorate of physical therapy from the University of New England. She currently is a physical therapist at Grady Health System. She has worked in a majority of the inpatient units, Crestview, and currently working in the outpatient physical therapy clinic. In her spare time she enjoys many forms of exercise including running, swimming, biking and strength training. She has completed several 5K, 10K, half marathons, and sprint triathlons. She swam for her undergraduate college swim team at the University of New England.

How was today’s walk?

Distance _________________

Duration _________________

How was today’s meal?

Caterer _______________________

New Food _______________________

Other notes:
Notes

Introduction – Exercise is good for you!

1. ____________________________________________________________________________
2. ____________________________________________________________________________
3. ____________________________________________________________________________

Types of exercise

1. Cardio
   a. ____________________________________________________________________________
   b. ____________________________________________________________________________
2. Strengthening
   a. ____________________________________________________________________________
   b. ____________________________________________________________________________
3. Stretching
   a. ____________________________________________________________________________
   b. ____________________________________________________________________________
   c. ____________________________________________________________________________
4. Balance
   a. ____________________________________________________________________________
   b. ____________________________________________________________________________

Tips for becoming more active:

1. ____________________________________________________________________________
2. ____________________________________________________________________________
3. ____________________________________________________________________________
4. ____________________________________________________________________________
5. ____________________________________________________________________________
Risks of Physical Inactivity

What health risks are linked to physical inactivity?
Lack of physical activity has clearly been shown to be a risk factor for cardiovascular disease and other conditions:
• Less active and less fit people have a greater risk of developing high blood pressure.
• Physical activity can reduce your risk for type 2 diabetes.
• Studies show that physically active people are less likely to develop coronary heart disease than those who are inactive. This is even after researchers accounted for smoking, alcohol use, and diet.
• Lack of physical activity can add to feelings of anxiety and depression.
• Physical inactivity may increase the risk of certain cancers.
• Physically active overweight or obese people significantly reduced their risk for disease with regular physical activity.
• Older adults who are physically active can reduce their risk for falls and improve their ability to do daily activities.

Finding the right exercise program and the right preparation
To be fit, you don't have to exercise intensely for a long time. Experts agree that physical activity does not necessarily have to be vigorous. They recommend at least 30 minutes of moderate, continuous physical activity daily, or on most days of the week.
To achieve and maintain physical, heart, and lung fitness, health professionals advise having a balanced fitness program:
• If you have an existing medical condition, or are just starting an exercise program, be sure to talk with your healthcare provider before starting an exercise program. Make sure the program that you choose is designed with your health and wellness in mind.
• If you are just starting with an exercise program, start slowly. Gradually build up to 30 minutes a day.
• Choose an activity that you enjoy. You are more likely to continue exercising if you are doing something that you like.
• At first, follow a program that includes moderate, not vigorous, physical activity. Start with 30 minutes a day. Add some variety to your fitness routine — not only in the fitness activity that you choose, but also in the time and setting. This helps to limit boredom with any single activity or location.
• Be sure to start any exercise session with proper warm-up and stretching exercises. This will help to avoid post-exercise soreness or injury.
• Wear the proper clothing and shoes when exercising. Make sure your shoes have enough support for the activity. Also, be sure to dress right for the weather.
• Just as warming up and stretching are important as you start each exercise session, so is a cool-down period at the end of your exercise activity. Include at least several minutes of stretching or walking to allow your heart rate to come down slowly.
• Experts now recommend participating in 2 types of physical activity each week. This can help to ensure aerobic health and muscle strengthening. Muscle strengthening activities include lifting weights, using resistance bands, and practicing yoga or Pilates. Do these exercises twice a week. They should include the major muscle groups (legs, hips, back, chest, arms, shoulders, and abdomen).

Retrieved from: https://gradyhealth.staywellsolutionsonline.com/Search/85,P07837
https://gradyhealth.staywellsolutionsonline.com/RelatedItems/85,P00218

[TAB: Nutrition]
Ellen Hall Stanback is an Atlanta native. Born in Georgia Baptist Hospital in 1959, she was raised in Stone Mountain and is a 1977 graduate of Towers High School. As teens, Ellen and her friends were frequent weekend spectators at Grady's ER in the days before HIPAA. Early on, she would say, she was fascinated with Grady as an important beacon to this growing city. She graduated from Auburn University in 1981, and that year she became a Registered Dietitian.

Ellen was working as a Clinical Dietitian in a hospital along the Space Coast when some of the first "AIDS" patients were admitted there. She remembers donning the whole infection control suit just to go in to determine a patient's intake and output. When she became pregnant, she was "reassigned"—effectively removing her from the Psych floor where AIDS patients were being isolated.

Ellen and her growing family eventually relocated to Atlanta. A proud Grady staffer for the last decade, Ellen is one of two HIV Nutrition Specialists at Grady's Infectious Disease Clinic. The IDP, or Ponce Clinic, is one of the nation's largest comprehensive care clinics of its kind. Serving upwards of 6000 patients annually, the clinic is challenged to end the spread of HIV.

Ellen is most challenged by the impact hunger has on some of Atlanta's most vulnerable. Too often Ellen finds that the issue is not what a patient is eating but that he or she is not eating. Days like those remind Ellen to see her work for what it is—a calling—not just a job."

Ellen will celebrate 18 years of marriage to her husband Rob this year on April Fool's Day. In her spare time, Ellen enjoys hiking, reading, and hanging out with her dad, "Bull"—extracting stories of his days aboard the USS Mississippi during WWII.
How can I apply this information to my daily habits, health, and life?

What questions do I still have?
How to Make Heart-Healthy Food Choices

Maintaining a healthy diet is one of the best weapons for fighting cardiovascular disease and other heart conditions. Assuming most Americans know this fact, why is heart disease still the number 1 killer among adults? A major reason is that most Americans eat too many high-fat, high-calorie foods.

These steps will help you reduce your risk for this condition:

• Eat at least 2 cups of fruit and 2½ to 3 cups of vegetables every day. Produce is full of vitamins, minerals, fiber, and other essential nutrients. And produce is practically free of fat and cholesterol.
• Cut back on high-fat foods containing partially hydrogenated vegetable oils, trans fat, and saturated fat. Use liquid vegetable oils in place of soft or hard margarine or shortening. Limit cheese, butter, ice cream processed and fatty meats, cakes, cookies, pastries, muffins, pies, etc.
• Eat more seafood, and eat fish at least two times a week. Recent research shows that eating fish like salmon, trout, and herring can be good for you. All of these contain omega-3 fatty acids.
• Read and compare food labels. To make the best use of food labels, first look at how many servings the package contains. Then look at the calories and fat per serving. Multiply the calories and fat by the number of servings you’re going to eat.
• Cut back on foods that are high in cholesterol. Some of these foods are eggs, red meat, and liver.
• Limit sugary beverages like soda and juice with added sugar.
• If you drink alcoholic beverages, limit your intake. Alcohol is high in calories. Limit intake to 1 drink per day for women and 2 for men.
• Prepare foods with little or no added salt.

After you purchase nutritious foods, make certain you prepare them in a healthy manner. Grill fish and chicken instead of frying it. Finally, watch food portion size—and watch your health improve the longer you select heart-healthy food choices!

Fill Your Grocery Cart with Savings

Tightening your belt doesn’t have to mean going hungry. It’s possible to eat well and save money at the same time. Here are a few ways to trim your food budget while still serving wholesome, healthy meals to your family:

• Make a plan. Each week, check your cabinets and grocery store ads. Combine foods you already have with sale or special items to plan a menu. Keep in mind that some products almost always give you a nutritious bang for your buck. These include dried beans, sweet potatoes, brown rice, and non-instant, whole-grain oatmeal. Write down each meal and a grocery list of foods you need to complete them.
• Follow through. At the store, stick to your list. Stay at the outer edges—near the produce, meat, dairy, and bakery—and in the canned and frozen aisles. You’ll avoid being tempted by fancy displays or unhealthy, expensive processed foods. Read labels carefully to be sure you’re getting the lowest price per ounce. Consider store brands instead of brand names.
• Shop in season. Buy fresh fruits and vegetables near the time when they are grown. Check farmer’s markets if they aren’t available at your grocery store. Only buy as much as you need. Or try frozen fruits and veggies. They’re just as healthy and often less expensive, especially outside growing season.
• Get help if you need it. The USDA offers assistance programs for families in need.

Retrieved from: https://gradyhealth.staywellsolutionsonline.com/Library/Wellness/Nutrition/1,3057
[TAB: Diabetes]
This Week at Walk the Line…

Date __________

Health Topic DIABETES

Health Expert ROCHANDA CRAWFORD, RN, CDE

Rochanda Crawford has been a nurse for the past 30 years at Grady Memorial Hospital. She received her Bachelor of Science in Nursing from Georgia State University. She currently works as a Certified Diabetes Educator at Grady’s Diabetes Center. The Diabetes Clinic uses a multidisciplinary approach to teach patients to better self-manage their diabetes. A team of nurse providers, certified diabetes educators, evaluates patients, nutritionists, podiatrists and physician specialized in diabetes care. Rochanda enjoys teaching weekly diabetes education classes and working with patients that are acutely ill from diabetes-related complications.

---

How was today’s walk?

Distance _________________

Duration _________________

How was today’s meal?

Caterer

New Food

Other notes:
Notes

What new information did I learn? What do I want to remember?

How can I apply this information to my daily habits, health, and life?

What questions do I still have?
Facts About Diabetes

What is diabetes?

Diabetes is a metabolic disorder that means your body does not make enough insulin. Or it means that your body is not able to use the insulin it makes. Your body needs the hormone insulin to change blood sugar (glucose) into energy. Without insulin, too much glucose collects in your blood. Diabetes may also be a result of other conditions. These include genetic syndromes, chemicals, medicines, pancreatitis, infections, and viruses.

Diabetes can be 1 of 3 types: type 1, type 2, or gestational. All 3 are metabolic disorders that affect the way the body uses (metabolizes) food to make glucose. Glucose is the main source of fuel for the body.

What is prediabetes?

Type 2 diabetes is often preceded by prediabetes. In prediabetes, blood glucose levels are higher than normal but not high enough to be defined as diabetes. But many people with prediabetes develop type 2 diabetes within 10 years, according to the National Institute of Diabetes and Digestive and Kidney Diseases. Prediabetes also raises the risk for heart disease and stroke. You can delay or even prevent type 2 diabetes by making lifestyle changes. These include losing extra weight if you are overweight and getting more exercise. If you are overweight, losing 5% to 10% of your weight can make a difference. For exercise, aim for at least 150 minutes a week of physical activity. Don't let more than 2 days go by without being active.

Experts recommend that all adults spend less time sitting and being inactive. This is especially important if you have type 2 diabetes. When sitting for long periods of time, get up for short sessions of light activity every 30 minutes.

How does diabetes affect blood glucose?

Insulin must be present for glucose to be able to move into the cells of the body. Insulin is made by your pancreas. Normally it is readily available to help move glucose into the cells.

When you have diabetes, your pancreas makes too little or no insulin. Or the cells in your body don't respond to the insulin that's made. This causes a buildup of glucose in the blood. The cells in your body, meanwhile, are starving for glucose and do not have enough fuel to work as they should.

The 3 main types of diabetes are similar in the buildup of blood glucose because of problems with insulin. But each has a different cause and treatment:

- **Type 1 diabetes.** Type 1 diabetes is an autoimmune disease. The body's immune system destroys the cells in the pancreas that make insulin. This means that your body has no or only a small amount of insulin. People with type 1 diabetes must take insulin every day in order to live.

- **Type 2 diabetes.** Type 2 diabetes happens when the body cannot make enough insulin or is not able to use it properly. Type 2 diabetes may be controlled with diet, exercise, and weight loss, or may need oral medicines or insulin injections.
• **Gestational diabetes mellitus (GDM).** Gestational diabetes happens in pregnant women who have not been diagnosed with diabetes in the past. In a woman with gestational diabetes, her body cannot effectively use the insulin that is present. This type of diabetes goes away after delivery. If it does not go away, it was not gestational diabetes but type 1 or 2 diabetes that started during pregnancy.

**Complications of diabetes**

Diabetes is the seventh leading cause of death among Americans. Experts think that many cases of diabetes are not reported as a condition leading to or causing death. But each year, more than 200,000 deaths are reported as being caused by diabetes or its complications. Complications of diabetes include eye problems and blindness, heart disease, stroke, neurological problems, amputation, kidney disease, and impotence.

Except for gestational diabetes, diabetes is a chronic, incurable disease that affects nearly every part of the body. It contributes to other serious diseases and can be life-threatening. Diabetes must be managed under the care of a healthcare provider throughout a person's life. The serious complications of diabetes can be prevented or stopped from progressing with proper care.

