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University of Illinois Hospital & Health Sciences System  
UI-CAN Implementation 2020-2022  
Towards Health Equity

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Community Program Inventory

# UIC College of Applied Health Sciences

towards  
health  
equity

UI Health  
UIC



Dedicated to the pursuit of health equity, UI Health comprises the seven University of Illinois Chicago (UIC) health sciences colleges, the UI Cancer Center, and a health care delivery enterprise including the Hospital and Clinics and the Mile Square Health Center network.

# College of Applied Health Sciences

The poster and dashboard enclosed summarize College of Applied Health Sciences efforts underway to address the three community health priority areas identified through the 2019 UI-CAN. Programs included were submitted to the SCIP as of November 2020. You may access the 2019 UI-CAN Report at [uican.uihealth.care](http://uican.uihealth.care). Community Priority Areas include:



**Addressing social and structural determinants of health**



**Improving access to care, community resources, and system improvements**



**Primary and secondary prevention of chronic disease**



**Indicates Interprofessional Program**

## 1. Assistive Technology Unit

**PROGRAM** Increase access and accommodation for people with disabilities through assistive technology evaluation including augmentative communication, environmental modification, seating and mobility, and mobile vans. **CONTACT** Tamar Heller; [theller@uic.edu](mailto:theller@uic.edu)

## 2. B.U.I.L.T

**PROGRAM** Improve physical and mental health outcomes among children in low-income racial/ethnic minority communities through partnering with Chicago Public Schools and Urban Initiatives, a non-profit youth service provider, to provide a family lifestyle program. **PARTNERS** Urban Initiatives, Chicago Public Schools **CONTACT** Eduardo Bustamante; [ebusta2@uic.edu](mailto:ebusta2@uic.edu)

## 3. Cancer: Thriving and Surviving Self-Management Workshop

**PROGRAM** Support people who have cancer, are in remission, or have been affected by cancer through a free evidence-based self-management program provided by UIH Occupational Therapy Department. Program includes skill building around managing symptoms, emotions, social relationships, physical activity, nutrition, relaxation, sleep, participation in valued activities, communication with healthcare providers, goal-setting, problem solving and decision making. **PARTNERS** UI Cancer Center, Rush Generations, Wellness House **CONTACT** Kay Rudnitsky; [kmcgee2@uic.edu](mailto:kmcgee2@uic.edu)

## 4. CANRESEARCH Fellowship

**PROGRAM** Increase pipeline cancer researchers with disabilities through a 6-week summer research fellowship on cancer research for undergraduate students with disabilities. **PARTNERS** Collaboration between UICOT (Susan Magasi) and UI Cancer Center (Davyd Chung) **CONTACT** Susan Magasi; [smagas1@uic.edu](mailto:smagas1@uic.edu)

## 5. Diabetes Buddy Program

**PROGRAM** Support those living with diabetes through resource sharing and social support. **CONTACT** Marla Solomon; [marlacs@uic.edu](mailto:marlacs@uic.edu)

## 6. Diabetes Resource and Extension Management Program (DREAM)

**PROGRAM** Improve overall health, diabetes management, and strategies to manage health disparities for patients experiencing uncontrolled diabetes. Interprofessional supports are offered through the UI Health Endocrinology and Diabetes Center. **PARTNERS** Collaboration between OT, Nursing, Nutrition, Endocrinology, Social Work **CONTACT** Heidi Fischer; [hwaldd1@uic.edu](mailto:hwaldd1@uic.edu)

## 7. Health Matters

**PROGRAM** Promote a healthy lifestyle for people with intellectual and development disabilities (IDD) through training community agency staff on evidence-based health promotion. **CONTACT** Beth Marks; [bmarks1@uic.edu](mailto:bmarks1@uic.edu)

## 8. Illinois State Physical Activity and Nutrition Program (ISPAN) Breastfeeding Equity

**PROGRAM** Improve continuum of care for breastfeeding women in Black and Latinx communities in Chicago and Cook County through increasing the number of sites that provide breastfeeding support. **CONTACT** Angela Odoms-Young; [odmyoung@uic.edu](mailto:odmyoung@uic.edu)

