

Promotion, Prevention, Evaluation and Results Program (PPER Program)

Puerto Rico

Raúl García Rin...

Organization type:

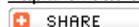
nonprofit/ngo/citizen sector

Budget:

\$500,000 - \$1 million

Website:

<http://fundaciondrgarciarinaldi.org/>

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Project Summary

Elevator Pitch

Concise Summary: Help us pitch this solution! Provide an explanation within 3-4 short sentences.

The Promotion, Prevention, Evaluation and Results Program (PPER Program) aims to educate general population, impacting a focus group or through focused groups, with issues related to cardiovascular disease. Also, promotes prevention and treatment of cardiovascular diseases in the aging population, and increases awareness about the importance of healthy lifestyles in the seniors of Puerto Rico.

About Project

Problem: What problem is this project trying to address?

Statistics Background: -- The group aged 65 years or more, according to 2000 Census, was of 425.137 inhabitants in Puerto Rico, the distribution of the people aged 65 or older is the following: 75% living with the family (314,891 seniors), 23% in manors (99,702) and 2% in group housing (10,554). -- Of those placed in group housing are 7.035 persons in institutions such as correctional institutions, nursing homes, hospitals and hospices for people with chronic diseases hospitals or mentally ill and other institutions. The other 3.509 people live in other group quarters rather than in institutions. -- The leading cause of death in Puerto Rico are cardiovascular diseases reported the Health Department, Division of Statistical Analysis. -- The CDC reported in February 2006 that the Puerto Rican mortality rate due to high blood pressure is the highest in the United States; seven of ten people suffer from hypertension.

Solution: What is the proposed solution? Please be specific!

The execution of the "PPER Program" will commence during the month of October 2011. This program aims to educate the general population, impacting a focus group with issues related to prevention, psychological, physical fitness, nutrition and cardiovascular disease. The program begins with a need research divided into four areas: social, epidemiological, education and behavior. After the evaluation, the program develops an agenda of three activities in a period of 12 months based on conferences, exercises, health clinics, monitoring and the results. This program will be evaluated by an external consultant. The program is created with the slogan "Take Care of Yourself", to educate the participants of lifestyle changes that promote good cardiovascular health. The PPER Program conducts a need research in the selected manor. This will identify health areas that need support. The need research is divided into four valuations: demographic, social, behavior and education. Project Goals: -- Educate the elderly population of a manor in Juncos, Puerto Rico, through administrative and educational activities. -- Reduce the misconceptions about prevention and lifestyle modification in cardiovascular patients (older adults). -- Monitor the improvement of each of the elderly in a manor in Juncos, Puerto Rico through clinical evaluations over a period of six months.

Impact: How does it Work

Example: Walk us through a specific example(s) of how this solution makes a difference; include its primary activities.

The PPER Program was executed last year 2009 in San Germán, Puerto Rico. We worked with the support team, "Adeline Teale" in the following manors and municipalities: "Égida los Cantares" in Bayamón, "Égida Ciudad del Retiro" in San Juan. The program oriented the participants to the importance of lifestyle changes that promote good cardiovascular health. It This Congress exceeded the expectations of the Foundation and participants. It provided an excellent education of cardiovascular disease, prevention conferences, workouts and health clinics. There were 100 people registered.

About You

Organization:

Dr. Raúl García Rinaldi Foundation

Section 1: You

First Name

Raúl García

Last Name

Rinaldi Foundation

Email

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Website URL

<http://www.fundaciondrgarciarinaldi.org/>

Organization

Dr. Raúl García Rinaldi Foundation

Country

Section 2: Your Organization

Organization Name

Dr. Raúl García Rinaldi Foundation

Organization Phone

(787) 725-4065

Organization Address

PO Box 8816 San Juan Puerto Rico 009010-0816

Organization Country

Your idea

Country and state your work focuses on

Website URL

Innovation

Do you have a patent for this idea?

Impact

Actions

FIRST STAGE: Identify the manor in the municipality of Juncos and develop the study of needs. The study has four evaluations:

- Social- It includes five questions about age, gender, occupation and volunteer work.
- Epidemiological- It includes nine questions about health status, health conditions, surgeries and medical plan.
- Educational- It includes six questions related to the awareness of the heart, blood pressure, risk factors and changing lifestyles.
- Behavioral- It includes seven questions about habits, lifestyles, food and physical fitness, among others.