[TAB: Cancer]
Date __________

Health Topic CANCER

Health Experts ANTONIO WASHINGTON, SUSAN COPLES, CORE STREETMAN

Antonio Washington, MSN, RN-BC, OCN, graduated in 2011 from University of West Georgia in Carrollton, Georgia with his Bachelors of Science in Nursing. Antonio came to work for Grady Health System in 2013 where he first began his training as an oncology nurse. In 2014, Antonio pursued his Masters of Science in Nursing with an emphasis in Public Health at Grand Canyon University in Phoenix, Arizona and graduated in 2016. Later that year Antonio earned his National Board Certification in Medical Surgical Nursing. In 2016, Antonio also changed roles within the Grady Health System and became the Georgia Cancer Center for Excellence’s first Oncology Nurse Navigator where he works with patient diagnosed with gastrointestinal (colon, rectum, pancreatic, liver, anal) and genitourinary (prostate, bladder, testicular) cancers. In 2017, Antonio accomplished his second Masters of Science in Nursing focused in Nursing Education, also at Grand Canyon University. Later that year he became an Oncology Certified Nurse (OCN®). With almost five years of experience within the Grady Health System, he believes in the Grady mission and hopes his contributions in our community make a difference. Personally, Antonio was born and raised in the small town of Sylvania, Georgia, and is now married and resides in Jonesboro, Georgia.

This Week at Walk the Line...

How was today’s walk?

Distance _________________

Duration _________________

How was today’s meal?

Caterer _______________________

New Food _______________________

Other notes:
Susan Coples, RN was born and raised in the Tar Heel State - North Carolina. She attended Winston Salem State University in North Carolina and received her Bachelors of Science in Nursing from Old Dominion University, Norfolk Virginia. After moving to the Atlanta area, she worked at Crawford Long Hospital where she first became interested in oncology nursing and became a chemotherapy nurse. She has also worked in outpatient oncology through private practices in the Atlanta area, and as an Oncology Pharmaceutical representative with ALZA Pharmaceuticals and Johnson and Johnson, INC. She has spent 10 years with gynecologic oncology patients and was past President of the Society of Gynecologic Nurse Oncologists from 2008 to 2010. She came to work at Grady in the Cancer Center for Excellence in 2010 as the Charge Nurse/Infusion nurse then took some time off in 2015 to spend time with family and loved ones. She has since returned and working as the Oncology Nurse Navigator for newly diagnosed Breast and Gynecologic Cancer patients. She loves being involved in the community, raising awareness about health and cancer, sharing her faith with my patients, mentoring nurses and co-workers. She is a member of the Oncology Nurses Society, Southern Crescent Oncology Society, and Society of Gynecologic Nurse Oncologists. She and her husband, Jimmy, have a daughter and a son.

Corey Streetman, RN, MSN is an Oncology Nurse Navigator in Georgia Cancer Center for Excellence at Grady Memorial Hospital in Atlanta, GA. Corey is a graduate of Chamberlain University where he received a Bachelor of Science in Nursing and Grand Canyon University where he completed his graduate studies to receive a Master of Science in Nursing with an emphasis in Nursing Education. Corey is a native of Augusta, GA where he started his nursing career in 2002. With 15 years of nursing and patient care experience, Corey has worked in a wide variety of areas such as neurology, critical care step down, hospice, bone marrow transplant, outpatient infusion, and oncology just to name a few. The driving force behind Corey's love for nursing is the impact on patients' lives and being a dependable resource of new professional nurses. Corey is a proud member of Phi Beta Sigma Fraternity, Inc. where he serves as Director of Social Action. He also is a member of Georgia Nurses Association, American Nurses Association, and Oncology Nurses Society. For fun, Corey enjoys spending time with family, travel, anything involving a beach, and watching reality TV.
Notes

What new information did I learn? What do I want to remember?

How can I apply this information to my daily habits, health, and life?

What questions do I still have?
Cancer Overview

What is cancer?
Cancer is an abnormal growth of cells. Cancer cells quickly reproduce even without enough space and nutrients. They also grow despite signals sent from the body to stop reproduction. Cancer cells are often shaped differently from healthy cells. They do not work well and can spread to many parts of the body. Tumors, masses, or lesions are names for abnormal growths of tissue that can become cancer. Their growth is not regulated. Oncology is the branch of medicine that studies the diagnosis and treatment of cancer.

What do the terms benign and malignant mean?
Tumors can be benign (noncancerous) or malignant (cancerous). Benign tumors tend to grow slowly and do not spread. Malignant tumors can grow quickly. They invade and destroy nearby normal tissues and spread throughout the body.

What do the terms locally invasive and metastatic mean?
Cancer is malignant because it can be locally invasive and metastatic:
- **Locally invasive.** The tumor can invade the tissues surrounding it by sending out "fingers" of cancerous cells into the normal tissue.
- **Metastatic.** The tumor can send cells into other tissues in the body, sometimes far from the original tumor.

How is each cancer type named?
Cancer is named after the part of the body where it first started. When cancer spreads, it keeps this same name. For instance, if kidney cancer spreads to your lungs, it’s still kidney cancer, not lung cancer. (The cancer in the lung would be an example of a secondary tumor.)

What causes cancer?
Cancer has no single cause. Experts think that it’s the interaction of many factors that leads to cancer. The factors may be genetic, environmental, or lifestyle characteristics.

What are the risk factors for cancer?
Some cancers have been linked with certain risk factors. A risk factor is anything that may increase your chance of getting a disease. A risk factor does not necessarily cause the disease, but it may mean you’re more likely to get it. People with an increased risk of cancer can reduce their risk by keeping up with screenings. Reducing certain risk factors can also help. Cancer treatment tends to work better when the cancer is found early. Risk factors of cancer include:
- **Lifestyle factors.** These include smoking, a high-fat diet, and exposure to ultraviolet light (UV radiation from the sun). These are only risk factors for adult cancers. Most children with cancer are too young to have been exposed to lifestyle factors long-term.
- **Genetic factors.** Family history, inheritance, and genetics may play a role in some cancers. Some cancers run in families. Some gene alterations are inherited. However, this does not mean that the person will get cancer. It just means that the chance of getting cancer is higher. It isn’t known if the disease is caused by a genetic mutation, other factors, or a coincidence.
- **Virus exposure.** Exposures to certain viruses have been linked to cancer. These include the human papillomavirus (HPV) and HIV, the virus that causes AIDS. These viruses may change your cells in some way. Over time, these changes may become a cancer cell that makes more cancer cells. Cancer isn’t contagious. You cannot get it from another person.
- **Environmental factors.** People with certain jobs, such as painters, farmers, construction workers, and those in the chemical industry, seem to have a higher risk of some cancers. This is likely due to exposures to certain chemicals. Other environmental factors in your home may also be linked to cancer. These can include radon, a radioactive gas.

[TAB: Mental Health]
Date __________

Topic MENTAL HEALTH

Health Expert MAGDALENE YONKER

Magdalene Yonker has been employed for the past 10 years by Emory University’s School of Medicine in the Psychiatry Department, in an off campus location at Grady Memorial Hospital as Medical Social Worker and Wellness Program Coordinator in the Center For Well Being. She has worked continuously with individuals infected and affected with HIV for almost 25 years. I co-facilitate a monthly women’s support group, 2 community advisory boards, multiple psycho-educational groups and experiential workshops. She holds a B.A. in Psychology from Clark Atlanta University and has multiple hours of training, education and certifications for conflict resolution, diversity training, and health literacy, to name a few. She’s experienced in working with children through geriatric populations in both for and non-profit settings, substance abuse, medical, academic and religious settings. As a proud Clark Atlanta University alumna, I live by 2 phrases: “Find a way, or make one”, and Shirley Chisolm’s, “If they don’t give you a seat at the table, bring a folding chair.”

This Week at Walk the Line…

How was today’s walk?

Distance ________________

Duration ________________

How was today’s meal?

Caterer _______________________

New Food _____________________

Other notes:

Walk the Line

Grady
Notes

What new information did I learn? What do I want to remember?

How can I apply this information to my daily habits, health, and life?

What questions do I still have?
Managing Stress

The effects of emotional stress on the body
Stress can come from troubles at home, in relationships, and in the workplace. Family well-being includes stable relationships and the ability to fulfill essential roles in the home. This also includes child-rearing values and practices, and the mental and physical health and development of every family member. Emotional stress can lead to the following:

- High blood pressure
- More likely to become ill or to abuse drugs or alcohol
- Less able to fight disease
- Depression

Tips to reduce or manage the stress in your life

- Eat a healthy diet and exercise regularly. A nutritious, well-balanced diet and exercise can keep your body fit and able to fight disease. Exercise also is an excellent way to lift up your mood.
- Talk about your stressful situations with someone you trust. Sometimes just talking about your problems and concerns can help you put them into perspective. It can also give you insights into ways to deal with them.
- Stay organized to help manage your time more efficiently.
- Remember, no one can do it all alone. Ask for help.
- Use relaxation methods to calm your mind and body.
- Get professional help if you need it.

Depression

What is depression?
Depression is a whole-body illness. It involves the body, mood, and thoughts. Depression affects the way you eat and sleep. It also can affect the way you feel about yourself and things. It is not the same as being unhappy or in a “blue” mood. It is not a sign of personal weakness or a condition that can be willed or wished away. When you have depression, you can’t “pull yourself together” and get better. Treatment is often needed and many times crucial to recovery.

Depression has different forms, just like many other illnesses. Three of the most common types of depressive disorders include:

- **Major depression.** This is a mixture of symptoms that affect your ability to work, sleep, eat, and enjoy life. This can put you out of action for a while. These episodes of depression can happen once, twice, or several times in a lifetime.

- **Dysthymia.** This is a long-term, ongoing depressed mood and other symptoms that are not as severe or extensive as those in major depression. These symptoms can still keep you from functioning at "full steam" or from feeling good. Sometimes, people with dysthymia also experience major depressive episodes.

- **Bipolar disorder.** A chronic, recurring condition that includes cycles of extreme lows (or depression) and extreme highs (called hypomania or mania).
What causes depression?
There is no clear cause of depression. Experts think it happens because of chemical imbalances in the brain. Many factors can play a role in depression, including environmental, psychological, biological, and genetic factors.

Some types of depression seem to run in families. However, no genes have yet been linked to depression.

Women have depression about twice as often as men. Many hormonal factors may add to the increased rate of depression in women. This includes menstrual cycle changes, premenstrual syndrome (PMS), pregnancy, miscarriage, postpartum period, perimenopause, and menopause. Many women also deal with additional stresses such as responsibilities both at work and home, single parenthood, and caring for both children and aging parents.

Many women are especially at risk after giving birth to a baby. Women experience hormonal and physical changes on top of the added responsibility of caring for a baby. These can be factors that lead to postpartum depression in some women. While the “baby blues” are common in new mothers (lasting a week or two), a full-blown depressive episode is not normal and treatment is needed.

What are the symptoms of depression?
The following are the most common symptoms of depression. However, each person may experience symptoms differently. Symptoms may include:

- Lasting sad, anxious, or “empty” mood
- Weight and/or appetite changes due to eating too much or eating too little
- Changes in sleeping patterns, such as fitful sleep, inability to sleep, early morning awakening, or sleeping too much
- Loss of interest and pleasure in activities formerly enjoyed, including sex
- Increased restlessness and/or irritability
- Decreased energy, fatigue, being "slowed down"
- Feeling of worthless and/or helpless
- Lasting feelings of hopelessness
- Feelings of inappropriate guilt
- Not being able to concentrate, think, and/or make decisions
- Frequent thoughts of death or suicide, wishing to die, or attempting suicide (Note: People with this symptom should get treatment right away!)
- Physical symptoms, such as headaches, digestive problems, and/or chronic pain that don’t get better with treatment

Without treatment, symptoms can last for weeks, months, or even years. Appropriate treatment, however, can help most people who suffer from depression.

How is depression diagnosed?
Depression often happens along with other medical problems, such as heart disease, cancer, or diabetes. It can also happen with other psychiatric disorders, such as substance abuse or anxiety disorders. Getting an early diagnosis and treatment is crucial to recovery. A diagnosis is made after a careful psychiatric exam and medical history done by a psychiatrist or other mental health professional.

