

# Cardiovascular Wellness Program

Summary of Participation

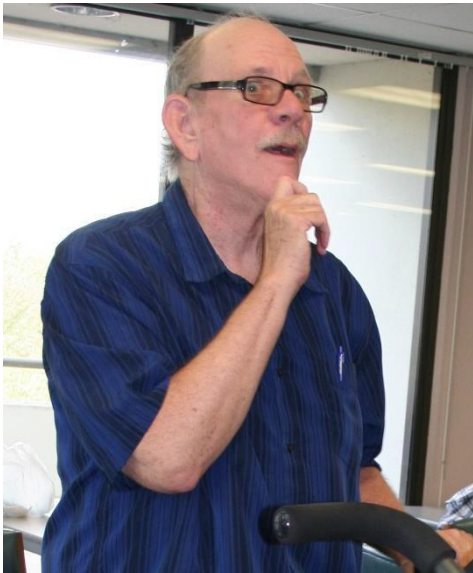
Program Start: November 2013

Assessment Date: January 2023





C. Tissa Kappagoda established a non-profit corporation, the Foundation for Health through Knowledge and Action, with the goal of leveraging community-based resources to provide cardiovascular health programs to individuals. The Foundation partnered with Sac State to develop the Cardiovascular Wellness Program and Dr. Kappagoda's vision to provide a program enabling participants to gain knowledge and take responsibility for their health is now being fulfilled.



Gerald Thomas was an attorney who provided legal direction in establishing the non-profit and endeared us with his wit & humor.



Officers:

President: Radhika Nandur Bukkapatnam, M.D.

Vice-President: Terry Leimbach

Secretary: Sharon Myers

Treasurer: Linda Paumer



Members-at-Large:

Cari Shulkin

Lyn Livingston

Bobbie Seyman

Willie Seyman

John Skarstad



CSUS

HHS

SSIS

PT

Kinesiology

Nutrition

Psychology

Communication  
Disorders

Nursing

Gerontology

# \$\$\$ Funding \$\$\$

- Program free to participants (except parking)
- Staffed by volunteers
- University provides space/resources pro bono
- University provides faculty stipend to program coordinator (SSIS) and program nurse (HHS)
- University paid student assistant (COVID \$\$)
- Supporting Foundation (“Foundation for Health”) provides equipment, supplies, minor stipend to program assistant – this non-profit is funded entirely by donations

# Donations Always Welcome

## **Donate to Sacramento State**

### **•Online**

Visit [csus.edu/give](http://csus.edu/give), click Make a Gift, choose “View all giving opportunities” . Select “Cardiovascular Wellness Program” from the list.

**•By Mail** Check made out to The University Foundation at Sacramento State with "Cardiovascular Wellness Program" in the memo line can be sent to: Rebekah Rabirotff, Director of Development, Sacramento State, 6000 J St. MS 6030, Sacramento, CA 95819

**•By Phone** Call Rebekah in the Development Office at (916) 278-2612, and she can walk you through the online form.

## **Donate to The Foundation for Health**

**•Online** Through our PayPal account.

**•Written Check** Payable to Foundation for Health, sent to PO Box 736, Davis, CA 95617. Checks may also be given to Linda Paumer, Treasurer for the Foundation.

