



## CALL FOR NOMINATIONS FOR

# The Karen Rosene-Montella Spark Award for Innovation in Women's Health in RI

Recognition by the Women's Health Council of RI

### What We Are Looking For/Review Criteria

- Innovative research, education, clinical care and policy/advocacy that improves medical, behavioral and/or social health of women in Rhode Island at any point in their lifespan. Size of initiative is not relevant.
- Focuses on health and/or socioeconomic disparities in the community.
- Removes barriers to care or broadens reach of existing care centers.
- Service, process or program has been in place for at least 1 year with demonstrable results.

#### Additional preferred components

- Links providers who deliver care and coordinate services or promotes the health of women.
- Expected transferability of process, service or program to other organizations.
- Ability to engage patients, clients and/or community in a meaningful way.

No weighting has been assigned to the criteria.

### Who is Eligible?

- Any provider or provider organization that cares for women and/or girls in Rhode Island. Our definition of provider includes anyone that cares for the social, medical and behavioral health of women which could include direct care givers, payors or policy makers who work in institutions or the community, e.g. educators, public health professionals, social service providers.

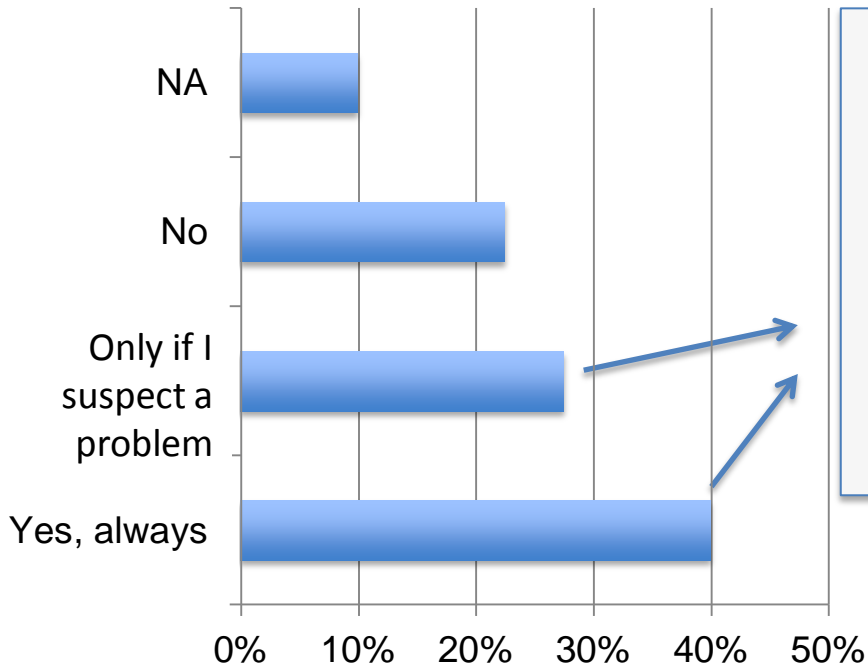
#### Nomination and Selection

- Nominations should be sent by email to Krystal Branco [kbranco@lifespan.org](mailto:kbranco@lifespan.org) between April 1 and August 1 of the calendar year.
- Individuals may submit nominations for themselves or for others.
- A Review Committee of the Women's Health Council of RI will review all submissions in the context of the Review Criteria and make a decision before the Annual WHC Fall Conference. The review may include phone calls or visits to finalist sites.
  - The award winner will be announced at the Annual WHC Conference and will present their work at the Conference. The winner will also be recognized on our website, in the Lifespan employee e-newsletter Lifelines, through a press release to the local media and on the Lifespan social media channels.



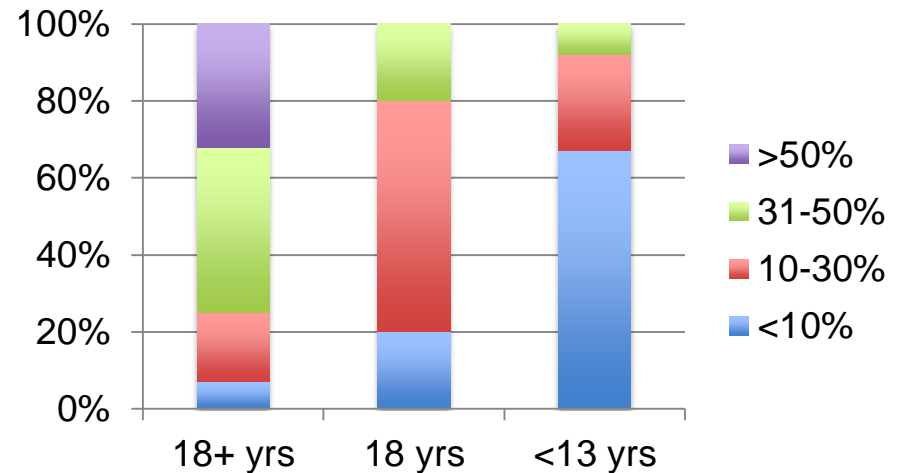
Women's Health  
Council of RI

## Do you routinely talk with your patients about their eating habits/diet?



- Bring up with review of BMI and change
- Talk about exercise/diet balance and wellness
- Talk about what they eat and how they feel
- Ask about favorite foods
- Keep it casual and let them lead

**Percent of female patients in practice overweight or obese**



## Barriers that prevent you from talking with your patients about their eating habits/diet?

<b>Practitioner Barrier to Talk with Patient About Diet</b>	<b>Avg. Weight*</b>
Time	3.22
Cultural difficulty in linking healthy diet to particular patient style	2.97
Complexity, they need real nutritional counseling	2.91
Difficult to pare down diet essentials from all diet options	2.75
Insufficient information to provide in handouts or websites	2.31
No one to refer patients to if I need support I can't provide	2.18

\*Respondents were asked to rate the severity of each barrier from 1 to 5 with 5 being the biggest barrier. To calculate the average weight, the responses were weighted based on the number reported.

## Resources to help you help your patients to start eating in a more healthy way?

<b>Resources Helpful to Patients</b>	<b>Avg. Weight*</b>
Insurance coverage for nutritional counseling	4.26
Additional staff to provide patient follow-up	3.84
Literature to hand to patients	3.81
Onsite nutrition counselors	3.81
Website to refer patients to	3.74
Additional staff to provide education	3.68
Onsite health coaches	3.65
Follow-up phone support by outside coach/nutritionist	3.40
Support for parents of pediatric patients	3.27
Follow-up webchat support by outside coach/nutritionist	3.03

\*Respondents were asked to rate helpfulness of each resource from 1 to 5 with 5 being the most helpful. To calculate the average weight, the responses were weighted based on the number reported.

## Barriers for patients to engage in healthy eating?

<b>Patient Barriers to Engage in Healthy Eating</b>	<b>Avg. Weight*</b>
Perceived cost of healthy food options	4.06
Confusion over diet options	4.03
Lack of time	4.00
Don't like healthy food or don't care	3.97
Don't understand what a healthy diet is	3.81
Don't understand how to make healthy meals	3.68
Healthy diets in literature don't support patient's cultural style	3.33
Lack of farmer's markets in neighborhood	2.81
I don't see patient enough to make a difference	2.79
Lack of grocery store in neighborhood	2.33
I care for a child and don't see parents enough to educate them	2.11

\*Respondents were asked to rate the severity of each barrier from 1 to 5 with 5 being the most severe. To calculate the average weight, the responses were weighted based on the number reported.