Retrieved from: https://gradyhealth.staywellsolutionsonline.com/Search/85,P01562
https://gradyhealth.staywellsolutionsonline.com/Search/85,P01512
[TAB: Stroke]
Cathi Senter is the Stroke Program Coordinator for the Marcus Stroke & Neuroscience Center at Grady Memorial Hospital. She brings to the role over 20 years’ clinical experience in the areas of critical care, emergency and interventional radiology. Prior to joining the Grady family, Cathi worked in San Jose, California, where she led her hospital in becoming one of the first hospitals in the country to receive the Joint Commission’s advanced comprehensive stroke certification. She relocated to Atlanta in April 2017 to be closer to her grandchildren. At Grady Cathi works with multiple medical specialties to coordinate the care of stroke patients; guides process improvement efforts for the stroke program; ensures program compliance with regulatory agency requirements; and provides education to staff, patients, families, and the local community.
Notes

What new information did I learn? What do I want to remember?

How can I apply this information to my daily habits, health, and life?

What questions do I still have?
Stroke

What is a stroke?
A stroke, or brain attack, happens when blood flow to your brain is stopped. It is an emergency situation. The brain needs a constant supply of oxygen and nutrients in order to work well. If blood supply is stopped even for a short time, this can cause problems. Brain cells begin to die after just a few minutes without blood or oxygen.

When brain cells die, brain function is lost. You may not be able to do things that are controlled by that part of the brain. For example, a stroke may affect your ability to:

- Move
- Speak
- Eat
- Think and remember
- Control your bowel and bladder
- Control your emotions
- Control other vital body functions

A stroke can happen to anyone at any time.

What causes a stroke?
A stroke is caused when blood flow to your brain is stopped or disrupted.
There are 2 kinds of stroke: ischemic and hemorrhagic.

- **Ischemic stroke.** This is the most common type of stroke. It happens when a major blood vessel in the brain is blocked. It may be blocked by a blood clot. Or it may be blocked by a buildup of fatty deposit and cholesterol. This buildup is called plaque.
- **Hemorrhagic stroke.** This occurs when a blood vessel in your brain bursts, spilling blood into nearby tissues. With a hemorrhagic stroke, pressure builds up in the nearby brain tissue. This causes even more damage and irritation.

Who is at risk for a stroke?
Anyone can have a stroke at any age. But your chance of having a stroke increases if you have certain risk factors. Some risk factors for stroke can be changed or managed, while others can't.
Risk factors for stroke that can be changed, treated, or medically managed:

- High blood pressure
- Heart disease
- Diabetes
- Smoking
- Birth control pills (oral contraceptives)
- History of TIAs (transient ischemic attacks)
- High blood cholesterol and lipids.
- Lack of exercise
- Obesity
- Excessive alcohol use. More than 2 drinks per day raises your blood pressure. Binge drinking can lead to stroke.
- Illegal drugs
- Abnormal heart rhythm
• Cardiac structural abnormalities
• Older age. For each decade of life after age 55, your chance of having a stroke more than doubles.
• Race. African Americans have a much higher risk for death and disability from a stroke than whites. This is partly because the African-American population has a greater incidence of high blood pressure.
• Gender. Stroke occurs more often in men, but more women than men die from stroke.
• History of prior stroke
• Heredity or genetics
• Where you live. Strokes are more common among people living in the southeastern U.S. than in other areas. This may be because of regional differences in lifestyle, race, smoking habits, and diet.

What are the symptoms of a stroke?
A stroke is an emergency situation. It's important to know the signs of a stroke and get help quickly. Call 911 or your local emergency number right away. Treatment is most effective when started right away.

Stroke symptoms may happen suddenly. Each person’s symptoms may vary. Symptoms may include:
• Weakness or numbness of the face, arm, or leg, usually on one side of the body
• Having trouble speaking or understanding
• Problems with vision, such as dimness or loss of vision in one or both eyes
• Dizziness or problems with balance or coordination
• Problems with movement or walking
• Fainting (loss of consciousness) or seizure
• Severe headaches with no known cause, especially if they happen suddenly

Other less common symptoms of stroke may include:
• Sudden nausea or vomiting not caused by a viral illness
• Brief loss or change of consciousness, such as fainting, confusion, seizures, or coma
• TIA, called a mini-stroke

Get help FAST
FAST is an easy way to remember the signs of a stroke. When you see these signs, you will know that you need to call 911 fast. FAST stands for:

F - Face drooping. One side of the face is drooping or numb. When the person smiles, the smile is uneven.
A - Arm weakness. One arm is weak or numb. When the person lifts both arms at the same time, one arm may drift downward.
S - Speech difficulty. You may see slurred speech or difficulty speaking. The person can't repeat a simple sentence correctly when asked.
T - Time to call 911. If someone shows any of these symptoms, call 911 right away. Call even if the symptom goes away. Make note of the time the symptoms first appeared.

<table>
<thead>
<tr>
<th>Date: ____________</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health Topic: _________________________</td>
</tr>
<tr>
<td>Health Expert: ________________________</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>How was today’s walk?</th>
</tr>
</thead>
<tbody>
<tr>
<td>😊😊😊😊😊</td>
</tr>
<tr>
<td>Distance _________________</td>
</tr>
<tr>
<td>Duration _________________</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>How was today’s meal?</th>
</tr>
</thead>
<tbody>
<tr>
<td>😊😊😊😊😊</td>
</tr>
<tr>
<td>Caterer __________________</td>
</tr>
<tr>
<td>New Food __________________</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Other notes:</th>
</tr>
</thead>
</table>
Notes

What new information did I learn? What do I want to remember?

How can I apply this information to my daily habits, health, and life?

What questions do I still have?
Lemon-Garlic Salmon Foil Pack with Green Beans and New Potatoes

Salmon has never been easier to cook, wrapped up in a packet to bake in the oven. As an extra bonus, crunchy green beans and garlicky potato slices are added for a complete meal.

Ingredients (4 Servings)

- 1 lb new potatoes (halved, thinly sliced)
- 2 teaspoons garlic (minced)
- 1 lb green beans (ends trimmed)
- 2 Tbsp canola oil
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 4, (6-ounce) skinless salmon filets
- 1 to 2 lemons, sliced into wheels

Directions

1. Preheat the oven to 400 degrees. Make 4 sheets of aluminum foil about 30 inches long. Fold the foil in half widthwise (into almost a square) so it’s extra sturdy.
2. Cut each potato into half lengthwise. Thinly cut each half into ⅛-inch slices and place into a heatproof container. Stir in the minced garlic, cover, and cook the potatoes in the microwave until halfway tender, around 90 seconds to 3 minutes, depending on microwave’s power. Transfer mixture to a bowl, along with green beans, oil, salt, and pepper. Mix to combine.
3. Divide potato mixture into 4 equal portions into the center of each foil square. If possible, nudge green beans to face the same direction. Top each portion with salmon fillet in the same direction as green beans for easier folding. Sprinkle garlic powder onto each salmon piece; top with 2 lemon wheels.
4. Securely seal the top and sides of each foil packet. Place each foil packet onto a large baking sheet and bake into the preheated oven. Cook until salmon is cooked through, about 20 minutes.
5. Remove from oven and place each foil packet onto a plate. Carefully open each packet to serve.

Quick Tips

🖥️ Cooking Tip: If you can’t find new potatoes, peel and thinly slice Russet potatoes. Cook in the microwave until almost tender before adding to the foil packet. Because Russet potatoes are so much larger and denser than new potatoes, they need a longer cooking time.

_keep it Healthy: Remember that wild salmon not only has less calories than farm-raised salmon but also has almost half the amount of saturated fat.

ências: If the green beans are extra-long, halve so they fit neatly into the foil package.
Chicken Piccata

Here is a delicious Simple Cooking with Heart Italian chicken dish that is a super delicious and pretty straightforward to make.

Ingredients (4 Servings)

- 8 oz. whole-wheat <a>angel hair pasta</a> (cooked to package instructions) OR
- 8 oz whole-wheat <a>spaghetti</a> (cooked to package instructions)
- 2 Tbsp. whole-wheat <a>flour</a>
- 1/4 tsp. <a>black pepper</a>
- 2 boneless, skinless <a>chicken breasts</a> (all visible fat discarded, butterflied)
- nonstick <a>Cooking spray</a>
- 1 1/2 cup sliced, fresh <a>mushrooms</a>
- 2 tsp. <a>garlic</a> (jarred, minced)
- 2 Tbsp. <a>lemon juice</a>
- 1/2 cup low-sodium <a>chicken stock</a>
- 2 tsp. salt-free, or, low-sodium <a>Italian seasoning</a>
- 2 medium <a>zucchini</a> (thinly sliced)

Directions

1. Prepare pasta to package directions – drain, rinse and set aside.
2. Mix flour and pepper in a shallow dish. One at a time, place chicken pieces in flour mixture and turn to coat.
3. Spray a large skillet with cooking spray, turn to medium heat and add chicken. Cook until no longer pink inside (3-4 minutes per side).
4. Transfer chicken to a plate and set aside.
5. Re-spray skillet with cooking spray, turn heat to medium-high, and cook mushrooms for 3-4 minutes, stirring occasionally.
6. Add garlic, lemon juice and chicken stock, stir and cook for 2 minutes.
7. Add Italian Seasoning and zucchini, bring to a simmer and cook about 5 minutes until zucchini is tender.
8. Toss pasta in the skillet with sauce. Serve topped with chicken.
Moroccan Chicken with Brown Rice and Lemon Sautéed Spinach

Ingredients (4 Servings)

For the Chicken:
- 2 tsp. paprika
- 1 tsp. cumin
- 1 tsp. ground ginger
- 1 tsp. turmeric
- 1/2 tsp. cinnamon
- 1/2 tsp. pepper
- 4 boneless, skinless chicken breasts (all visible fat discarded)
- 2 Tbsp. extra virgin olive oil or canola oil, divided use
- 1 small onion (chopped)
- 2 clove fresh, minced, or, sliced garlic
- 14.5 oz. canned, diced, low-sodium tomatoes
- 1/2 cup water

For the Brown Rice:
- 1 1/2 cups instant brown rice

For the Lemon Sautéed Spinach:
- 1 Tbsp. olive or canola oil
- 6 cups spinach (washed, dried)
- 1/2 lemon OR
- 2 tsp. jarred lemon juice

Directions

For the Chicken:
1. In a small bowl mix paprika, cumin, ginger, turmeric, cinnamon and pepper.
2. Place the chicken a plate or pie dish, coat with spice mixture. Allow chicken to stand in spices for 1 hour or refrigerate overnight.
3. In a medium skillet, heat oil over medium-high heat. Add chicken and brown for 5 minutes.
4. Reduce heat to medium-low, add water, top with onions, tomato and garlic.

For the Brown Rice:
1. Prepare brown rice according to package instructions. Makes 4 servings

For the Lemon Sautéed Spinach:
1. In a saucepan or skillet, heat oil over medium-high heat.
2. Add spinach, handfuls at a time, leaving enough room to stir. If all the spinach won’t fit in the pan let some wilt down and continue to add spinach until all leaves are wilted.
3. Remove from heat and squeeze lemon over spinach (or sprinkle juice from jar).
Meatloaf with Black-Eyed Peas

Ingredients (6 Servings)

For the Meatloaf:
- 1 small onion (finely chopped)
- 1 medium bell pepper (any color), finely chopped
- 1 tsp. extra virgin olive oil or vegetable oil
- 2 clove minced, fresh garlic OR
- 1 tsp. jarred, minced garlic
- 2 Tbsp. fat-free, skim milk
- 1/3 cup quick-cooking oats
- 1.5 lb. extra-lean, fat-free ground turkey (95% or 99% lean) (can substitute extra lean ground beef or pork)
- 2 eggs (beaten)
- 1 Tbsp. Dijon mustard
- 8 oz. canned, no-salt-added tomato sauce (divided use)
- 1/4 tsp. black pepper
- 1 tsp. dried parsley
- 1 tsp. cider vinegar
- non-stick Cooking spray

For the Black-Eyed Peas:
- 31 oz. canned, low-sodium black-eyed peas

Directions

For the Meatloaf:
1. Preheat oven to 350 degrees.
2. Place onions and bell pepper in a glass 9x5 loaf pan, drizzle with oil and toss to coat.
3. Cover loaf pan with a plate and microwave on high for 3 minutes (NOTE: if you are using a metal loaf pan do NOT put it in the microwave!). Allow vegetables to cool slightly.
4. In a medium bowl, combine vegetables, minced garlic, milk, oats, turkey meat, eggs, mustard, 2 tablespoons of tomato sauce, pepper and parsley - mix well with hands.
5. Spray loaf pan with cooking spray. Shape meat mixture into loaf and place in loaf pan.
6. in the medium bowl, mix remainder of tomato sauce and cider vinegar, pour over loaf.
7. Bake for 50-60 minutes until internal thermometer reads 165 for poultry and 160 for beef or pork. Let stand for 5-10 minutes and slice.

For the Black-Eyed Peas:
1. Heat (un-drained) in microwave-safe covered dish on high for 5 minutes, or until warm.

