



www.nihhc.com • info@nihhc.com • Tel: 574.522.0966
1.877.21.SALUD (72583) • Fax: 574.522.0354



Like us on
Facebook

Letter from the Executive Director

Dear Readers,

Despite the massive changes that we have seen our organization go through over the last year and a half, we have also made huge strides across northern Indiana to bring equal access to healthcare, resources, and education to the community that we are dedicated to serving, as part of our mission. As the world begins to open back up against the backdrop of the pandemic, we continue to see our need and take note of the work that has yet to be done.

In order to broaden our reach, we adapted both our Healthy Hearts and Por Tu Familia programs to eLearning, which impacted close to 400 children and adults across the community this past spring. We look forward to continuing our educational programs throughout 2021, whether that be online, in person, or via a hybrid platform. Whatever the circumstance, we are prepared for it! In fact, this coming fall, Healthy Hearts will be implemented districtwide at Goshen Community Schools (GCS) as part of its PE curriculum. We are thrilled about this partnership with GCS, empowering more students to make healthier choices and build healthy habits.

Although COVID-19 cases seem to be declining with the release of new and effective vaccines, our efforts must not stop. We recently launched our **NIHHC COVID-19 Vaccination Campaign**, sponsored by a grant from the CDC Foundation. The goal is to increase the vaccination rate among communities of color, specifically Hispanics. The barriers the community faces to accessing COVID-19 testing and vaccines continue to arise. Our staff continue to respond to our community's needs as vaccines roll

out. During the past 15 months, they have been interpreting at vaccination sites, answering hotlines, and running educational presentations around COVID-19 topics online and on the radio, just to name a few activities. We are extremely grateful for our dedicated staff and volunteers who have been on the front lines, helping our organization evolve throughout this year-and-a-half-long pandemic.



Liliana Quintero

We are incredibly excited to be working to promote COVID-19 vaccination among our community members. If you want to become an influencer in our campaign and are willing to share our events, videos, and promotional materials among your circle of influence, please contact us. Right now, our strongest tool is the vaccine, so your support as a professional or individual leader will make a difference. There is no question—we must stick together to combat COVID-19.

From all of us at NIHHC, we wish everyone a safe, healthy, and happy summer, and we look forward to being able to see your smiling faces again very soon.

Sincerely,

Liliana Quintero
Executive Director

EDUCATIONAL PROGRAMS

POR TU FAMILIA PROGRAM

This program aims to address risk factors associated with heart disease by promoting the self-management of healthy habits. It is structured through the DEEP (Diabetes Empowerment Education Program) curriculum and offers health education on high blood pressure, high cholesterol, diabetes, and obesity. Por Tu Familia takes a holistic approach in promoting healthy lifestyles in families through emphasis on healthy nutrition and exercise.

February 9, 2021 - March 9, 2021 - NIHHC offered this program virtually for adults and youth. The program consisted of four sessions, all taught via Zoom and streamed on Facebook Live. There were a total of 53 Hispanic participants. Due to the high demand, students were divided into two groups to ensure a more interactive and engaging online class. Sessions incorporated lectures led by a health care professional and group activities led by professional instructors, including Zumba fitness classes and a Taquiza cooking class. Dr. Zuleyja Prieto, facilitated the sessions. Liliana Quintero facilitated the Taquiza activity, where participants needed to read nutrition facts labels for beef, tortillas, cream, etc. and create two taco choices.

Responding to the Taquiza activity, one of the participants said, *“I am happy that I can keep eating tacos. I didn’t know that, depending on the kind of beef or tortillas I used, I can reduce or increase my risk of suffering from heart disease.”*

Reflecting on the program, another attendee stated, *“This program is excellent! I hope you can repeat it and also come to my church to teach us. Everyone needs to have this information.”*

To evaluate the impact of the Por Tu Familia program, the participants completed a pre and a post online survey regarding knowledge, habits, and behavior. See some of the results below.

Por Tu Familia Online Program		
Results	Pre-Test	Post-Test
How confident are you that you can prevent Type 2 Diabetes? (Very confident)	38%	58% (+20%)
Are you now increasing your physical activity? (Yes)	28%	54% (+26%)
Are you now trying to lose weight? (Yes)	32%	42% (+10%)
Are you now reducing the amount of fat in your diet? (Yes)	38%	67% (+29%)

HEALTHY HEARTS PROGRAM

This program, which aims to address childhood obesity, covers various topics that introduce students to the importance of a healthy diet and exercise. The program seeks to positively impact students’ knowledge, perceptions, and habits. Students learn how the heart works, the five healthy food groups and appropriate portions sizes, the importance of exercise and drinking water, and how to read food labels, among other things. In addition, by participating in interactive activities, they learn how good or poor eating and exercise habits can affect their bodies. NIHHC has been offering this program since 2013, and over 4,000 elementary students in Elkhart and Kosciusko counties have been impacted.