# Ongoing Operations

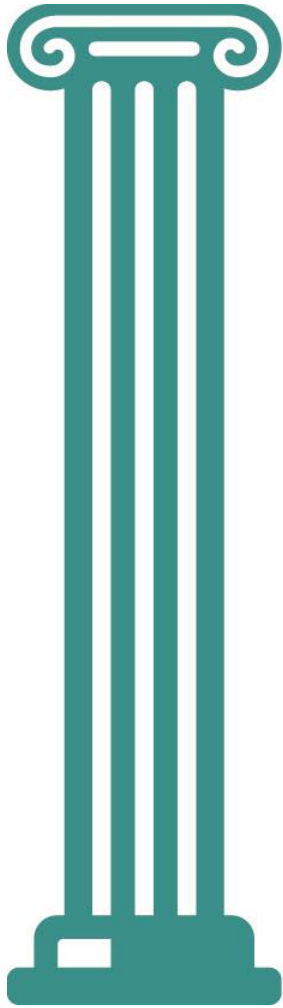
- Individual Exercise– Vital Signs monitored
- Group exercise – both live & via Zoom  
(pandemic broadened)
- Tai chi thanks to David
- Cardiac Yoga/Mindfulness Practice  
2x/month thanks to Linda Larsen, RN
- Stress Management  
2x/month thanks to Themis Yiaslas, PsyD
- Educational classes Tu/Th/Fr 11:45 am
- Student-client interactions



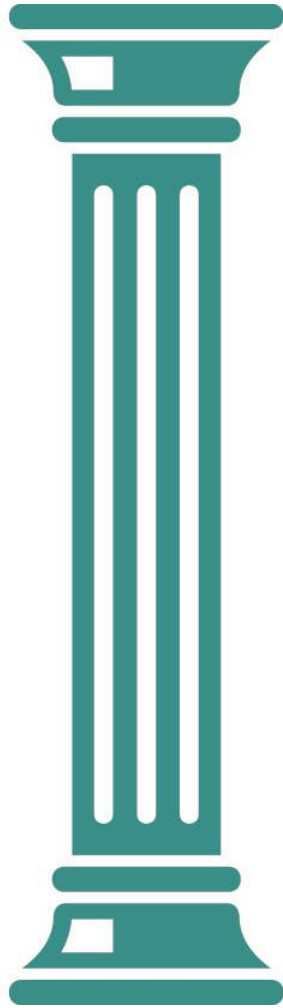




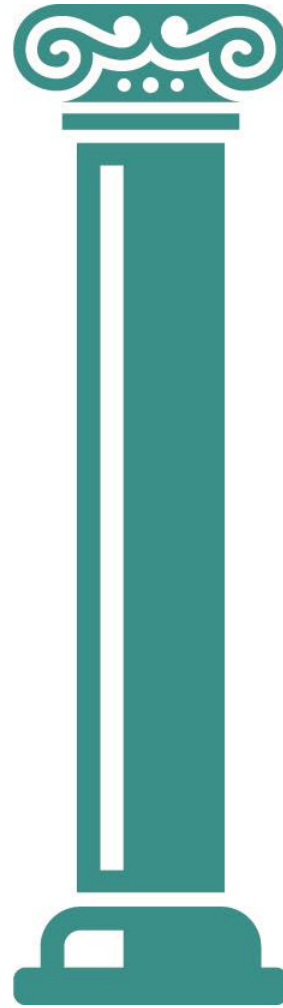
# Four Pillars



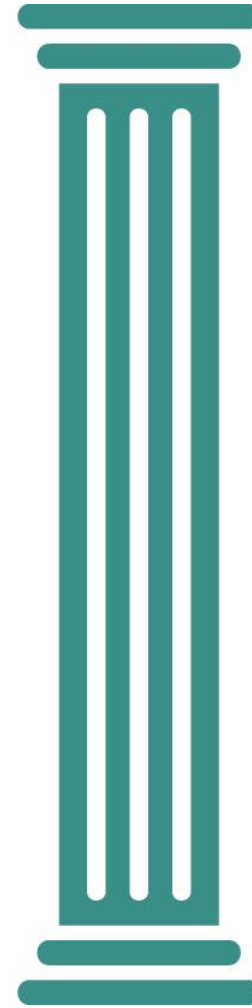
Physical  
Fitness



Nutrition



Mindfulness



Social  
Interaction



NEW YORK TIMES BESTSELLING AUTHOR

Dean Ornish, M.D., and Anne Ornish

# UnDo It!



The Wellness Program provides opportunities to practice behaviors that relate to the four pillars of healthy living—physical activity, health eating, stress management, and social connections.