Tip: Make mini-loaf by baking in muffin tins. These individual sized mini-loaves are great for freezing, fun for kids, or a great alternative if you’re in a rush because they only cook for half the time!

Financial Assistance Program Summary

$4.21 Price per serving

369 Calories per serving

1.5 g Sat. Fat per serving

190 mg Sodium per serving
Grady Health System offers discounted care under a financial assistance program for medically necessary services. Eligible patients will not be charged more than amounts generally billed to those with insurance.

### Who is Eligible?

The amount of financial assistance you may receive depends on your income, family size and county of residence.

Patients with a family income at 400% of the Federal Poverty Level (FPL) or below may be eligible for a full discount.

See: [https://gradyhealth.org/billing-and-insurance](https://gradyhealth.org/billing-and-insurance) for FPL table.

### What Services are Covered?

Emergency and medically necessary care provided within the Grady Health System.

The program covers services provided by all physicians and advanced practice providers associated with your care. The program does not cover cosmetic services.

### How to Apply?

You will need to provide the following:

#### Proof of identity:
- Government issued ID

#### Proof of county of residence:
- Lease contract or rent receipt
- Utility/Cable/Phone bill

#### Proof of income:
- Current pay stub
- Social Security letter
- Unemployment claim

#### Proof of family size:
- Most recent tax return
- Dependents’ birth certificates

Call 404-616-5800 to schedule an appointment with a Financial Counselor.

### Additional Information

**On the web** - [https://gradyhealth.org/billing-and-insurance](https://gradyhealth.org/billing-and-insurance)

**By phone** – 404-616-6923

**In person** – Grady Memorial Hospital, Ground floor, Room GA026
Grady Neighborhood Health Centers
Monday – Friday, 8am – 5pm EST
HIV and AIDS Factsheet

What is AIDS?
AIDS (acquired immunodeficiency syndrome) is caused by the human immunodeficiency virus (HIV). This kills or impairs cells of the immune system and progressively destroys the body's ability to fight infections and certain cancers. HIV is most commonly spread by sexual contact with an infected partner. Another important means of spreading HIV is contact with infected blood from contaminated needles, syringes, or other drug paraphernalia.

The term AIDS applies to the most advanced stages of an HIV infection. The current definition of AIDS includes all HIV-infected people who have fewer than 200 CD4+ T cells (healthy adults usually have CD4+ T-cell counts of around 800 or more.)

How is HIV/AIDS transmitted?

<table>
<thead>
<tr>
<th>SEXUAL CONTACT</th>
</tr>
</thead>
<tbody>
<tr>
<td>HIV is spread most commonly by sexual contact with an infected partner.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>BLOOD CONTAMINATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>HIV may also be spread through contact with infected blood. However, due to the screening of blood for evidence of HIV infection in the U.S., the risk of acquiring HIV from blood transfusions is extremely low.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>NEEDLES</th>
</tr>
</thead>
<tbody>
<tr>
<td>HIV is often spread by sharing needles, syringes, or drug use equipment with someone who is infected with the virus. Transmission from patient to healthcare worker, or vice-versa through accidental sticks with contaminated needles or other medical instruments, is rare.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MOTHER-INFANT</th>
</tr>
</thead>
<tbody>
<tr>
<td>HIV also can be spread to babies born to, or breastfed by, mothers infected with the virus.</td>
</tr>
</tbody>
</table>

HIV/AIDS CANNOT BE SPREAD THROUGH:
- Saliva
- Sweat
- Tears
- Casual contact, such as sharing food utensils, towels, and bedding
- Swimming pools
- Telephones
- Toilet seats
- Biting insects (such as mosquitoes)

What are the symptoms of HIV/AIDS?
Some people may develop a flu-like illness within a month after exposure to the HIV virus. But many people do not develop any symptoms at all when they first become infected. In addition, the symptoms that do appear,
which usually disappear within a week to a month, are often mistaken for those of another viral infection. These may include:

- Fever
- Headache
- Malaise
- Enlarged lymph nodes
- Its most obvious effect is a decline in the blood levels of CD4+ T cells (also called T4 cells)—a key immune system infection fighter. The virus initially disables or destroys these cells without causing symptoms.

As the immune system deteriorates, complications begin to surface. The following are the most common complications, or symptoms, of AIDS. However, each individual may experience symptoms differently. Symptoms may include:

- Lymph nodes that remain enlarged for more than 3 months
- Lack of energy
- Weight loss
- Frequent fevers and sweats
- Persistent or frequent yeast infections (oral or vaginal)
- Persistent skin rashes or flaky skin
- Pelvic inflammatory disease that does not respond to treatment
- Short-term memory loss
- One or more infections (opportunistic infections) related to having a weakened immune system. These include tuberculosis and certain types of pneumonia.

How is HIV/AIDS diagnosed?
Early HIV infection often causes no symptoms, and must be detected by testing a person's blood for the presence of antibodies—disease-fighting proteins—against HIV. These HIV antibodies generally do not reach levels high enough to detect by standard blood tests until 1 to 3 months following infection, and may take as long as 6 months. People exposed to HIV should be tested for HIV infection as soon as they think they may have been exposed to HIV.

When a person is highly likely to be infected with HIV and yet antibody tests are negative, a test for the presence of HIV itself in the blood is used. Repeat antibody testing at a later date, when antibodies to HIV are more likely to have developed, is often recommended.

Treatment for HIV/AIDS
As with many other conditions, early detection offers more choices for treatment. Today, there are medical treatments that not only can slow down the rate at which HIV weakens the immune system, but also may keep HIV in check so that the individual has a chance to live a normal life span. Unfortunately, there is no cure for an HIV infection.

# BeltLine Grantees

<table>
<thead>
<tr>
<th>Grant Recipient</th>
<th>Program Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Atlanta Community Food Bank</strong></td>
<td>Georgia Food Oasis- Atlanta is a community driven, cross-sector group of partners working to systematically improve fresh and healthy food access in underserved neighborhoods in Atlanta. This initiative helps communities to develop innovative and affordable ways for residents to access, experience and learn about food. This program will offer opportunities to engage a broad range of residents, including youth, adult and senior populations, as well as provide access to healthy food through a partnership with Aluma Farms.</td>
</tr>
<tr>
<td>For more information:</td>
<td></td>
</tr>
<tr>
<td>Tami Boyd</td>
<td></td>
</tr>
<tr>
<td>(678) 553-6008</td>
<td></td>
</tr>
<tr>
<td><a href="mailto:Tami.Boyd@acfb.org">Tami.Boyd@acfb.org</a></td>
<td></td>
</tr>
<tr>
<td><strong>Atlanta ContactPoint</strong></td>
<td>Atlanta ContactPoint will provide the community with weekly PLAY DAY classes at two neighborhood Parks, as well as quarterly community PLAY DAY events. The weekly free classes will take place at Washington Park and Adair Park. A PLAY DAY community is a free, fun filled day of sports, fitness, arts, and nutritional education where local coaches and organizations are invited to come together to facilitate a wide variety of activities, drills, and games.</td>
</tr>
<tr>
<td>For more information:</td>
<td></td>
</tr>
<tr>
<td>David Epstein</td>
<td></td>
</tr>
<tr>
<td>(404) 423- 3090</td>
<td></td>
</tr>
<tr>
<td><a href="mailto:DavidE@ATLCP.org">DavidE@ATLCP.org</a></td>
<td></td>
</tr>
<tr>
<td><strong>Girls on the Run</strong></td>
<td>Girls on the Run partnered with Atlanta Public Schools to provide a physical activity-based positive youth development program for girls in 3rd-8th grades. The Westside Trail will be used the girls’ bi-weekly running practices and practice 5K run. The program aims to increase physical activity and promote use of the Westside Trail to students and families.</td>
</tr>
<tr>
<td>For more information:</td>
<td></td>
</tr>
<tr>
<td>Girlsontherunatlanta.org</td>
<td></td>
</tr>
<tr>
<td>(404) 478-6558</td>
<td></td>
</tr>
<tr>
<td><strong>Truly Living Well</strong></td>
<td>The Westside Trail will be promoted as a means for residents to access nutritious food available at the Collegetown Farm and Education Center. This program aims to increase residents’ access to healthy foods and promote healthy eating lifestyles by providing nutrition education.</td>
</tr>
<tr>
<td>For more information:</td>
<td></td>
</tr>
<tr>
<td>Trulylivingwell.com</td>
<td></td>
</tr>
<tr>
<td>(678) 973-0097</td>
<td></td>
</tr>
<tr>
<td>Grant Recipient</td>
<td>Program Details</td>
</tr>
<tr>
<td>----------------------------------------</td>
<td>--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td><strong>GA Conservancy</strong></td>
<td>The Georgia Conservancy and REI Westside Trail Community Engagement Initiative will work with the neighborhood schools, community centers and other partners to conduct hiking, biking and yoga education on the Westside Trail, as provide outreach and education. Service projects to clean up parks, maintain the trail and cultivate a sense of ownership will take place along the existing BeltLine route and 17 community parks and gardens. Planning workshops to address issues of safety, physical connectivity and barriers to usage will take place at schools, community centers, and local churches.</td>
</tr>
<tr>
<td><strong>Insight Cultural Tourism</strong></td>
<td>WE Tours seeks to have residents increase their physical activity levels by utilizing the Westside Trail through the tour and partnership programs. The program will educate residents about the benefits of eating healthy and making informed decisions about food choices. The tours will also include information on the community’s historical, artistic, and agricultural assets as a means to fostering community pride.</td>
</tr>
<tr>
<td><strong>Wholistic Stress Control Institute</strong></td>
<td>The Wholistic Stress Control Institute and its community partners will provide health education sessions, stress education tips, wellness festivals, and healthy living tips via social media postings for residents, families, and seniors 65+. Wellness activities and classes are free and open to the public. Project Wellness will also include community forums, consisting of neighborhood organizations (churches, schools, health center, and small businesses) to ensure the program effectively addresses the community’s health needs.</td>
</tr>
</tbody>
</table>
Nutrition Tracker

List all foods and drinks consumed at each meal and between meals. For each food or drink, list the number of servings, total calories, and total grams of fat, sugar and protein according to the nutrition label.

Day: ________________

<table>
<thead>
<tr>
<th>Item</th>
<th># of servings</th>
<th>Fat (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
<th>Total Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dinner</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Snacks</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Glasses of Water (8oz): 1 2 3 4 5 6 7 8 9 10

For foods without a label, visit the My Fitness Pal website (www.myfitnesspal.com). Click on the “Food” page, type your food into the search bar, click search, and select a similar food.
## Nutrition Tracker

Day: ________________

<table>
<thead>
<tr>
<th>Item</th>
<th># of servings</th>
<th>Fat (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
<th>Total Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Breakfast</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dinner</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Snacks</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Glasses of Water (8oz): 1 2 3 4 5 6 7 8 9 10
## Nutrition Tracker

Day: ________________

<table>
<thead>
<tr>
<th>Item</th>
<th># of servings</th>
<th>Fat (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
<th>Total Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Snacks</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Total**

Glasses of Water (8oz): 1 2 3 4 5 6 7 8 9 10
# Nutrition Tracker

Day: ________________

<table>
<thead>
<tr>
<th>Item</th>
<th># of servings</th>
<th>Fat (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
<th>Total Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Glasses of Water (8oz):</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Snacks</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
# Physical Activity Tracker

For the week of: _________________________________

<table>
<thead>
<tr>
<th>Day</th>
<th>Cardio Activities:</th>
<th>Strength Training Activities:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Example</strong></td>
<td>Walking</td>
<td>Resistance band</td>
</tr>
<tr>
<td></td>
<td>30min</td>
<td>20 min or 6 exercises (2 reps of 10)</td>
</tr>
<tr>
<td><strong>Monday</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Tuesday</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Wednesday</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Thursday</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Friday</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Saturday</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Sunday</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Recommendations**: The CDC recommends adults get at least 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity every week AND muscle-strengthening activities that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms) on 2 or more days a week.