Liliana Quintero, NIHHC’s executive director, with Healthy Hearts assistant, Angy Cruz, explains the heart model to 5th graders in Mr. Evans’ class at Beardsley Elementary School.

Elkhart Community Schools

March 25, 2021 - May 25, 2021 - This spring, in partnership with Elkhart Community Schools, NIHHC implemented the Healthy Hearts program at four elementary schools to 5th and 6th graders. In total, 196 students participated at Beardsley, Bristol, Monger, and Roosevelt elementary schools. With strict COVID-19 safety protocols in place and NIHHC’s readiness to use eLearning components, NIHHC was able to offer the program in person in eight classrooms and online in two purely virtual classrooms, as well.

HEALTHY HEARTS PROGRAM (cont.)

The 5th and 6th grade programs consist of three one-hour follow-up sessions, which reinforce what students learned in 4th grade and expand on health-related issues, such as high blood pressure, stroke, diabetes, and high cholesterol. Sessions included lectures and classroom activities, such as physical exercise, learning to take your pulse, and creating healthy plates based on food labels.

Teachers responded enthusiastically to Healthy Hearts even as they faced challenges brought

about by COVID-19 this spring. They cited the need for health education, the way the program relates to students' lives, and the important connection it makes with the community.

One 5th grade student asked about the program, *"Are you guys going to be back next year? I really liked it!"*

To evaluate the impact of the Healthy Hearts program, the 5th and 6th grade participants completed follow-up assessments to measure knowledge retention and long-term changes in BMI.

EVENTS

FLU SHOT CLINICS IN WARSAW

- **January - March, 2021** - NIHHC, K21 Foundation, Walgreens, Walmart Pharmacy, and Bowen Center joined forces to provide critically needed flu shots to the community of Kosciusko County at Our Lady of Guadalupe in Warsaw, IN. Walgreens and Bowen Center staff gave flu shots to over 95 Hispanic adults and children over the age of 4. Walmart Pharmacy administered over 15 flu shots at their location.

HEALTH SCREENINGS IN ELKHART

- **March 27, 2021** - NIHHC provided free health screenings to community members, including measurements of their blood pressure, oxygen saturation, glucose levels, cholesterol levels, and BMI. Angy Cruz, NIHHC staff member, helped run these screenings and stated, *"While promoting COVID-19 vaccinations is high priority right now, we cannot afford to lose focus on the important preventative measures we need to take in order to maintain our overall mental and physical health."*

COVID-19 VACCINATION EVENTS IN ELKHART, WARSAW, AND GOSHEN

- **April 13 - 20, 2021 (1st dose) & May 11 - 15, 2021 (2nd dose)** - FEMA and ISDH partnered together to bring Pfizer vaccines to Elkhart (Tolson Center) and Warsaw (Center Lake Pavilion) from 9 AM-6 PM. NIHHC provided fully trained interpreters to help register community members and make future appointments. Approximately 2,500 people got fully vaccinated.
- **May 20 - 22, 2021 (1st dose) & June 10 - 11, 2021 (2nd dose)** - FEMA and ISDH partnered together to bring Johnson & Johnson and Pfizer vaccines to Goshen High School from 9 AM-6 PM. NIHHC provided fully trained interpreters to help register community members and make future appointments. Approximately 1,000 people got fully vaccinated.

NIHHC Executive Director, Liliana Quintero, advocated for interpretative services at these vaccination sites with the Indiana State Department of Health. She stated, *"It is important not just to speak the language of the patients you are serving, but to be culturally sensitive to their concerns and understand what is really preventing them from getting vaccinated. Having NIHHC's bilingual staff, who have also been trained in contact tracing and are up-to-date on COVID-19 information, is a plus for the partners and for the community as a whole."*



Norma receives her flu shot from Jennifer, Walgreens head pharmacy technician, in the parking lot of Our Lady of Guadalupe Church in Warsaw in January.

SPOTLIGHT ON GIVING

NIHHC is grateful for the generous support of the grantors and donors who make our initiatives possible.