Through this analysis, the health educator will know the factors that predispose the participant to his/her health condition and will determine the actions to promote healthy lifestyles.

SECOND STAGE: Develop at least three interventions, which include: health Fairs, education and prevention seminars, conferences and health clinics. The THIRD STAGE: Evaluation of how the above programs have impacted the decision-making of the participant regarding health lifestyles choices.

Results

Results expected in this project:

- At the end of October 2012, we expect decrease of the misconceptions about cardiovascular disease prevention.
- Contribute in changing lifestyles of an elderly person with cardiovascular disease, at risk to have a heart attack.
- Increase the knowledge about the care and modification of healthy lifestyles through conferences and monitoring of clinical trials.
- Contribute to an improvement in health status.

With the endorsement of this proposal, we are projecting to impact 50 seniors selected from a target manor in Juncos, Puerto Rico. Indirectly, we will impact their families, friends, partners, classmates, nurses and their community work. Also, the government, collaborators (For example: medical institutions, speakers, etc.) and local media, as mentioned before. Once the person completes the PPER Program, it is expected that the individual will gain insight into the following areas:

- Personal Development
- Increase in knowledge (Blood pressure, cholesterol and hypertension)
- Health Care (Healthy Lifestyles and Nutrition)

What will it take for your project to be successful over the next three years? Please address each year separately, if possible.

The PPER Program is a education and prevention project that may take place in different manors around Puerto Rico. The key is to identify the disadvantage communities and their needs to mobilize the appropriate resources.

The Dr. García Rinaldi Foundation is associated with the Department of Health of Puerto Rico and through this relationship this may be achieved.

The PPER Program can be adapted for any organization committed to promoting education and prevention in other aspects of health (pulmonary, diabetes, etc).

What would prevent your project from being a success?

- The PPER Program conducts a need research in the selected manor. This will identify health areas that need support. The need research is divided into four valuations: demographic, social, behavior and education. Also, the program will be evaluated by an external consultant.

How many people will your project serve annually?

What is the average monthly household income in your target community, in US Dollars?

\$100 1000

Does your project seek to have an impact on public policy?

Yes

Sustainability

What stage is your project in?

Idea phase

In what country?

Is your initiative connected to an established organization?

If yes, provide organization name.

How long has this organization been operating?

More than 5 years

Does your organization have a Board of Directors or an Advisory Board?

Yes

Does your organization have any non-monetary partnerships with NGOs?

Yes

Does your organization have any non-monetary partnerships with businesses?

Yes

Does your organization have any non-monetary partnerships with government?

Yes

Please tell us more about how these partnerships are critical to the success of your innovation.

As we mentioned before, the PPER Program is a education and prevention project that may take place in different manors around Puerto Rico. The key is to identify the disadvantage communities and their needs to mobilize the appropriate resources.

Also, the PPER Program can be adapted for any organization committed to promoting education and prevention in other aspects of health (pulmonary, diabetes, etc).

What are the three most important actions needed to grow your initiative or organization?

- Resources (speakers, doctors and educational institutions, among others)
- Sponsorships
- Interest of the elderly homes or manors.

The Story

What was the defining moment that led you to this innovation?

The services provided by the Fundación Dr. García Rinaldi are to enhance the health and well-being of people around the world. The Foundation's services and programs are focused in preserving and improving human life (in our case, the lives of Puerto Ricans from disadvantage socioeconomic backgrounds who need economic support in order to receive care services in the cardiology area). We are also committed to the highest standards of ethics and integrity while providing our services to patients, the general public and the participants of the Summer Program. In fact, the Program's participants are required to take a Bioethics course and are required to comply with the highest standards of integrity. The Foundation is also dedicated to the highest level of scientific excellence and service in the medicine field.

Tell us about the social innovator behind this idea.

Fist of all, the leading cause of death in Puerto Rico are cardiovascular diseases reported the Health Department, Division of Statistical Analysis.

Also, the problemor commutiny need is that the seniors citizens is a population that most of the time is segregated or ignored. The PPER Program is created to address this issues.

How did you first hear about Changemakers?

Through another organization or company

If through another, please provide the name of the organization or company

AMGEN Puerto Rico