**Cardio or Aerobic**: Moderate Physical Activity—You feel your heart beat faster and you breathe faster too.

**Strength Training or Resistance Exercises**: You work your muscles against resistance using weights or gravity (for example, push-ups). Try 6-8 strength training exercises of 8-12 repetitions of each exercise.
# Physical Activity Tracker

For the week of: _______________________

<table>
<thead>
<tr>
<th></th>
<th><strong>Cardio</strong></th>
<th><strong>Strength Training</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday</strong></td>
<td>Activities:</td>
<td>Activities:</td>
</tr>
<tr>
<td></td>
<td>Duration:</td>
<td>Duration:</td>
</tr>
<tr>
<td><strong>Tuesday</strong></td>
<td>Activities:</td>
<td>Activities:</td>
</tr>
<tr>
<td></td>
<td>Duration:</td>
<td>Duration:</td>
</tr>
<tr>
<td><strong>Wednesday</strong></td>
<td>Activities:</td>
<td>Activities:</td>
</tr>
<tr>
<td></td>
<td>Duration:</td>
<td>Duration:</td>
</tr>
<tr>
<td><strong>Thursday</strong></td>
<td>Activities:</td>
<td>Activities:</td>
</tr>
<tr>
<td></td>
<td>Duration:</td>
<td>Duration:</td>
</tr>
<tr>
<td><strong>Friday</strong></td>
<td>Activities:</td>
<td>Activities:</td>
</tr>
<tr>
<td></td>
<td>Duration:</td>
<td>Duration:</td>
</tr>
<tr>
<td><strong>Saturday</strong></td>
<td>Activities:</td>
<td>Activities:</td>
</tr>
<tr>
<td></td>
<td>Duration:</td>
<td>Duration:</td>
</tr>
<tr>
<td><strong>Sunday</strong></td>
<td>Activities:</td>
<td>Activities:</td>
</tr>
<tr>
<td></td>
<td>Duration:</td>
<td>Duration:</td>
</tr>
</tbody>
</table>

This week, I challenge myself to…

I can improve on…
<table>
<thead>
<tr>
<th>Day</th>
<th>Cardio</th>
<th>Strength Training</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Activities:</td>
<td>Activities:</td>
</tr>
<tr>
<td></td>
<td>Duration:</td>
<td>Duration:</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Activities:</td>
<td>Activities:</td>
</tr>
<tr>
<td></td>
<td>Duration:</td>
<td>Duration:</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Activities:</td>
<td>Activities:</td>
</tr>
<tr>
<td></td>
<td>Duration:</td>
<td>Duration:</td>
</tr>
<tr>
<td>Thursday</td>
<td>Activities:</td>
<td>Activities:</td>
</tr>
<tr>
<td></td>
<td>Duration:</td>
<td>Duration:</td>
</tr>
<tr>
<td>Friday</td>
<td>Activities:</td>
<td>Activities:</td>
</tr>
<tr>
<td></td>
<td>Duration:</td>
<td>Duration:</td>
</tr>
<tr>
<td>Saturday</td>
<td>Activities:</td>
<td>Activities:</td>
</tr>
<tr>
<td></td>
<td>Duration:</td>
<td>Duration:</td>
</tr>
<tr>
<td>Sunday</td>
<td>Activities:</td>
<td>Activities:</td>
</tr>
<tr>
<td></td>
<td>Duration:</td>
<td>Duration:</td>
</tr>
</tbody>
</table>

This week, I challenge myself to...

I can improve on…
Physical Activity Tracker

For the week of: _____________________

<table>
<thead>
<tr>
<th></th>
<th>Cardio</th>
<th>Strength Training</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday</strong></td>
<td>Activities:</td>
<td>Activities:</td>
</tr>
<tr>
<td></td>
<td>Duration:</td>
<td>Duration:</td>
</tr>
<tr>
<td><strong>Tuesday</strong></td>
<td>Activities:</td>
<td>Activities:</td>
</tr>
<tr>
<td></td>
<td>Duration:</td>
<td>Duration:</td>
</tr>
<tr>
<td><strong>Wednesday</strong></td>
<td>Activities:</td>
<td>Activities:</td>
</tr>
<tr>
<td></td>
<td>Duration:</td>
<td>Duration:</td>
</tr>
<tr>
<td><strong>Thursday</strong></td>
<td>Activities:</td>
<td>Activities:</td>
</tr>
<tr>
<td></td>
<td>Duration:</td>
<td>Duration:</td>
</tr>
<tr>
<td><strong>Friday</strong></td>
<td>Activities:</td>
<td>Activities:</td>
</tr>
<tr>
<td></td>
<td>Duration:</td>
<td>Duration:</td>
</tr>
<tr>
<td><strong>Saturday</strong></td>
<td>Activities:</td>
<td>Activities:</td>
</tr>
<tr>
<td></td>
<td>Duration:</td>
<td>Duration:</td>
</tr>
<tr>
<td><strong>Sunday</strong></td>
<td>Activities:</td>
<td>Activities:</td>
</tr>
<tr>
<td></td>
<td>Duration:</td>
<td>Duration:</td>
</tr>
</tbody>
</table>

This week, I challenge myself to…

I can improve on…
Walk the Line

www.gradyhealth.org
Walk the Line

Every journey begins with a single step

Grady
# Table of Contents

I Program Overview........................................................................................................................................... 5
Implementation Plan ........................................................................................................................................... 7
II Pre-Program Planning Activities .................................................................................................................... 4
Health Coach Interview Rubric.......................................................................................................................... 10
Health Coach Information & Guidelines ......................................................................................................... 12
Participant Recruitment .................................................................................................................................... 15
NEIGHBORHOOD GUIDE .............................................................................................................................. 16
WEEKLY CHECKLIST ...................................................................................................................................... 17
WEEKLY ITENERARY...................................................................................................................................... 18
POST-PROGRAM ACTIVITIES ....................................................................................................................... 19
MEDIA POST SAMPLE .................................................................................................................................. 20

APPENDICES .....................................................................................................................................................

APPENDIX A- EMAIL SAMPLES AND PHONE SCRIPTS .................................................................................. 21
APPENDIX B- ASSESSMENTS.......................................................................................................................... 30
APPENDIX C- LIST OF MATERIALS NOT INCLUDED .................................................................................... 42
RESOURCES ..................................................................................................................................................... 44
[Blank]
I Program Overview

Grady Health System is required to do a Community Health Needs Assessment every three years and develop a plan to address some of the most significant health needs. Grady’s Community Health Improvement Plan (CHIP) follows the framework of the Atlanta Regional Collaborative for Health Improvement (ARCHI), which identified three priority strategies for improving health: enable healthy behaviors, improve care coordination, and increase insurance coverage.

Grady Community Benefit leads the strategy of implementing the Grady’s CHIP. Activities include growing and improving existing services and programs, launching new programs, and working with community partners to increase health equity among Grady patients, as well as in the community.

In 2017, Grady launched a community-based wellness program in partnership with the Atlanta BeltLine Foundation and Kaiser Permanente. The goal of the program is to reduce risk factors associated with heart disease, hypertension, diabetes and injury, by educating, coaching and facilitating healthy activities among Atlanta Westside residents. Walk the Line (WTL) is a 10-week, comprehensive healthy lifestyle class targeting African American adults who live in the BeltLine’s Westside Trail neighborhoods.

Walk the Line participants will receive:

- **Exercise** – Each week participants will walk on the newly opened Westside BeltLine Trail.
- **Health education** – Each week participants will learn about a different aspect of healthy living and disease prevention including nutrition, physical activity, diabetes, heart disease, etc.
- **Healthy meals** – Participants will share a healthy meal together each week.
- **Health screenings and coaching** – Participants will complete health screenings (weight, BMI, blood pressure and blood glucose) to learn about their own health, and health coaches will help participants set health goals and check in with them regularly to help answer questions, overcome barriers, and celebrate successes.
- **Healthy giveaways** – Participants will receive a variety of items such as water bottles, pedometers, or BeltLine giveaways. These items will support participants’ healthy living as well as encourage continued attendance. Participants that successfully complete the program (attend at least 8 sessions) will receive a grocery gift card ($45 value).
[Blank]
<table>
<thead>
<tr>
<th>Action</th>
<th>Responsible Party</th>
<th>Notes</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Identify location and partner POC</td>
<td>Program Coordinator</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Schedule WTL session for 10 consecutive weeks</td>
<td>Program Coordinator</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Recruit presenters/topic experts for health education presentations</td>
<td>Program Coordinator</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Recruit health coach volunteers</td>
<td>Program Coordinator</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>3-4 Months before Walk the Line</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Recruit participants for Walk the Line</td>
<td>Program Coordinator</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Interview and select 8-10 volunteer Health Coaches</td>
<td>Program Coordinator</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Recruit volunteers and/or staff for week 1 health screenings</td>
<td>Program Coordinator/Community Affairs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Finalize session, health topics and speakers</td>
<td>Program Coordinator</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Order program handbooks and incentives/giveaways</td>
<td>Program Coordinator/Marketing</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Continuously register and correspond with new registrants for Walk the Line</td>
<td>Program Coordinator</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Facilitate Health Coach training</td>
<td>Program Coordinator</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Walk the Line Program</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Call each registrant to confirm attendance 1 week before initial meeting</td>
<td>Program Coordinator/Intern</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Order food weekly</td>
<td>Program Coordinator/Intern</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Task</td>
<td>Responsible Party</td>
<td></td>
<td></td>
</tr>
<tr>
<td>----------------------------------------------------------------------</td>
<td>----------------------------------------</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Send weekly text message reminders</td>
<td>Program Coordinator/Intern</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Send weekly emails to health coaches</td>
<td>Program Coordinator</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Check in with presenters 5-10 days before presentation date</td>
<td>Program Coordinator</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Order t-shirts after week 1</td>
<td>Program Coordinator/Marketing</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Health coach check-in after week 4 of Walk the Line</td>
<td>Program Coordinator</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Recruit volunteers and/or staff for week 10 health screenings</td>
<td>Program Coordinator/Community Affairs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Prepare week 10 certificates, awards, and gift cards</td>
<td>Program Coordinator/Intern</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Post-Walk the Line</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Analyze and pre-and post-program data</td>
<td>Program Coordinator/Intern</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Share data and success of Walk the Line with granters, Grady stakeholders, volunteers, hosts, participants, and other partners</td>
<td>Program Coordinator</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Send thank you messages to granters, Grady stakeholders, volunteers, hosts, participants, and other partners</td>
<td>Program Coordinator</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
II Pre-Program Planning Activities

Site Selection and Schedule (3-4 months before WTL)

1. A Walk the Line session must be scheduled for 10 consecutive weeks. When creating the schedule make sure to consider holidays, daylight savings, and sunset.
2. Find a host site located walking distance from the Beltline. Churches, schools, community centers, and parks and recreational centers are ideal community partners. In initial discussion with potential host site be clear about what the program will require of them and then inquire about their capacity to support WTL:
   a. Capacity to hold 50 or more individuals (have tables and chairs)
   b. Allows food
   c. AV equipment
   d. Available 2 hours per week (and 30 minutes before and after classes)
   e. Must be open to all community members

Recruitment and Selection of Health Coaches (2-3 months before WTL)

1. Share/e-mail volunteer flyer with surrounding universities
   a. CHES LinkedIn Group
      i. Jasmine Moore, Grady Violence Prevention Coordinator, jusher@gmh.edu
   b. Georgia State University School of Public Health
      i. Jessica Pratt, Practicum Coordinator, jpratt@gsu.edu
      ii. Barbara Beckford, Administrator, bbeckford1@gsu.edu
   c. Emory University, Rollins School of Public Health
      i. Laura M. Lloyd lmloyd@emory.edu
      ii. Leah Tompkins, ltompkins@emory.edu
   d. Georgia State University, Gerontology
      i. Chivon A. Mingo, cmingo2@gsu.edu
   e. Morehouse School of Medicine, unknown
2. Create application to have interested parties answer 3-5 questions about interests, background, ideas for coaching, etc.
3. Narrow list of applicants and complete phone interviews with top candidates (See Rubric on page 12)

Guest Topic Experts (1-2 months before WTL)

1. Request (via email) 8 Grady volunteer speakers to lead health education workshops on weeks 2-9

Community Affairs

1. Contact Community Affairs Manager, Kyrstle Richardson, knrichardson@gmh.edu or (404) 616-3522
   a. Request 2-3 volunteer health care staff and supplies to complete blood glucose, blood pressure, and BMI screenings on Week 1 and 10 of WTL session. (Complete 1 month before week 1, and week 10 of WTL, respectively)
   b. Confirm with Community Affairs Manager the volunteer speakers for Weeks 2-9.

Health Coach Training (1 week before first WTL class)

1. Schedule 1.5 hour training session 1 week before initial WTL meeting (ideally on the same day of the week as WTL)
2. Reserve ECC Conference Room GF105 at Grady Memorial Hospital for Health Coach Training
   a. Deirdre Bryce, Administrative Secretary, Emergency Department, dbryce@gmh.edu, (404) 616-4484
3. Order food
   a. Sample Order (page 13)
4. Prepare materials
   a. Sign-in sheet
   b. Health Coach Expectations and Guidelines (page 14)
5. Send email reminder 1-2 days before health coach training to volunteer coaches
## Health Coach Interview Rubric

<table>
<thead>
<tr>
<th>Name:</th>
<th>Date:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Criteria</strong></td>
<td>1</td>
</tr>
<tr>
<td><strong>Communication</strong></td>
<td>Speaking is unclear and very difficult to understand</td>
</tr>
<tr>
<td><strong>General Attitude &amp; Engaging Personality</strong></td>
<td>Lack of interest and enthusiasm about the program; passive</td>
</tr>
<tr>
<td><strong>Related Experience</strong></td>
<td>Lack of related experiences and possession of skills</td>
</tr>
</tbody>
</table>

### Total

Notes:

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
**Thanks for your order!**

Order number: 946

Time Ready: 04:45 PM - 05:00 PM EST

MyPanera Member: XXXXXX81785

MyPanera Rewards: $0.00

Catering $ to Next Reward: $392.12

Atlanta - Peachtree St NE
Cafe #601719
1080 Peachtree St. NE
Atlanta, GA - 30309
(404) 817-0415

Accuracy matters. If your order is not right, please let a manager know.