Beacon Community Impact: Healthy Hearts & Por Tu Familia - \$25,000

Beacon Health Foundation (donation): Healthy Hearts (mental health component) - \$5,000

CDC Foundation: Campaign to Increase Vaccination Coverage

Community Foundation of Elkhart County: COVID-19 Community Response Fund - \$8,316

Elkhart County Health Department: Interpretation Services

City of Warsaw: Interpretation Services

Indiana Minority Health Coalition: All programs & services - \$117,251

K21 Health Foundation: Programs & services in Kosciusko County - \$40,000

K21 Health Foundation: Flu Vaccine Initiative for Kosciusko County - \$7,800

Lilly Endowment, Youth Program Resilience Fund: Healthy Hearts (COVID-19 adaptations) - \$45,000

REAL Services, CSBG: Healthy Hearts & Por Tu Familia - \$32,000

REAL Services, CSBG CARES Act: COVID-19 activities - \$24,000

Well Foundation: Healthy Hearts - \$30,000

Other Corporate & Individual Donations - \$14,084

- Assembly Mennonite Church
- Crane Composites
- First State Bank
- Heart City Health
- Robert Froschauer
- Robert Wood Johnson Foundation on behalf of Gilberto Pérez



Liliana Quintero, NIHHC's executive director, receives a check on behalf of NIHHC from Julia Rodriguez, Strategic Sourcing Manager at Crane Composites. Crane Composites' generous donation of \$5000 supports NIHHC's mission to provide preventative healthcare to the community and make healthcare services accessible to all.

NIHHC IN THE COMMUNITY - COVID-19 ACTIVITIES

As the world begins to open up again, the health care needs of our community have only increased. The majority of Hispanics in the U.S., especially those in northern Indiana, work on the front lines in factories, restaurants, or other high contact jobs. They were, and continue to be, disproportionately affected by COVID-19, exposing an even greater need for comprehensive, culturally sensitive vaccine promotion among the community.

CONTINUOUS COVID-19 RESPONSE

In response to the barriers to accessing healthcare that community members face, such as those related to language, health insurance, stigmatization, and technology, among others, NIHHC has been working tirelessly on the following initiatives:

COVID-19 Vaccination Campaign & Community Influencer Initiative: With support from the CDC Foundation, NIHHC launched its COVID-19 vaccination campaign, “*Lead the Way*,” in order to increase vaccination coverage in the community. The campaign includes collaborating with and training a large and diverse group of community leaders and influencers. NIHHC aims to decrease barriers to and increase acceptance of vaccines among the Hispanic community, empowering members to make informed decisions about vaccination. If you are interested in taking part in this initiative, please email: acruz@nihhc.com for promotional materials to disseminate.

NIHHC Bilingual COVID-19 Hotline: A healthcare professional is available to provide comprehensive information on testing/vaccination locations, symptoms, prevention, registration, and referrals to health agencies. The hotline also provides registration assistance for Elkhart County’s COVID-19-related Emergency Rental Assistance Program.

Interpretation Services: NIHHC provides interpreters at COVID-19 testing and vaccination sites.

Contact Tracing: NIHHC’s trained bilingual staff provided contact tracing services for Concord Community Schools in partnership with the Elkhart County Health Department.

ECHD COVID-19 Call Center: NIHHC provided bilingual trained staff members to answer phone calls for the Elkhart County Health Department’s COVID-19 Call Center for 6 months. These calls included registering vaccination appointments, outlining public health orders, reporting non-

compliant businesses, and answering any COVID-19-related questions.

Virtual Health Classes: NIHHC offers weekly virtual Facebook Live sessions in Spanish every Tuesday and records them for later viewing. A healthcare professional presents these educational videos, entitled “Pills of Knowledge,” on topics regarding physical and mental health.