# Referrals to Program

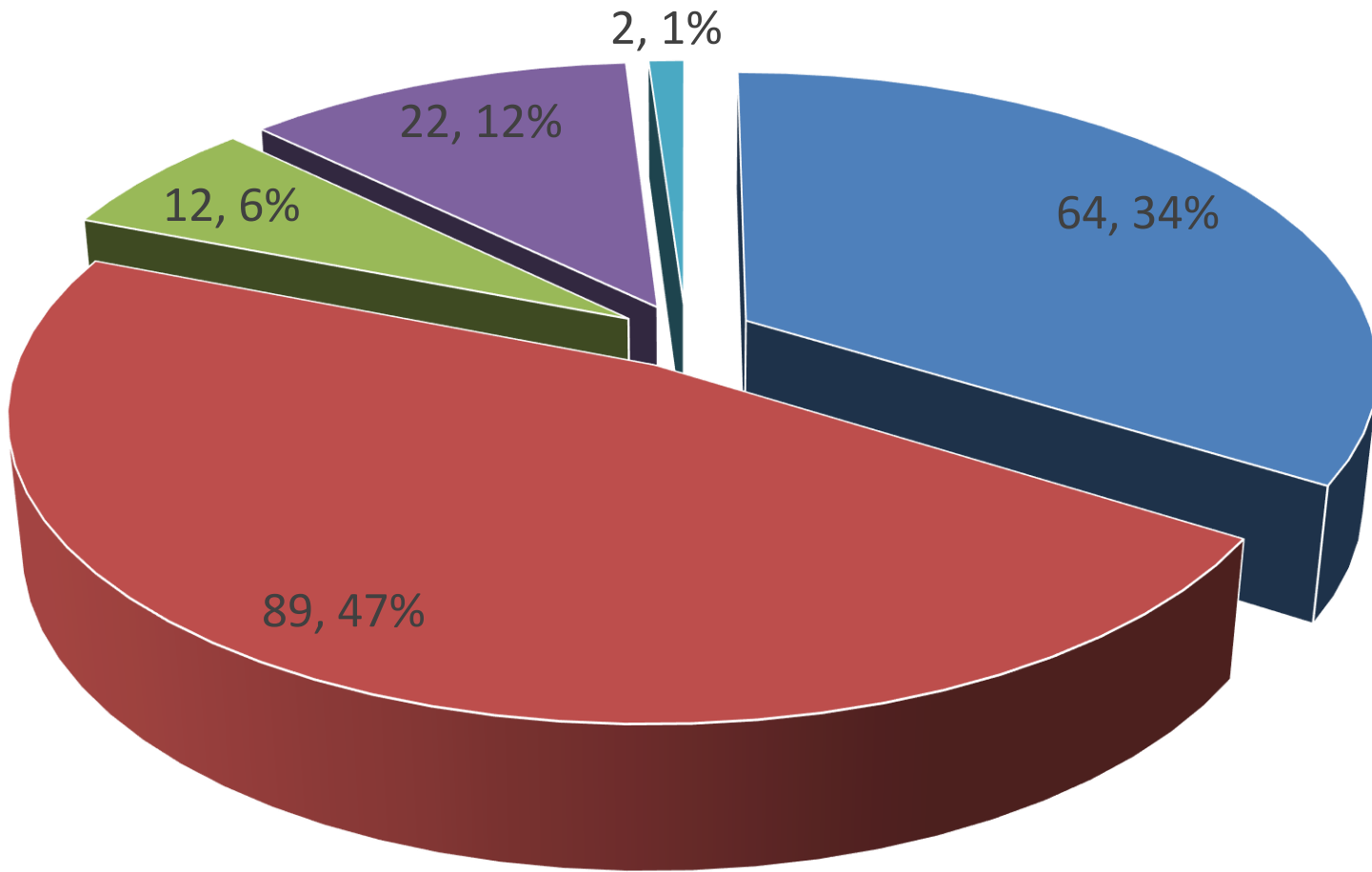
Primary referral system is from two UC Davis physicians, Radhika Bukkapatnam, our medical director and Javier Lopez, Medical Director of UCD Cardiac Rehab