For any other assistance with your order, please contact us at 855-3PANERA (855-372-6372).

---

**Customer Information**

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eloise Williams</td>
<td>4046167080</td>
</tr>
<tr>
<td>Email Address</td>
<td>MyPanera #:</td>
</tr>
<tr>
<td><a href="mailto:ewilliams@gmh.edu">ewilliams@gmh.edu</a></td>
<td>619711481785</td>
</tr>
</tbody>
</table>

**Order Details**

<table>
<thead>
<tr>
<th>Order Type: Delivery</th>
<th>Delivery Address</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>80 JESSE HILL JR DR SE</td>
</tr>
<tr>
<td></td>
<td>ECC Conference Room, GF 105</td>
</tr>
<tr>
<td></td>
<td>ATLANTA, GA 30303-3031</td>
</tr>
</tbody>
</table>

**Date:** 2/15/2018 Thursday

Time Ready: 04:45 PM - 05:00 PM EST

Special Instructions: CCA #144277, be sure to enter cost center 14501 **Onsite contact is Katie Mooney, 678 296 2282**

**Order Summary**

<table>
<thead>
<tr>
<th>Item Description</th>
<th>Quantity</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Cookie Box</td>
<td></td>
<td>$25.98</td>
</tr>
<tr>
<td>6 Choc Chipper Cookie</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 Otml Rsn Berry Cky</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 Candy Cookie</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 Classic Asst Sdw</td>
<td></td>
<td>$51.99</td>
</tr>
<tr>
<td>1 Italian Sandwich</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 Bacon Tky Bravo Sdw</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 Med Veggie Sdw</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 Turkey Sandwich</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 Ham &amp; Swiss Sdw</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5 Chips</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 Chx Fuji Apl Sal Lg</td>
<td></td>
<td>$46.99</td>
</tr>
<tr>
<td>1 French Baguette Side</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Included in your order:** Napkins, utensils, plates and/or bowls, etc. for 10 people

**Subtotal** $124.96

**Delivery Charge** $15.00

**Tax** $12.46

**Total** $152.42

---

**Payment Information**

<table>
<thead>
<tr>
<th>Payment Type</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>House Account</td>
<td>$152.42</td>
</tr>
</tbody>
</table>

---

Health Coach Information & Guidelines

Walk the Line
Thank you for joining the thousands of people who have volunteered their time and talents at Grady over the years. Your willingness to give will have a positive impact on our patients and the community!

Program Overview

The goal of Walk the Line is to reduce risk factors associated with the leading causes of death and disease among Westside residents: heart disease, hypertension and musculoskeletal diseases. Walk the Line is a 10-week, comprehensive healthy lifestyle class targeting African American adults who live in the BeltLine’s Westside Trail neighborhoods.

Session 2
Thursdays, February 22 – April 26
5:30 – 7:30 PM
Shiloh Missionary Baptist Church
1150 Westview Drive SW, Atlanta, GA 30310

Walk the Line participants will receive:

- **Exercise** – Each week participants will walk on the newly opened Westside BeltLine Trail.
- **Health education** – Each week participants will learn about a different aspect of healthy living and disease prevention including nutrition, physical activity, diabetes, heart disease, etc.
- **Healthy meals** – Participants will share a healthy meal together each week.
- **Health screenings and coaching** – Participants will complete health screenings (weight, BMI, blood pressure and blood glucose) to learn about their own health, and health coaches will help participants set health goals and check in with them regularly to help answer questions, overcome barriers, and celebrate successes.
- **Healthy giveaways** – Participants will receive a variety of items such as water bottles, pedometers, or BeltLine giveaways. These items will support participants’ healthy living as well as encourage continued attendance. Participants that successfully complete the program (attend at least 8 sessions) will receive a graduation gift!

Contact Information

Katie Mooney  
Program Coordinator  
Community Benefit Manager  
klmooney@gmh.edu  
404-616-8383 (office)  
678-296-2282 (cell)

Alanti McGill  
Community Benefit Intern  
amcgill6@student.gsu.edu  
803-767-0103

**Session 1 Schedule**

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Topic</th>
</tr>
</thead>
</table>

### Weekly Itineraries

#### Week 1
- **5:30** Welcome and program overview
- **5:45** Health coach introductions
- **6:00** Health screenings & goal setting
- **6:30** Presentation: Know your numbers
- **6:40** Meal
- **7:00** Discussion
- **7:20** Wrap up

#### Weeks 2-9
- **5:30** Gather in SMBC parking lot
- **5:40** Leave for walk
- **6:25** Return from walk
- **6:30** Meal
- **6:45** Presentation
- **7:15** Wrap up

#### Week 10
- TBD
- Health Screenings
- Meal
- Celebration

### Health Coach Expectations
Health coaches are critical to the success of Grady’s Walk the Line program. Health coaches are expected to adhere to the following guidelines.

1. Attend all ten Walk the Line classes.
2. Participate in all activities including weekly walks, discussions and presentations.
3. Support Walk the Line participants by:
Helping participants set SMART health goals
- Checking in with participants every week (Primary opportunity will be during the walk)
- Helping participants understand and apply new health information
- Providing additional health resources such as recipes, community resources, etc.
- Answering participant questions
- Celebrating success!

4. Communicate participant concerns to Program Coordinator.
5. Conduct themselves in a professional manner.

Tips and Tools for Success
Thank you for your willingness to volunteer! Here are a few suggestions to make your health coaching experience a success. Please don’t hesitate to let us know how we can support you further!

1. Review Walk the Line health coach resources.
2. Contact the Program Coordinator or Community Benefit Intern at any time throughout the program with questions or concerns. Suggestions for program improvement are also welcome.
3. Set your own health goals to work towards over the ten-week session.
4. Learn from each other.
5. Tips for building successful participant relationships:
   - Listen and ask questions
   - Seek to understand participant motivations, challenges, barriers, etc.
   - Earn the right to be heard – get to know participants
   - Support and encourage
   - Share personal experiences, challenges and successes

Acknowledgments
This program is made possible with support from the Atlanta BeltLine Partnership and Kaiser Permanente of Georgia.

III Participant Recruitment

1. Create the sign-up website/link
2. Share flyer with sign-up link
3. Use Neighborhood Guide (page 18) to determine locations to disseminate flyer. The Atlanta Beltline Foundation has also provided a Community Guide as a resource to identify neighborhood organizations
to contact for recruitment purposes. Leverage these organizations to find local events such as health fairs, resource fairs, neighborhood meetings, block parties, etc. to share information about WTL.

4. Send confirmation email to each registrant
5. Maintain registrant list in Microsoft Excel spreadsheet or the like.

**Pre-Program Participant Recruitment**

1. Send Pre-Program Assessment via email to registered participant 7-10 days before week 1 of WTL
2. Call each registrant to confirm attendance and remind time and date of first WTL meeting
3. Send email/text reminder to registrants 1-2 days before first WTL meeting
Neighborhood Guide

A selection of 12 neighborhoods along the Westside Trail were selected as the priority “Westside Impact Neighborhoods”:

<table>
<thead>
<tr>
<th>Neighborhood</th>
<th>Ashview Heights</th>
<th>Capitol View</th>
<th>Capitol View Manor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adair Park</td>
<td>Capitol View Manor</td>
<td>Capitol View Manor</td>
<td></td>
</tr>
<tr>
<td>Harris Chiles</td>
<td>Hunter Hills</td>
<td>Just Us</td>
<td>Mozley Park</td>
</tr>
<tr>
<td>Oakland City</td>
<td>Washington Park</td>
<td>West End</td>
<td>Westview</td>
</tr>
</tbody>
</table>

Neighborhood Meetings and Events

**Adair Park**
For more information: https://adairpark.com/ events@adiarpark.com
Meet the first Tuesday of every month at 6:30p at the Atlanta Gallery, Shelton Ave SW #1324, Atlanta, GA 30310
Adair Park hosts monthly porch parties every second Sunday, monthly membership meetings, neighborhood cleanups and more!

**Capitol View**
For more information: http://capitolview.org/
Meetings are held on the third Saturday of every month at the Metropolitan Library.
Christie N. Peters
2017 Capitol View President
(404) 822.5809
president@capitolview.org

**West End**
For more information: http://atlantawestend.com/
WEND general body meetings are held on the first Tuesday of each month and are open to the public. Refer to the calendar of events for meeting times and location.

**Westview**
For more information: http://www.westviewatlanta.com/
Meetings are held the first Monday of every month. If this date falls on a holiday the meeting is rescheduled for the following Monday.
Time: 7:00-8:00pm
Location: Calvary United Methodist Church (1471 Ralph David Abernathy, Atlanta, GA 30310)

Social Media

Sample FB Post: Registration is open for @GradyHealth’s Walk the Line wellness program beginning DATE. Each week we’ll walk on the BeltLine, share a healthy meal, and learn from Grady experts about how to be well. Sign up today to join us for this fun, life changing 10-week program!

Groups (all closed)
1. Adair Park https://m.facebook.com/groups/145825272133821
2. West End https://m.facebook.com/groups/1448403928808859
3. Westview https://m.facebook.com/groups/73274262099661
4. Capitol View Neighborhood Residents’ Forum https://m.facebook.com/groups/163233173692278
5. Mozley Park Neighbors https://m.facebook.com/groups/1273806469393109
6. Oakland City Neighbors https://m.facebook.com/groups/103281316678992

Pages

Walk the Line

Week 1
- Place catering order, purchase water
- Gather supplies for health screenings
- Assign registrants a program number
- Assign registrants to a health coach
- Bring registrant list, screener forms, health knowledge and pre-program assessments, Grady’s consent form and photo release
- Name tags for participants, pre-printed name tags health coaches, and name tents for health coaches
- Assign a task to volunteer health coaches
- Pre-program health screenings

Weeks 2-9
- Place catering order, purchase water (use available local restaurants)
- Email speaker (see example)
- Health coach correspondence- email once a week with each week’s schedule and updates
- Bring materials (create a weekly checklist)
- Attendance sheet- remind participants to sign-in each week

Week 4 Health Coach Check-In
- Midway through WTL session, after session 4, schedule a check-in with health coaches
  - Poll volunteer coaches on time and date to schedule conference call (using applications such as Doodle [https://doodle.com])
- Send reminder email 1-2 days before conference call, include call-in number
- Conduct mid-program check-in: ask health coaches about successes, challenges, ways to improve, etc.