## 9. Imani Village Planned Development

**PROGRAM** Build a planned development in Burnside/Pullman to address the SSDOH. In particular, the nutrition, obesity, and health equity research group provides technical assistance and support related to application of evidence based community strategies including co-design of a food truck, a youth training program, and overall project development. **CONTACT** Angela Odoms-Young; [odmyoung@uic.edu](mailto:odmyoung@uic.edu)

## 10. Leadership Education in Neurodevelopment Related Disorders (LEND)

**PROGRAM** Increase knowledge and skills of interprofessional pre-service trainees and professionals in working with individuals with developmental disabilities including autism. **PARTNERS** Department of Disability and Human Development. Funded by HRSA Maternal and Child Health **CONTACT** Kruti Archarya; [acharyak@uic.edu](mailto:acharyak@uic.edu)

## 11. National Sibling Leadership Network

**PROGRAM** Provide siblings of individuals with disabilities the information, support, and tools to advocate with their brothers and sisters and to promote the issues important to them and their entire families. **PARTNERS** Association of University Centers on Disabilities, American Association of Intellectual and Developmental Disabilities, Sibling Support Project **CONTACT** Katie Arnold; [katie.arnold@siblingleadership.org](mailto:katie.arnold@siblingleadership.org)

## 12. OP-ENS (Our Peers Empowerment and Navigational Support)

**PROGRAM** Help people with disabilities break down barriers to healthcare access. Take a broad view of health to include patient-provider issues, transportation, housing, and food insecurity through peer health navigator intervention program. **CONTACT** Susan Magasi; [smagas1@uic.edu](mailto:smagas1@uic.edu)

## 13. Phase III Cardiac Rehab

**PROGRAM** Support patients with heart disease or who are at high risk for heart disease. This program held 3-days per week is for patients that have completed Phase II Cardiac Rehab per their physician's recommendation. **CONTACT** Cemal Ozemek; [ozemek@uic.edu](mailto:ozemek@uic.edu)

## 14. Promoting Entrepreneurship Among Low-Income Youth with Disabilities

**PROGRAM** Develop and conduct formative and summative evaluations of a school-based model intended to promote self-employment outcomes among transition-aged youth with disabilities from low-income communities. **PARTNERS** Illinois Division of Rehabilitation Services, DePaul University, Artfully Gifted Foundation, Youth Connection Charter School, several CPS high schools **CONTACT** Sumithra Murthy; [smurthy@uic.edu](mailto:smurthy@uic.edu)

## 15. PT Faculty Practice Worksite Wellness with UIC Police Department

**PROGRAM** Provide wellness and promote a healthy lifestyle within UIC through interprofessional collaboration. **PARTNERS** UIC Police Department **CONTACT** Aaron Keil; [akeil123@uic.edu](mailto:akeil123@uic.edu)

## 16. Screenable Saturday

**PROGRAM** Provide free accessible mammography services, health education, and interactive workshops for women with disabilities through health and wellness fairs. **PARTNERS** Access Living, collaboration between AHS departments including OT, PT, and Nutrition. **CONTACT** Susan Magasi; [smagas1@uic.edu](mailto:smagas1@uic.edu)

## 17. Take Charge of Your Health: Chronic Disease Self Management Workshop

**PROGRAM** Empower patients with chronic disease to improve their quality of life while reducing cost of care through a free evidence-based self management program provided by UIH Occupational Therapy Department. The curriculum is based on building skills around managing symptoms, emotions, social relationships, physical activity, nutrition, relaxation, sleep, participation in valued activities, communication with healthcare providers, goal-setting, problem solving, and decision making. **PARTNERS** US Surgeon General, Rush Generations **CONTACT** Kay Rudnitsky; [kmcgee2@uic.edu](mailto:kmcgee2@uic.edu)

## 18. Tap Autism Program

**PROGRAM** Increase accessibility and supports for people with autism spectrum disorders and their families through clinical services, training and research. Support peer-led groups in the community. **PARTNERS** Grupo Salto, Chicagoland Disabled People of Color (DPOCC), Coalition of Autistic and Neurodivergent Students (CANS) **CONTACT** Tamar Heller; [theller@uic.edu](mailto:theller@uic.edu)