Miscellaneous referrals from other hospital-based cardiac rehab programs, Kaiser and Sutter

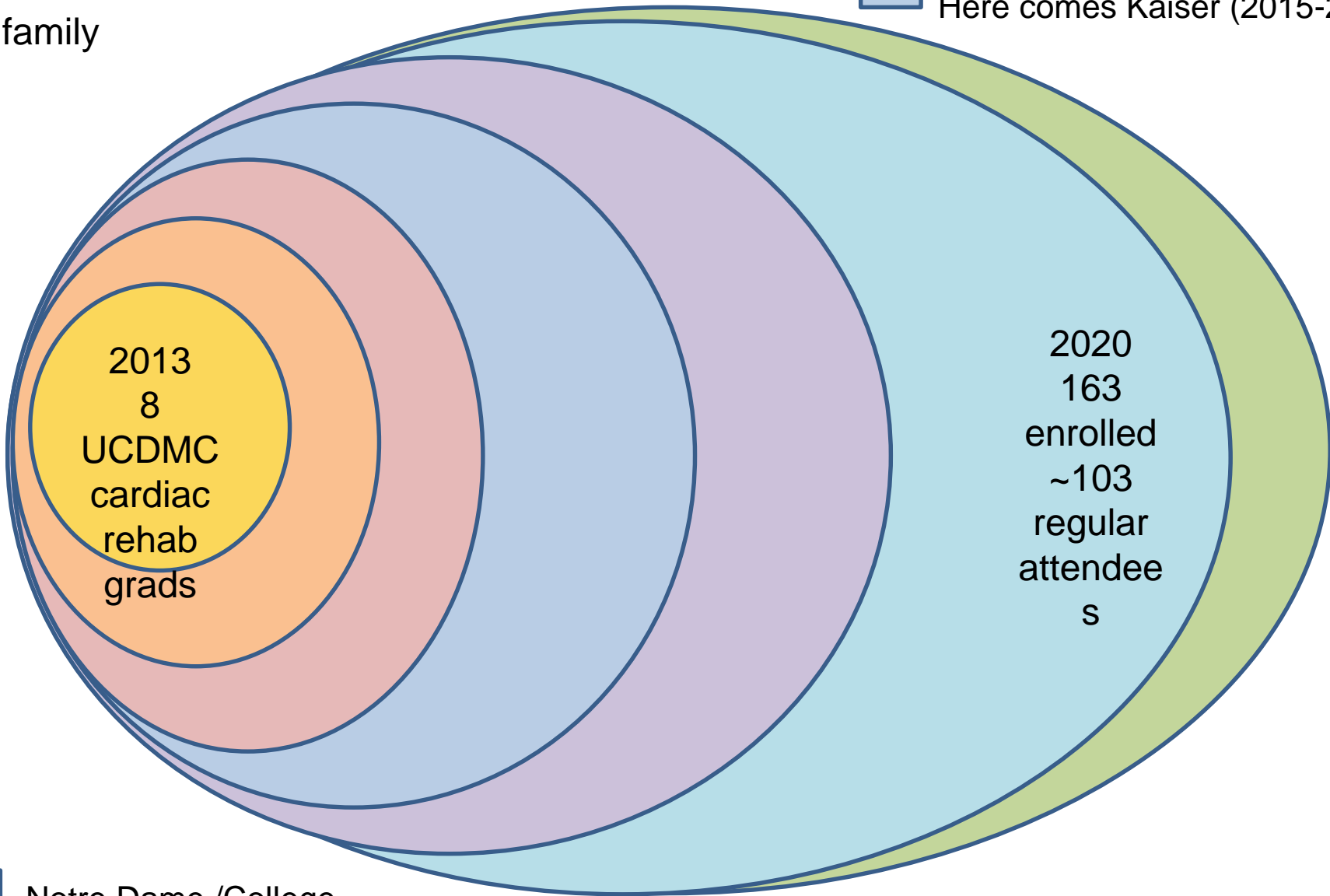
**Word of mouth – friends, neighbors,  
family members of current participants  
-- ripple effect**