Week 10
- Place catering order, purchase water
- Program Completion Certificates
- Superlative Awards
- Gift Cards for participants that have attended 8 or more classes
- Post-program health screenings
- Post-program surveys
- Thank you gifts for health coach and host site

In-between Weeks
- Ensure required forms are collected from participants including those who join after week 1 (have health coaches assist with this)
- Complete pre-program data entry
- Send guest presenters email invitations with parking information for assigned week
- Update attendance the day after weekly meeting
- Send email/text reminders each week to WTL participants, contact Kayleigh Jones at (845) 475-2675 for text messaging system information
- Keep catering log (how did participants respond to meal, was there enough food? too much?)
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:30</td>
<td>Welcome and program overview</td>
</tr>
<tr>
<td>5:45</td>
<td>Health coach introductions</td>
</tr>
<tr>
<td>6:00</td>
<td>Health screenings &amp; goal setting</td>
</tr>
<tr>
<td>6:30</td>
<td>Presentation: Know your numbers</td>
</tr>
<tr>
<td>6:40</td>
<td>Meal</td>
</tr>
<tr>
<td>7:00</td>
<td>Discussion</td>
</tr>
<tr>
<td>7:20</td>
<td>Wrap up</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:30</td>
<td>Gather in host site parking lot</td>
</tr>
<tr>
<td>5:40</td>
<td>Leave for walk</td>
</tr>
<tr>
<td>6:25</td>
<td>Return from walk</td>
</tr>
<tr>
<td>6:30</td>
<td>Meal</td>
</tr>
<tr>
<td>6:45</td>
<td>Presentation</td>
</tr>
<tr>
<td>7:15</td>
<td>Wrap up</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:30</td>
<td>Health screenings</td>
</tr>
<tr>
<td>6:15</td>
<td>Meal</td>
</tr>
<tr>
<td>6:30</td>
<td>Presentation of awards &amp; gift cards</td>
</tr>
<tr>
<td>7:00</td>
<td>Participants share experiences</td>
</tr>
<tr>
<td>7:15</td>
<td>Thank you &amp; Wrap up</td>
</tr>
</tbody>
</table>
V Post-Program Activities

Program Evaluation
1. Analyze pre- and post- program data
   a. Health knowledge survey
   b. Health behavior survey
   c. Clinical measures (BMI, blood glucose, blood pressure)
   d. Post-program survey
2. Share data and results with granters, stakeholders, participants
3. Send ‘Health Coach Experience’ post-program survey to health coaches via Survey Monkey
   https://www.surveymonkey.com
   a. Ensure responses are anonymous

Promotion of Success
1. Media post (see example on page 24)

Thank You Messages
1. Send thank you emails with data and highlights to the following:
   a. Health coaches
   b. Host site/partners
   c. Grady speaker and volunteer staff
   d. Participants
   e. Beltline and grant partners
Grady Wellness Program Encourages Westside Residents to Walk the Line

Grady Health System’s inaugural Walk the Line wellness program received overwhelmingly positive reviews and helped participants walk off more than 40 pounds! For ten weeks this fall, more than 30 individuals joined Grady to walk the Atlanta BeltLine’s new Westside Trail. In addition to weekly walks, participants got to hear from Grady experts about a range of health topics and delight in a healthy meal, all free of charge.

With support from the Atlanta BeltLine Partnership & Kaiser Permanente of Georgia, Grady launched Walk the Line to help residents get moving. “Physical activity is critical to good health. We hope Westside residents will take advantage of this great new resource in their neighborhood, and we’re excited to partner with other community organizations to help make that happen. Through Walk the Line, it is our privilege to encourage residents to take the next step on their journey to wellness or start one while they’ve got a built in support group and a health coach!” said Grady Community Benefit Manager and Program Coordinator, Katie Mooney.

Hosted by Shiloh Missionary Baptist Church, Walk the Line kicked off in late September with 34 participants and eight volunteer health coaches. Week one focused on getting to know participants and health coaches, completing health screenings, and setting individual health goals to work towards over the following nine weeks. Thanks to beautiful fall weather, participants and health coaches began each class with a 45 minute walk on the Westside Trail—by far everyone’s favorite part of the program!

After each week’s walk, participants dished up a healthy meal—Zoe’s Kitchen, Souper Jenny and Good Measure Meals received the best reviews—and settled in to hear from Grady experts about that week’s health topic. Participants learned about nutrition, heart health, diabetes, cancer and more. In addition to Grady experts, participants learned about stress management from the Wholistic Stress Control Institute and received a special tour of the neighboring urban farm, Truly Living Well. With consistent, personalized health coaching and a few fun and healthy giveaways throughout the program, participants were set up to succeed!

At the end of ten weeks, Grady congratulated 22 participants who completed the program and celebrated the many accomplishments of the group. Noteworthy achievements included weight loss among ten of 15 participants who completed pre and post health screenings, self-reported increases in frequency and duration of physical activity by participants, and significant increases in the amount of time participants utilized the Westside Trail. Participants also shared how much they appreciated trying new, healthy foods, learning new information each week, and the dynamic support of their health coaches. One participant graciously added that Walk the Line provided tools and information that made getting healthy seem possible—and he certainly put forth the effort!
Appendix A

E-mail and Phone Scripts
Health Coach Recruitment Sample Email

Hello Name,

We are in need of Number volunteer health coaches for our session of Walk the Line, a wellness program in collaboration with the Atlanta BeltLine. It is a 10 week program in which 30-40 participants attend a weekly two-hour class where we walk on the BeltLine, learn about a range of health topics, and share a healthy meal. Health coaches come alongside participants to help set health goals, process and apply new health information, and encourage healthy behavior change. Additional details are included in the attached flyer.

I would greatly appreciate if are able to share the flyer with graduate students. Let me know if you have any other questions.

Thank you,

Program Coordinator

Health Coach Phone Interview Sample Email

Good afternoon,

Thank you for your interest in volunteering as a health coach for Grady’s Walk the Line wellness program earlier this year. Our first session was a success! We had 70% retention and some great participant feedback about all aspects of the program. One participant even remarked that Walk the Line made him feel like getting healthy was actually possible!

We have begun planning for our next session, beginning Date, and we are looking for Number new health coaches to join us. The session details and health coach expectations are attached. We hope you’ll consider volunteering with Grady this spring!

We will be conducting brief interviews to select health coach best suited to the program. If you are still interested in volunteering, please resend your resume and indicate your availability for a 30-minute call during the following times:

Calls will be scheduled in Month. Please submit your information by COB Date to ensure you are considered.

Please feel free to reach out with any questions. We look forward to hearing from you!

Sincerely,

Program Coordinator
Guest Presenter Recruitment Sample Email

Greetings!

We are in need of volunteer Grady subject experts to present on various health topics for our session of Walk the Line, a wellness program in collaboration with the Atlanta BeltLine. It is a 10 week program in which 30-40 participants attend a weekly two-hour class where we walk on the BeltLine, learn about a range of health topics, share a healthy meal, and receive support from volunteer health coaches. Additional details are included in the attached flyer.

I would greatly appreciate if are any of you would be willing to share your expertise with our group. I'll be happy to answer any other questions.

Thank you,

Program Coordinator
Health Coach Training Meeting Sample Email

Good afternoon, Health Coaches,

Thank you again for volunteering as health coaches for Grady’s wellness program, Walk the Line. The purpose of this meeting is to provide you with more information about the program, get to know one another, provide a few resources to equip you as a health coach, and answer any questions you might have.

You can park in Grady’s visitor deck located next to the main entrance. We will be meeting in room 105 on the ground floor. If you come in the main entrance, walk straight ahead and take the first left after the gift shop. Go through the green double doors, and then go through the third door on your right. The room will be on your right.

Thanks!

Program Coordinator

Sample E-mail Registration Confirmation

Good afternoon, Registrant’s Name,

Thank you for registering for Walk the Line! We look forward to walking with you on the BeltLine each week and supporting you on your wellness journey.

Walk the Line will begin Day, Date, but don’t worry, we’ll be in contact before then. Please don’t hesitate to reach out to Program Coordinator with any questions.

We look forward to meeting you!

Sincerely,

Program Coordinator
Greetings from Grady!

Thank you for registering for **Walk the Line**! We look forward to walking with you on the BeltLine each week and supporting you on your wellness journey.

*Walk the Line* is a 10-week program held on Thursdays from **February 22, 2018 through April 26, 2018** from 5:30 p.m. - 7:30 p.m. at Shiloh Missionary Baptist Church, **1150 Westview Drive SW, Atlanta GA, 30310**. You will be joined by an excellent group of health coaches who are eager to support you in your wellness journey. In addition to learning about different health topics and walking with a motivated group on the Beltline, we will have delicious food and great giveaways throughout the program. We ask that you commit to attending as many meetings as possible—if you attend at least 8 meetings, we will thank you with a grocery gift card!

In preparation for our first meeting, **we ask that you complete a brief, online Pre-Program Assessment**. The assessment should only take 10-15 minutes to complete, please follow this link: [https://goo.gl/forms/rqCXqz7GXy2p0Cyg2](https://goo.gl/forms/rqCXqz7GXy2p0Cyg2)

*Note:* If you prefer to complete a paper assessment, we will have copies available on [date]. Completing it online will simply speed up the check-in process.

The itinerary for **Initial Meeting** is as follows:

- Program Introduction
- Health screenings & goal setting
- Delicious dinner & getting to know your health coach!

We look forward to meeting you next week! Please feel free to reach out to **Program Coordinator** at [email address] with any questions!

Sincerely,

**Program Coordinator**
Phone Script: Call to participants week before Walk the Line begins

“Hello, this is Program Coordinator with Grady’s Walk the Line Program. This is a friendly reminder that Walk the Line begins on Date at Time. Were you still planning to attend?

We will provide health screenings, you will meet your health coach, and dinner will be provided.

Have you had a chance to fill out the pre-program assessment online? – (If answered no, suggest to them completing it before the first meeting or let them know they can complete the assessment at the first meeting)

Did you have any questions about the program or tomorrow?

We look forward to seeing tomorrow! “

---

Sample Email/Text Day Before Reminder

Walk the Line is tomorrow! We are so excited to meet you and join you on your wellness journey! The itinerary for tomorrow’s meeting is as follows:

The itinerary for Initial Meeting is as follows:

· Program Introduction
· Health screenings & goal setting
· Delicious dinner & getting to know your health coach!

Please feel free to reach out to Program Coordinator at email address with any questions!

Sincerely,

Program Coordinator
Health Coach Check-in
Good morning, Health Coaches,

I hope you’re having a great start to your week! We are already approaching the halfway point! I’d like to schedule a conference call for all of us. This will be an opportunity for us to check in as a group, share successes, ask questions, or troubleshoot or brainstorm ideas together. Please complete the Doodle poll this week and I’ll plan to send out a calendar invite by DATE.

Doodle link: https://doodle.com/poll/g2p9k7mgmt5ecbe8

Thank you,

Program Coordinator

Guest Speaker Weekly Sample Email
Hi NAME,

Thank you for volunteering to speak at Walk the Line DATE! Here are a few more details.

**Location:**
**Time:** Presentation only

Participants start arriving at TIME we leave for a 45 minute walk on the BeltLine, and then come back for dinner and your presentation. We hope to have Expected Number (include health coaches)

If you have a PPT, please send that ahead of time so we can have it set up. If you have handouts, I would be happy to make copies for you ahead of time.

Parking instructions and additional information, if necessary.

Please let us know if you have any other questions. PROVIDE NUMBER if you need anything that day.

Thank you!

Program Coordinator
Sample Email Thank You to Volunteers and Host

Good Afternoon,

Thank you to everyone who made Grady’s Walk the Line a great success- we couldn’t have done it without you! Thanks to your invaluable support of participants, they reported improvements in health outcomes, health knowledge and health behaviors. A few highlights include:

- 10 of 15 participants who completed pre and post health screenings lost weight; 6 of these reduced their BMI
- 56% of participants increased knowledge of basic health topics
- Participants reported increases in frequency and duration of physical activity, BeltLine Trail utilization, and fruit and vegetable consumption

We also received overwhelmingly positive feedback from all participants.

- “I think the health coach helped in that they asked how we were doing each week. It also helped that when we walked, they walked. I think that this helped in motivating us more.”
- “In doing the Walk the Line program it gave me a chance to get out and move more. I know that exercise and walking was very important. But in doing the program with the group I found that it motivated me more in trying to accomplish my goal.”
- “My health coach talked with me and encouraged me to continue toward my goals.”
- “The program gave us practical information that we could begin to apply right away. In a manner that was easy to understand and seemed doable.”
- “I have resumed a regular exercise regimen, Walk the line was a key contribution to this.”
- “She was very supportive and made herself available to me to encourage and inform me.”
- “I liked the walking that we did on the trail each week. This program gave me a chance to meet other people that were trying to achieve some of the same goals as me.”