## 19. UIC Diabetes Prevention Program

**PROGRAM** Decrease the risk of developing Type 2 Diabetes for its participants through support and education using CDC-approved curriculum. The program is free and open to anyone who qualifies. **PARTNERS** UI Health, American Medical Association, CDC **CONTACT** Shayna Oshita; [soshit2@uic.edu](mailto:soshit2@uic.edu)

## 20. UI Health Volunteer Services

**PROGRAM** Build meaningful connections, caring relationships, and positive engagement between volunteers, patients and families, and promote the importance of a positive and engaged patient experience. **CONTACT** Kinga Mateja; [kmateja@uic.edu](mailto:kmateja@uic.edu)

## 21. UIC Children's Health and Wellness Academy at Altus Academy

**PROGRAM** Empower children to become Health and Wellness Ambassadors by taking ownership over their lifestyle choices and creating a positive relationship with food and movement. **PARTNERS** UIC Department of Physical Therapy, Altus Academy **CONTACT** Lindsey Strieter; [lstriete@uic.edu](mailto:lstriete@uic.edu)

## 22. UIC Healthspan Clinic at Altus Academy

**PROGRAM** Improve the health of the students and families of Altus Academy (a non-profit, tuition-free private college preparatory grade school) by increasing access to preventive health services. The UIC Healthspan Clinic at Altus Academy is collaboratively run by the Department of Physical Therapy and the College of Nursing. The clinic offers health screenings, immunizations, family-centered wellness/fitness classes, and behavioral health counseling UIC students receive training in behavioral counseling methods; community based participatory research; cultural responsiveness and inclusion **PARTNERS** Altus Academy, UIC College of Nursing, UIC Department of Physical Therapy **CONTACT** Ross Arena; [raarena@uic.edu](mailto:raarena@uic.edu)

## 23. UIC Open House

**PROGRAM** Provides students and families visiting UIC an opportunity to speak with selected campus representatives an ask questions, take tours, attend workshops related to fields of study and visit academic, research, and department staff. **PARTNERS** UI Health Volunteer Services, many campus departments. **CONTACT** Pilar Carmona; [pilarb@uic.edu](mailto:pilarb@uic.edu)