# 2022 Enrollment by Health System



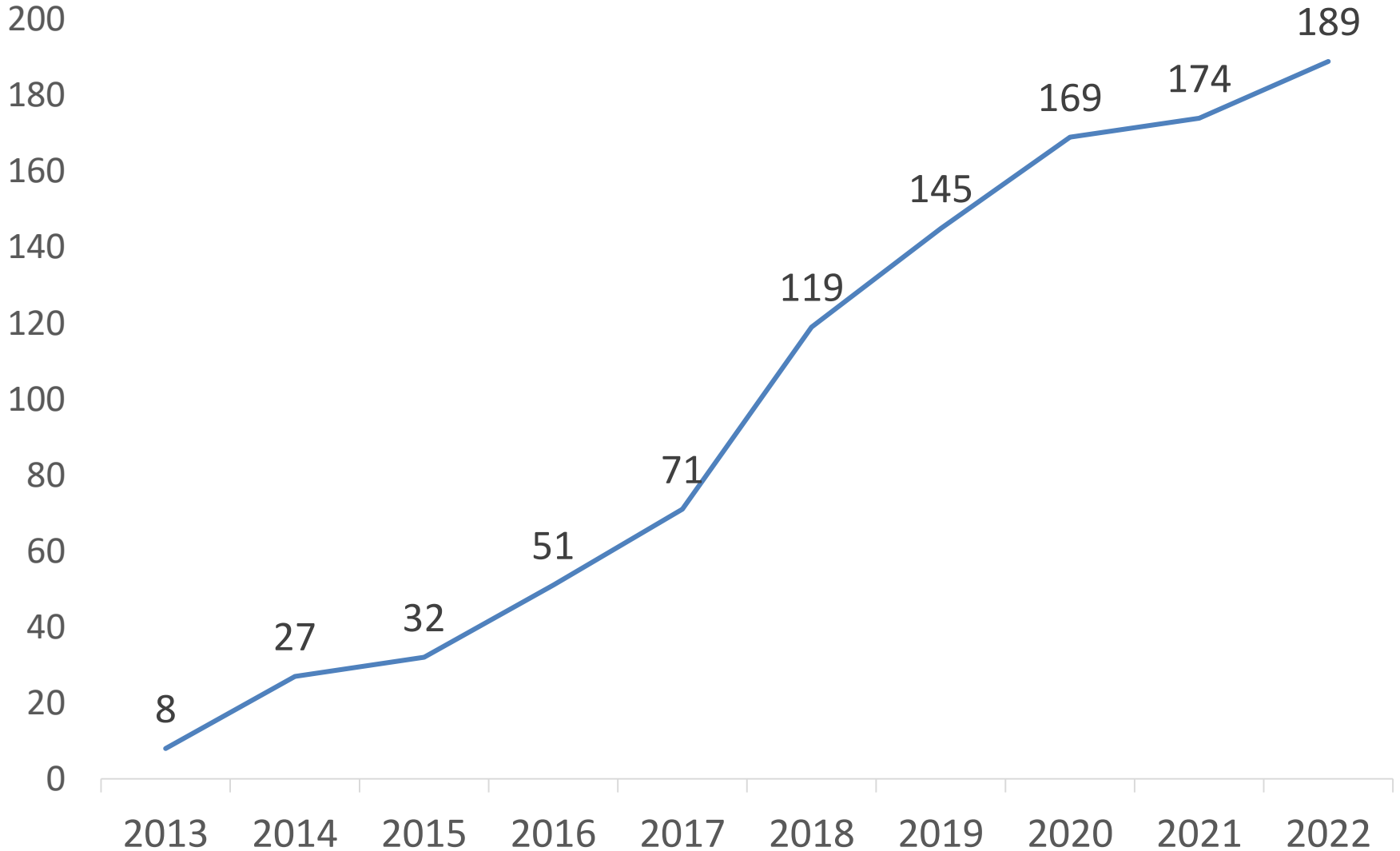
■ Kaiser ■ UCD ■ Mercy ■ Sutter ■ VA

2014 Friends & family  
Dr. B Referrals (2015)  
Renaissance Society  
Here comes Kaiser (2015-2016)



Notre Dame /College Green Neighbors  
Campus Commons Neighbors  
new referrals (Mercy/Sutter/Kaiser/UCD)