Sincerely,

Program Coordinator
Appendix B

Assessments
Health Behaviors Assessment – Week 1

Program Number: ____________

Age: ______________  Gender: ______________  Zip Code: __________

T-shirt Size: ________  Race/Ethnicity:

a) Black or African American  b) White  c) Hispanic or Latino

c) Native Hawaiian or Other  d) Asian  e) Other Pacific Islander

Would you like to receive test message reminders from *Walk the Line*?  YES  NO
If yes, please provide your mobile phone number: ________________________

**Diet and Nutrition**

1. In the **past week**, how many times did you eat **fruit**? Count any kind of fruit (fresh, frozen or canned). Count fruit you ate at mealtimes and for snacks. **Do not count juice or fruits in syrup**.
   - a) Never
   - b) 1-2 times per week
   - c) 3-4 times per week
   - d) 5-6 times a week
   - e) 1 time per day
   - f) 2 times per day or more

2. In the **past week**, how many times did you eat **vegetables**? Count any kind of vegetables (fresh, frozen or canned). Count vegetables you ate at mealtimes and for snacks. **Do not count fries**.
   - a) Never
   - b) 1-2 times per week
   - c) 3-4 times per week
   - d) 5-6 times a week
   - e) 1 time per day
   - f) 2 times per day or more

3. On average, how many times per week do you cook meals at home?
   - a) Never
   - b) 1-2 times per week
   - c) 3-4 times per week
   - d) 5-6 times a week
   - e) Every day
4. In the **past 2 weeks**, have you done any exercises, sports, or physically active hobbies (walking, running, gardening, sports, dancing, etc.?)
   
   a) Yes
   b) No

5. If yes, how many times in the past two weeks did you do any of the activities noted above?
   
   a) I don’t know
   b) 1-2 times per week
   c) 3-4 times per week
   d) 5 times a week or more

6. On average, about how many minutes did you spend on the activity noted above?
   
   a) Less than 5 minutes
   b) 5-15 minutes
   c) 15-30 minutes
   d) 30-45 minutes
   e) 45 minutes or more

**Westside Trail Utilization**

7. In the **past 2 weeks**, have you used the Atlanta BeltLine?
   
   a) Yes
   b) No
   c) I don’t know

8. If yes, how did you use the Atlanta BeltLine (circle all that apply)?
   
   a) To walk
   b) To go running/jogging
   c) To go bike riding
   d) Other ________________________

9. If yes, how often was the Westside Trail used per activity noted above?
   
   a) I don’t know
   b) 1-2 times per week
   c) 3-4 times per week
   d) 5 times a week or more

10. In total, about how many minutes did you spend on the activity noted above?
    
    a) Less than 5 minutes
    b) 5-15 minutes
    c) 15-30 minutes
    d) 30-45 minutes
    e) 45 minutes or more

11. What is your overall perception of the Atlanta BeltLine?
a) Very positive  
b) Somewhat positive  
c) Unsure  
d) Somewhat negative  
e) Very negative

12. What habits or behaviors would you like to change to improve your health? Select all that apply.

[ ] Eating healthier  
[ ] Being more active (exercising regularly)  
[ ] Better managing a chronic disease  
[ ] Better managing stress  
[ ] None  
[ ] Other: __________________

13. How important is it you that you make this change?

Not at all important 1 2 3 4 5 Extremely important

14. How confident are you that you will be able to make this change?

Not at all confident 1 2 3 4 5 Extremely confident
Health Knowledge Assessment – Pre- and Post-test

Program Number: __________

1. Which fat do experts say is most important for people to cut down on?
   a) Monounsaturated fat
   b) Polyunsaturated fat
   c) Saturated fat
   d) Not sure

2. Which of these bread types contain the most vitamins, minerals, and fiber?
   a) White
   b) Wheat
   c) Wholegrain
   d) Not sure

3. Which is more likely to raise someone's blood cholesterol level?
   a) Animal fats
   b) Plant oils
   c) Legumes
   d) Not Sure

4. Obesity does not increase the risk of developing high blood pressure.
   a) True
   b) False
   c) I don’t know

5. It is better for a person’s health to have fat around the hips and thighs than around the stomach and waist.
   a) True
   b) False
   c) I don’t know

6. Diabetes is a condition that:
   a) Can be cured by adopting a healthy lifestyle
   b) Can be cured with tablets and/or insulin
   c) Is currently not curable
   d) Is always life threatening when first diagnosed
   e) Not sure

7. Which of the following statements about diabetes and diet is true?
   a) People with diabetes should eat a sugar free diet
   b) It is OK to eat fried take away food three times a week
   c) Red meat is a carbohydrate food
   d) A diet which is low in fat, high in fiber, low in added sugar is recommended for everyone with diabetes
   e) Not sure
8. Well-managed diabetes decreases the risk of:
   a) Kidney damage
   b) Blindness
   c) Heart disease
   d) Foot ulcers
   e) All of the above

9. In the United States, stroke causes more serious, long-term disabilities than any other disease.
   a) True
   b) False
   c) I don’t know

10. Which of the following are risk factors for stroke?
    a) High blood pressure
    b) Heart disease
    c) Smoking
    d) High cholesterol
    e) Diabetes
    f) All of the above

11. Which of the following are signs of stroke?
    a) Sudden confusion, trouble speaking or understanding speech
    b) Sudden, severe headache with no known cause
    c) Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
    d) Sudden trouble seeing in one or both eyes
    e) Sudden trouble walking, dizziness, loss of balance or coordination
    f) All of the above
Health Behaviors Assessment – Week 10

Diet and Nutrition
15. In the past week, how many times did you eat fruit? Count any kind of fruit (fresh, frozen or canned). Count fruit you ate at mealtimes and for snacks. Do not count juice or fruits in syrup.
   a) Never
   b) 1-2 times per week
   c) 3-4 times per week
   d) 5-6 times a week
   e) 1 time per day
   f) 2 times per day or more

16. In the past week, how many times did you eat vegetables? Count any kind of vegetables (fresh, frozen or canned). Count vegetables you ate at mealtimes and for snacks. Do not count fries.
   a) Never
   b) 1-2 times per week
   c) 3-4 times per week
   d) 5-6 times a week
   e) 1 time per day
   f) 2 times per day or more

17. On average, how many times per week do you cook meals at home?
   a) Never
   b) 1-2 times per week
   c) 3-4 times per week
   d) 5-6 times a week
   e) Every day

Physical Activity
18. In the past 2 weeks, have you done any exercises, sports, or physically active hobbies (walking, running, gardening, sports, dancing, etc.?)
   a) Yes
   b) No

19. If yes, how many times in the past two weeks did you do any of the activities noted above?
   a) I don’t know
   b) 1-2 times per week
   c) 3-4 times per week
   d) 5 times a week or more

20. On average, about how many minutes did you spend on the activity noted above?
   a) Less than 5 minutes
   b) 5-15 minutes
   c) 15-30 minutes
   d) 30-45 minutes
   e) 45 minutes or more
Westside Trail Utilization
21. In the past 2 weeks, have you used the Atlanta BeltLine?
   a) Yes
   b) No
   c) I don’t know

22. If yes, how did you use the Atlanta BeltLine (circle all that apply)?
   a) To walk
   b) To go running/jogging
   c) To go bike riding
   d) Other ________________________

23. If yes, how often was the Westside Trail used per activity noted above?
   a) I don’t know
   b) 1-2 times per week
   c) 3-4 times per week
   d) 5 times a week or more

24. In total, about how many minutes did you spend on the activity noted above?
   a) Less than 5 minutes
   b) 5-15 minutes
   c) 15-30 minutes
   d) 30-45 minutes
   e) 45 minutes or more

25. What is your overall perception of the Atlanta BeltLine?
   a) Very positive
   b) Somewhat positive
   c) Unsure
   d) Somewhat negative
   e) Very negative

26. What habits or behaviors would you like to change to improve your health? Select all that apply.
   [ ] Eating healthier
   [ ] Being more active (exercising regularly)
   [ ] Better managing a chronic disease
   [ ] Better managing stress
   [ ] None
   [ ] Other: ________________________
27. How important is it you that you make this change?

Not at all important 1 2 3 4 5 Extremely important

28. How confident are you that you will be able to make this change?

Not at all confident 1 2 3 4 5 Extremely confident
Walk the Line Post-Program Survey

Program Number: __________

1. Overall, how would you rate the Walk the Line program? Circle a number.

   1   2   3   4   5   6   7   8   9   10

2. What benefits, if any, have you experienced since participating in Walk the Line? You may select more than one.

   [ ] Improved Health
   [ ] Overall better quality of life
   [ ] Weight Loss
   [ ] Feeling more connected to your community
   [ ] Feeling like you belong to a group with similar goals
   [ ] Feeling like you have a greater support system to help you eat healthy and/or exercise
   [ ] Other (please explain):

3. What did you like most about the program?

4. To what extent are you satisfied or dissatisfied with each aspect of the Walk the Line program?

<table>
<thead>
<tr>
<th></th>
<th>Very Satisfied</th>
<th>Somewhat Satisfied</th>
<th>Somewhat Dissatisfied</th>
<th>Very Dissatisfied</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walking the Trail</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Location- SMBC</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Health Education Workshops</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meals Served</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Health Coaches</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
5. For each topic, please indicate the usefulness of the information. Please check one box per topic.

<table>
<thead>
<tr>
<th>Topic</th>
<th>Very Useful</th>
<th>Somewhat Useful</th>
<th>Not Useful</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nutrition</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Physical Activity</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Heart Health/Overall Wellness</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diabetes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cancer</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stroke</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mental Health</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Injury Prevention (Falls)</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

6. Which topics did we not cover but you are interested in learning more about?

7. What, if anything, made it difficult for you to participate in this program?

8. Overall, how would you rate your health coach? Circle a number.

   1   2   3   4   5   6   7   8   9   10

9. What did your coach do to help you achieve your goals? What could he/she have done better or differently to support you?

10. Were you able to set a health goal? What about the Walk the Line program helped you achieve your health goals? What behaviors have you changed and knowledge have you gained as a result of the program?

11. What about the program was not helpful in achieving your health goals?

12. Please share any additional comments about the program (for example: suggestions/additions for future programs)
Walk the Line Health Coach Survey

1. Overall, how would you rate your experience as a health coach for Walk the Line on a scale from one to ten?

2. What did you enjoy about volunteering as a health coach?

3. What was challenging about being a health coach?

4. What was the most beneficial time spent with participants?
   a) Walking on the trail
   b) Eating dinner
   c) Phone calls outside of class
   d) All of the above
   e) Other: ________________

5. Do you feel as though you had enough time to spend with your participants? If not, please explain and/or provide suggestions for program improvement or advice you would share with future health coaches.

6. Do you feel as though the program coordinators, Katie and Alanti, adequately prepared and supported you as a health coach? If not, what could they have done better or differently?

7. Are there any health topics that you think we should cover in future sessions of Walk the Line?

8. Please share any additional comments about your experience or suggestions for program improvement.
Appendix C

List of Materials not included
[Resources]
# BeltLine Grantees

<table>
<thead>
<tr>
<th>Grant Recipient</th>
<th>Program Details</th>
</tr>
</thead>
</table>
| **Atlanta Community Food Bank** | Georgia Food Oasis- Atlanta is a community driven, cross-sector group of partners working to systematically improve fresh and healthy food access in underserved neighborhoods in Atlanta. This initiative helps communities to develop innovative and affordable ways for residents to access, experience and learn about food. This program will offer opportunities to engage a broad range of residents, including youth, adult and senior populations, as well as provide access to healthy food through a partnership with Aluma Farms.  
- has been interested in sharing programs with participants;  
- may be able to do cooking demo;  
- may be able to help recruit participants |
| **Atlanta ContactPoint**         | Atlanta ContactPoint will provide the community with weekly PLAY DAY classes at two neighborhood Parks, as well as quarterly community PLAY DAY events. The weekly free classes will take place at Washington Park and Adair Park. A PLAY DAY community is a free, fun filled day of sports, fitness, arts, and nutritional education where local coaches and organizations are invited to come together to facilitate a wide variety of activities, drills, and games.  
- may be able to help recruit participants |
| **Girls on the Run**             | Girls on the Run partnered with Atlanta Public Schools to provide a physical activity-based positive youth development program for girls in 3rd-8th grades. The Westside Trail will be used the girls’ bi-weekly running practices and practice 5K run. The program aims to increase physical activity and promote use of the Westside Trail to students and families.  
- may be able to help recruit participants |
| **Truly Living Well**            | The Westside Trail will be promoted as a means for residents to access nutritious food available at the Collegetown Farm and Education Center. This program aims to increase residents’ access to healthy foods and promote healthy eating lifestyles by providing nutrition education.  
- provide farm tour for participants  
- may be able to help recruit participants |
| **GA Conservancy** | The Georgia Conservancy and REI Westside Trail Community Engagement Initiative will work with the neighborhood schools, community centers and other partners to conduct hiking, biking and yoga education on the Westside Trail, as provide outreach and education. Service projects to clean up parks, maintain the trail and cultivate a sense of ownership will take place along the existing BeltLine route and 17 community parks and gardens. Planning workshops to address issues of safety, physical connectivity and barriers to usage will take place at schools, community centers, and local churches. *Note:*  
- *has been interested in sharing programs with participants* |
| **Insight Cultural Tourism** | WE Tours seeks to have residents increase their physical activity levels by utilizing the Westside Trail through the tour and partnership programs. The program will educate residents about the benefits of eating healthy and making informed decisions about food choices. The tours will also include information on the community’s historical, artistic, and agricultural assets as a means to fostering community pride. |
| **Wholistic Stress Control Institute** | The Wholistic Stress Control Institute and its community partners will provide health education sessions, stress education tips, wellness festivals, and healthy living tips via social media postings for residents, families, and seniors 65+. Wellness activities and classes are free and open to the public. Project Wellness will also include community forums, consisting of neighborhood organizations (churches, schools, health center, and small businesses) to ensure the program effectively addresses the community’s health needs. *Note:*  
- *has been interested in sharing programs with participants*  
- *may be able to help recruit participants* |