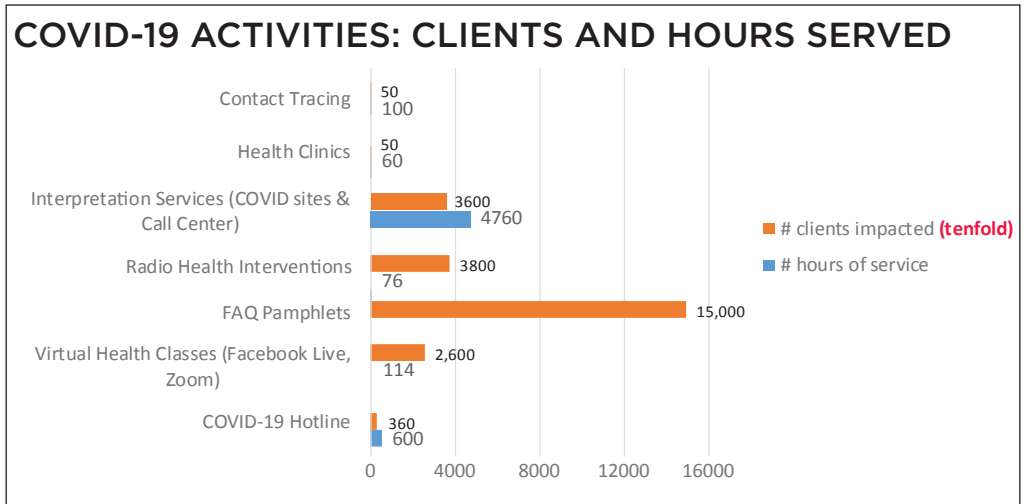
Bilingual FAQ Pamphlets: NIHHC developed two pamphlets that are continually updated. These pamphlets provide clear and straightforward information about COVID-19 symptoms, prevention, testing, exposure, vaccination, and community resources. NIHHC, with the support of the Elkhart County Health Department, the City of Warsaw, and area school districts, have distributed over 150,000 pamphlets throughout Elkhart and Kosciusko counties.

Radio Health Interventions: NIHHC speaks every Wednesday at 1:00 PM on La Raza Radio station, WKAM 1460, and occasionally on Radio Horizonte. Topics include how COVID-19 impacts those with underlying conditions, understanding the facts about the virus and vaccines, and promoting informed decisions regarding COVID-19 vaccination.

Vaccinations & Health Screenings: NIHHC provides and advocates for direct services, including flu shots, health screenings, COVID-19 testing, and COVID-19 vaccines, in locations where community members feel safe and welcome. These services are offered free of charge in partnership with health care organizations and community volunteers in Elkhart and Kosciusko counties.



NIHHC IN THE COMMUNITY - COVID-19 ACTIVITIES



Partnership With CDC to Increase Vaccination Rates Among Hispanics

NIHHC has built partnerships with the CDC at different levels to build synergies, with the goal of increasing vaccination rates among Hispanics.

- **CDC's Vaccine Task Force:** Liliana Quintero, NIHHC's executive director, who has lead various initiatives in Kosciusko County, met with the CDC's Daiva Yee, Muriel Konne, and Taylor Gumms to discuss their concerns about the low COVID-19 vaccination rate in Kosciusko County. Just 1 in 3 people are vaccinated. The Community Assessment Team in Kosciusko County identified the same barriers that NIHHC has been working to address. Visit NIHHC's website to read the original report.
- **CDC's Communication and Dissemination Team:** The same CDC leaders met with NIHHC representatives to discuss the communications needs for the Hispanic community about COVID-19 vaccines. With the support of NIHHC's expertise in outreach, the CDC aims to help meet these needs by developing clear, concise, and effective educational materials to share with community,
- **CDC Foundation:** NIHHC was awarded a grant that supports community-based organizations (CBOs) to increase vaccination coverage among racial and ethnic populations experiencing disparities. NIHHC is the only organization in Indiana to be awarded this grant and among 71 CBOs in the country. The grant supports NIHHC's COVID-19 Vaccination Campaign.

Upcoming Events:



acúñate Ya
www.nihhc.com • 1-877-21-SALUD (72583)
COVID-19 HOTLINE 574-206-3938

- **NIHHC COVID-19 Vaccination Clinic with Heart City Health, July 17, 2021, 10:00 AM-2:00 PM, at NIHHC's Elkhart office**
 - Drive-thru Pfizer vaccine offered in NIHHC's parking lot
 - 2nd dose clinic offered on August 7 at the same location
- **"Pills of Knowledge" weekly virtual classes, every Tuesday, 5:00 PM-6:00 PM, on NIHHC's Facebook page (search for "NIHHC" on Facebook)**
 - Classes broadcast in Spanish via Facebook Live on topics regarding COVID-19 and physical/mental health
- **Weekly radio health interventions, every Wednesday, 1:00 PM, on La Raza Radio station WKAM 1460**
 - Radio show broadcast in Spanish on topics regarding COVID-19 and physical/mental health