## 24. Youth Lifestyle Program

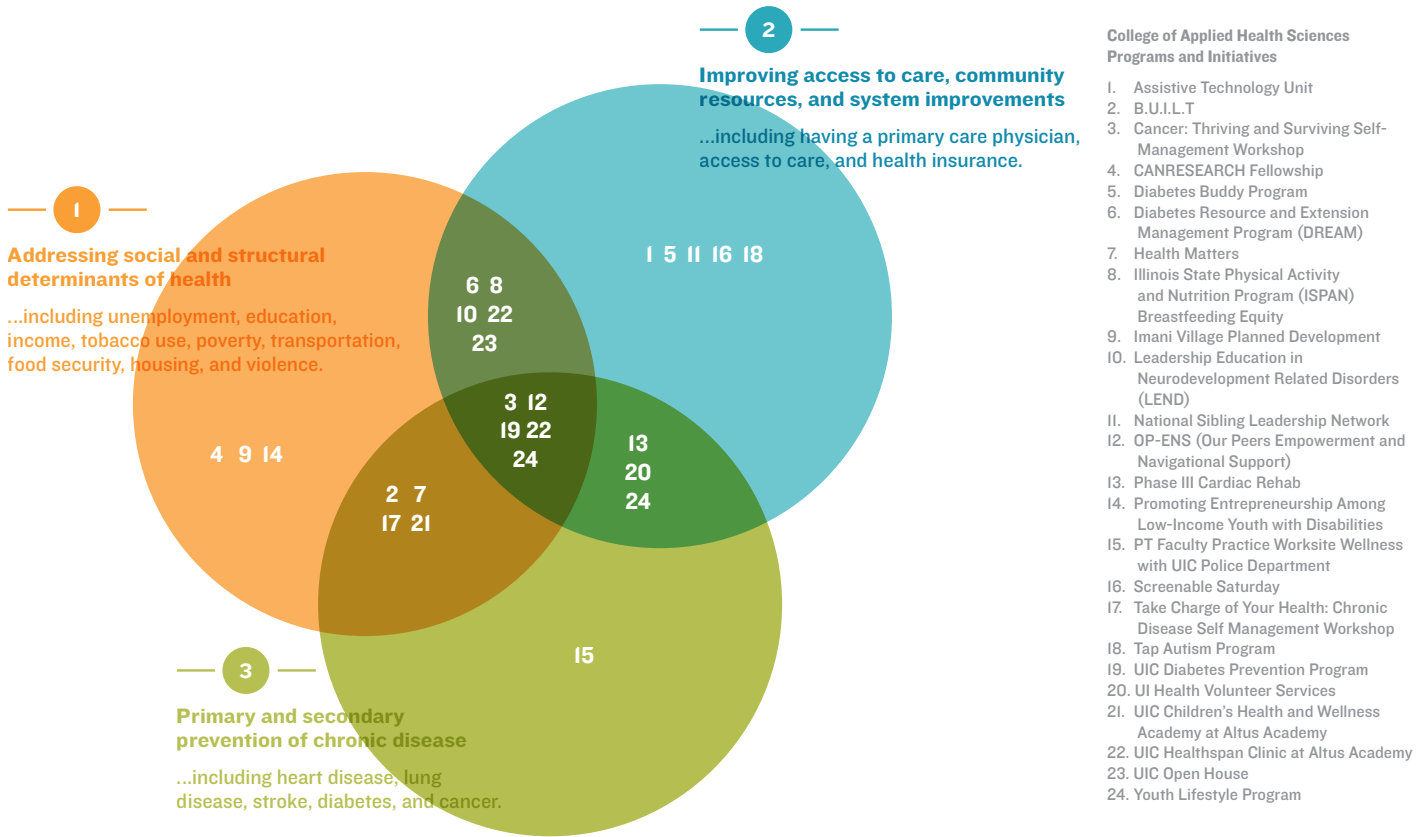
**PROGRAM** Increase frequency of time that children and their family members have with healthcare providers and provide education with both nutrition and exercise practitioners through 8-week group program. This program serves local patients of the UIH Outpatient Pediatric Clinic who are at risk or who have been diagnosed with cardiovascular and metabolic disease. **PARTNERS** UIC Department of Kinesiology, UIH Department of Pediatric Endocrinology **CONTACT** Marla Solomon; [marlacs@uic.edu](mailto:marlacs@uic.edu)



**Add your program or initiative** to our growing inventory of UI Health Community Health Programs. Open the camera of your phone to scan this code to link to the Survey of Community Initiatives and Programs (SCIP).

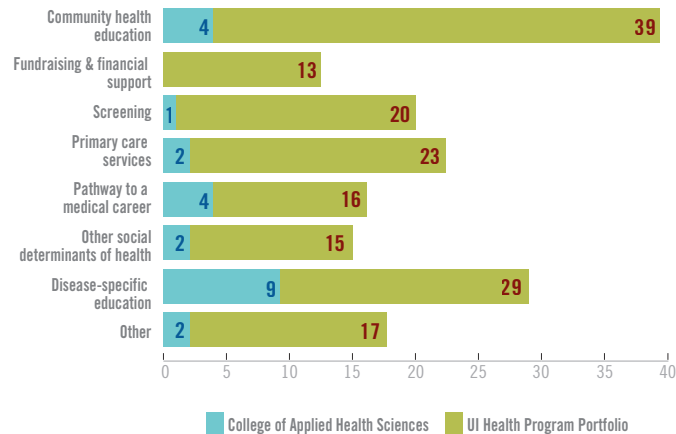
## ADDRESSING THE COMMUNITY PRIORITY AREAS

Over the past three Community Health Needs Assessment (CHNA) cycles, UI Health primary service area constituents have expressed consistent priorities. The venn diagram below captures how College of Applied Health Sciences programs map to the community priority areas.



## BENCHMARKING TO THE UI HEALTH PORTFOLIO

The bar chart below plots the College of Applied Health Sciences programs across the seven program type check boxes in the SCIP. The two "other" programs include specialty pharmacy services and a hybrid of community health education, screening, and disease specific education.



## STEWARDED A NETWORK OF RELATIONSHIPS

Programs take shape and drive impact in the communities served by UI Health through an ecosystem of partnerships. Below we capture the different types of partners supporting and sustaining the program efforts.