# Enrollment Numbers

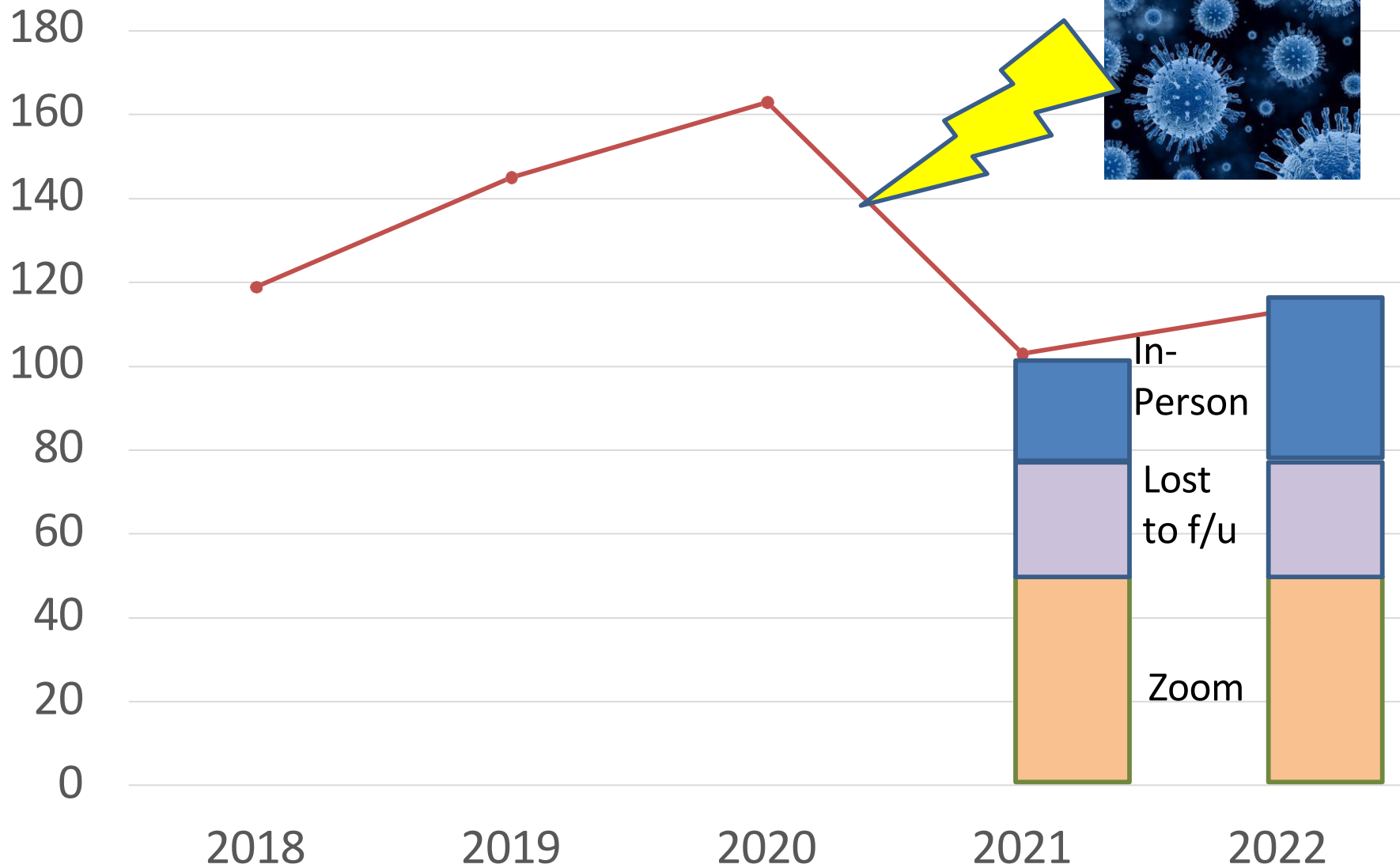




# Enrollment Demographics

	#men	total n	%men	Cardiac Rehab Dx	%	Risk Factors	%
2013	6	8	75%	7	87%	1	13%
2014	15	19	79%	14	74%	5	26%
2015	3	5	60%	3	60%	2	40%
2016	11	18	61%	11	61%	7	39%
2017	8	21	38%	10	48%	10	48%
2018	21	48	44%	13	27%	26	54%
2019	7	26	27%	4	15%	22	85%
2020	9	24	38%	6	25%	18	75%
2021	4	5	80%	5	100%	0	0%
2022	7	15	47%	10	67%	5	33%
	91	189	48%	83	44%	96	51%

# Enrollment with Pivot



# Attendance vs. Enrollment

	added	dropped	still attending	Zooming
2013	8	5		
2014	19	17	5	
2015	5	3	2	
2016	18	15	2	1
2017	21	17	1	3
2018	48	30	13	5
2019	26	17	4	5
2020	24	10	2	12
2021	5	1	4	0
2022	15	10	4	1
totals	189	125	37	27
		66%	20%	14%

# Student-Client Interactions

- Field placement services for Community Nutrition (Nu117), Community Psych (Psy143), Gerontology (130/131), Nursing Community Health (Nurs144)
- Research student opportunities (ID201) – provide bulk of outcome assessment data
- Service learning for Gero 101, PT 635)



