



Focus Area: Health and Wellness

Grant Finalist: Health Emergency Lifeline Programs d.b.a Corktown Health

Project: Keep It Movin' (KIM)

Background:

The current KIM program is comprised of numerous virtual and in-person physical activity and nutrition interventions. However, the current funding is limited to individuals living with HIV. Many LGBTQ+ identified clients and community members have expressed interest in participating in these interventions—sharing many of the same needs and health risks. Expanding the current interventions and adding a new gardening education and training initiative will help individuals create healthy eating habits and address food insecurity within the LGBTQ+ community.

The new initiative will allow the agency to engage a master gardener (consultant) who will develop a gardening education and training curriculum with the assistance of our current Preventive Health Services staff, hire and train a new peer gardener (member of the community), and recruit patients/clients and other community members.

Clients will have the opportunity to receive virtual and in-person training, practice gardening in real-time with real gardening supplies, tend to a community garden, receive a certificate once they complete/graduate from the course, and be provided resources to start their own garden.

Unmet Need: Food insecurity is an issue that many of our clients face. In Wayne County alone, 15.5% of the residents are food insecure (Map the Meal Gap, 2019). Additionally, a recent report from the Williams Institute (2021) concluded that transgender adults were three times more likely than cisgender individuals to face food insufficiency during the pandemic. Low-income communities also encounter a special type of food insecurity – food is available, but the foods that are easily accessible are not nutritionally adequate and tend to be over-priced. Expanding our current Keep It Movin' (KIM) physical activity and nutrition program to individuals within the LGBTQ+ community and launching a new gardening education and training program during a pandemic is more critical now than ever.

Outcomes: Success for this initiative will be defined and measured by the number of individuals who enroll and complete the gardening intervention, engagement in other physical activity/nutrition sessions and progress towards personal client goals. When enrolling, health coaching staff conduct an intake and set personal health goals with clients. Most clients set goals related to medical indicators (weight loss/gain, improving blood pressure, improving A1c labs). Some set goals related to improving nutrition/physical activity habits. Current assessment mechanisms and reporting tools are already in place to support proper program evaluation.

Objectives include:

- Enroll 72 LGBTQ+ identified new participants into KIM program over 18 months
- Provide 540 fresh food boxes for low-income participants over 18 months (30 boxes/month)
- At least 50% of participants will demonstrate progress towards their health goals
- 30 participants will complete the gardening curriculum (15 each in 2022 and 2023)

Sustainability: Corktown Health already employs two health coaches and is in the process of assessing how to bill for health coaching. We currently have a medical billing department and are working in partnership with the preventive health services department to explore health coach billing. A grant from Impact 100 will support the agency in program design and implementation and provide “seed” dollars while we pursue long-term sustainability strategies. Corktown Health is also in the process of connecting with various established community gardens to seek out formal partnerships. It is our hope that with these formal partnerships, billing, and with the support of donors, our initiative will be sustainable.