# CSUS Faculty Involvement

Gerontology – Theresa Abah, Donna Jensen

Nursing – Bronwyn Fielding, Renee Sunseri

Physical Therapy – Rolano Lazaro

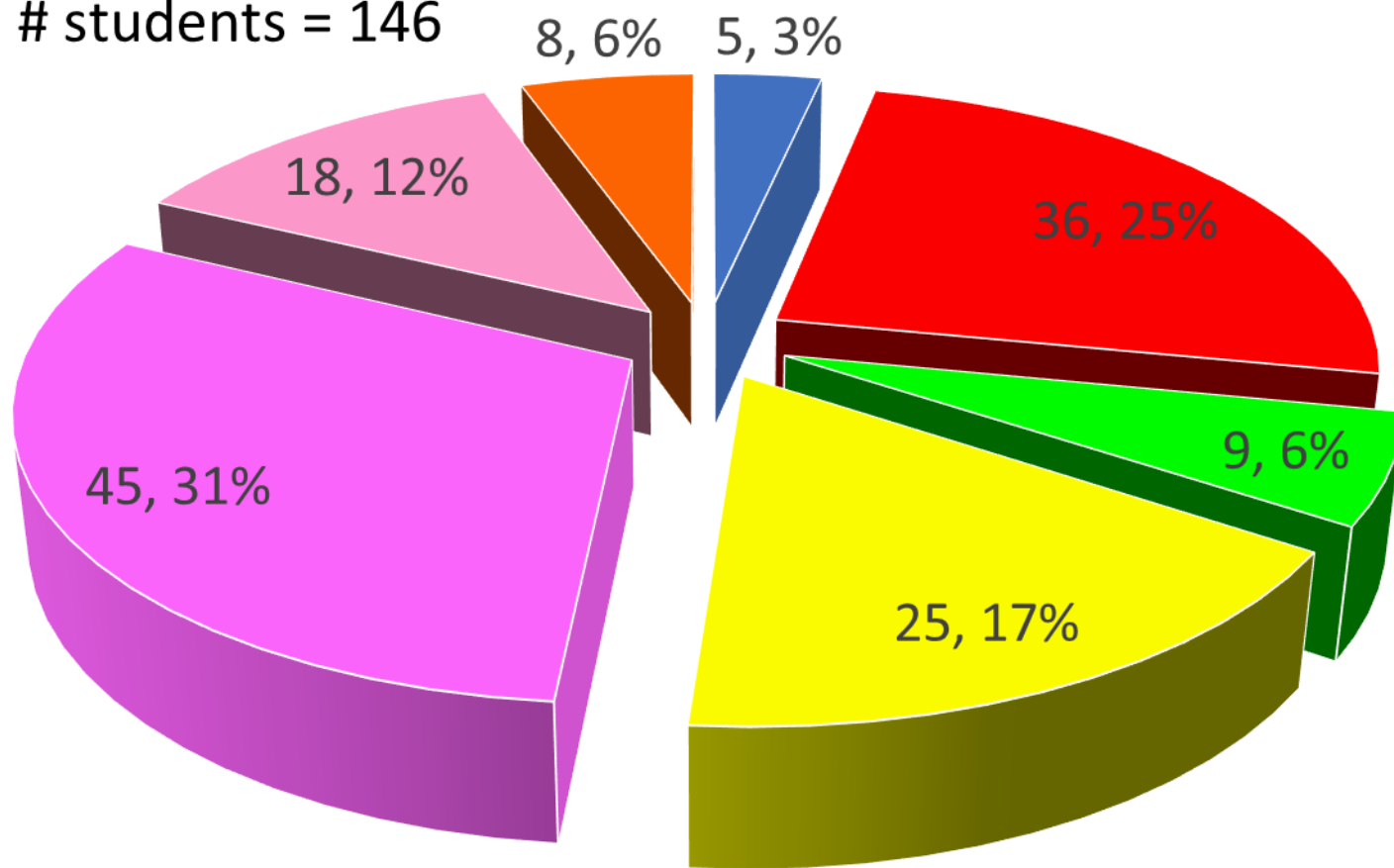
Psych – Kim Roberts, Casey Knifsend

Nutrition – Mical Shilts, Urvashi Mulasi



# Student Enrollment, 2014-2022

Total # students = 146



■ biology

■ gerontology

■ health science

■ kinesiology

■ nutrition

■ psychology

■ pre-nursing

# Student Projects – Fall 2022

- Dixie – Pain Management – Poster by green board
- Ashley B – Intergenerational Stories – Binder
- Stephanie M – Halloween party Open House
- Oksana & Valeria – community nutrition students, spices, vitamins, minerals
- Danielle & Jenn – community psychology students mindfulness practice survey/positive outcomes
- ID 201 – Research students, collecting outcome data
- Otago fall prevention program –interaction with CWP clients & PT students
- Gero 101 interactions --service learning

# Past Highlights





# Past & Present Projects

- Technology Use Project – combined study with Kim Roberts & Theresa Abah, psych & gero students. Surveys collected 2021
- Kim Roberts – Sleep Habits & Depression, Older vs. Younger Adults –Qualtrics survey collected 2021 and again fall 2022
- “Prevention Forward” clinic run by Dr. López  
Stress management lectures by Dr. Yiaslas

# Spring 2023 Projects

- Continued interaction w/ Gero 101 students
- New interaction with Nursing 144, Community Health, 4<sup>th</sup> semester RN students
- Community Nutrition students
- Community psychology students
- Gero 130/131 interns
- ID 201 – research students -we are way overdue for outcome data collection
- Miscellaneous Qualtrics surveys
- Annual stakeholders meetings
- What else do you want???

