



Togetherhood Initiative

A Community Health and Well-being Collaborative



PARKINSON'S REPORT FOR COLLIER COUNTY

Prepared by the Core Health Partners Foundation

2023 PROGRESS REPORT



“

The only way we can drive change is to quit working in silos. This is why I am thrilled with the Togetherhood Initiative.

The success in Collier County only occurs when we co-produce the process and the results are what the community seeks and can change.”

*Chuck Gillespie, MBA, CWP
CEO, National Wellness Institute*



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TOGETHERHOOD INITIATIVE IS THE EVOLUTION OF COORDINATION OF CARE FOR COLLIER COUNTY

Coordination of care in healthcare results in better patient outcomes and significant healthcare cost savings. Failures in care coordination account for \$27.2 billion to \$78.2 billion in waste per year in the United States. Coordination of care is defined as “deliberately organizing patient care activities and sharing information among all of the participants concerned with a patient’s care to achieve safer and more effective care.” This includes determining the patient’s needs and preferences and communicating them “at the right time to the right people.”

In a community like Immokalee, FL, coordination of care becomes even more difficult because of a lack of services being available, plus the many other health and economic factors that underserved communities face. For this is why Togetherhood provides an ideal model to evolve coordination of care from a health model to a well-being model.

You see, shared vision and co-production are the critical success factors missing in most health and wellness initiatives deployed across the United States. Health and wellbeing programs, services, initiatives, and coalitions today are extremely siloed. Much of the siloed issues stem from a lack of a repository for projects that are easily assessable by the public. Because of the siloed nature of the offerings in health and wellness, the ability to scale programs and services across a large spectrum is greatly lacking. The inability to scale impacts the long-term sustainability of these offerings.

The Third Edition of the book *Lifestyle Medicine* has a chapter titled *Community as a Catalyst for Healthier Behaviors*. The chapter, researched and written by Drs.

Jane and Peter Ellery, both Sr Fellows with the National Wellness Institute, explain that the association between health, engagement, and community is apparent in initiatives that are focusing on systems and environmental changes. Changes that combine a salutogenic focus with community involvement and co-production models can be initiated by physicians, mayors, urban planners, worksites, and many others in communities. The Togetherhood Initiative allows for Immokalee, FL to not only serve its community with better care coordination, but this initiative becomes the national model for how care coordination can help drive community health and economic vitality.

In 2018, US Surgeon General, Dr Jerome Adams, released his Call to Action. The report outlined that to improve the health of Americans and help foster a more sustainable and equitable prosperity, “Community Health and Economic Prosperity” or “CHEP” for short uses a multipronged approach focused on:

- Engaging businesses to be community change-makers and forces for health in their communities
- Implementing solutions to help improve and sustain the health of communities.
- Strengthening communities to be places of opportunity for health and prosperity for all.

The Togetherhood Initiative meets the Call-to-Action items. But it further expands the capabilities of a health systems already contained, because with the offerings of

¹ 2019 study in the *Journal of the American Medical Association*
² *The Agency for Healthcare Research and Quality*

what is under a single roof and nearby, the Togetherhood Initiative also elevates coordination of care, which in turn allows for a better patient experience, improved health for the community, and lower overall costs.

Further, care coordination like the Togetherhood Initiative enables providers to:

- **Work at the top of their credentials.** Physicians have more quality time to care for patients, since patient care coordinators (PCCs) can directly handle or facilitate with the physician's care team a wide range of patient care tasks.
- **Improve utilization management.** Care coordination allows physicians and other care team members to focus on proactive care, rather than react to expensive acute care episodes.
- **Engage patients in their own care.** As extensions of the physician and his/her care team, PCCs can stay closely connected to patients. Regular communications help engage patients and focus their attention on preventative actions.

Consider what can be accomplished within the Togetherhood Initiative and I urge you to consider proper funding to build it into a needed and self-sustaining offering.

Very truly yours,



Chuck Gillespie, MBA, CWP
Chief Executive Officer
National Wellness Institute

Pictured left to right: Paul Thein, Core Health Partners; Chuck Gillespie, National Wellness Institute; Steve Popper, Meals of Hope; Joe Balavage, Help a Diabetic Child



About National Wellness Institute: The National Wellness Institute (NWI) drives professional standards, provides world-class professional development, produces practical application programming, and creates engagement opportunities that support individuals from a variety of disciplines to promote well-being for all. NWI has been the worldwide leader of the wellness promotion since 1977.

At the core of NWI's offerings are the Wellness Promotion Competency Model, the Six Dimensions of Wellness model, and the Multicultural Competency in Wellness Model, which guide the strategies for cultivating great champions, navigators, and leaders of wellness. The National Wellness Institute's Certified Wellness Practitioner (CWP) is recognized globally as the gold-standard credential for the industry.



The Gaps in Our Community Florida Department of Health in Collier County

The Healthy Collier Coalition

The Community Health Assessment (CHA) is a summary report that provides a snapshot of Collier County community strength, needs, and priorities in relation to population health. The CHA aims to identify focal points for health improvement, contributing factors to health outcomes, and the most effective community assets and resources for enhancing population health.

To achieve this, the Florida Department of Health established the Healthy Collier Coalition, a partnership of community members and groups dedicated to protecting, promoting, and improving community health. The coalition's goal is to develop a community health improvement plan that addresses the health needs and priority issues identified by the residents and visitors of Collier County.

Based on the rankings by the Collier community over the past three years, the top five priority issues are Mental Health, Access to Care, Chronic Diseases, Health of Older Adults, and Alcohol/Drug Use.

One of the county's top health priority areas for 2020-2023, as prioritized in the (Healthy Collier) Community Health Improvement Plan (CHIP), is addressing chronic diseases. This initiative was influenced by local pediatricians who expressed concerns about the prevalence of overweight and obese children in their medical practices. To address this

concern, a pediatric obesity sub-committee was formed within the workgroup, which aims to apply a health equity lens to inform the current work of Collier County pediatricians and youth serving agencies, as well as to provide insights for future interventions.

While the issue of chronic diseases is multifaceted and complex, evidence suggests that the social determinants of health (SDOH) domain, specifically social and community context, contribute significantly to health inequities due to the compounding effect of multiple policies, social norms, and cultural factors.



Building a Sustainable Model of Care

The Togetherhood Initiative

www.togetherhood.org

The Togetherhood Initiative is a community well-being collaborative that aims to address the needs of underserved areas. It leverages findings from the Collier County Community Health Assessment as a tool to validate the implementation of programs and services. Through a partnership network of non-profit and for-profit organizations, the Togetherhood Initiative promotes collaboration and resource sharing to support the community.

The concept of Togetherhood was developed during discussions at the YMCA's Healthy Living Advisory Committee. Recognizing the financial constraints and limitations of individual agencies, a new sustainable model of service was proposed to address access issues. Senior leadership from the National Wellness Institute played a crucial role in shaping the vision of this collaborative effort.

Formalized in 2021, the Togetherhood Initiative's mission is to leverage the assets of partner agencies, such as physical infrastructure, labor skills, technology, transportation, and training. This collaborative approach paves the way for new care models and meaningful health outcomes. In 2022, the IRS recognized the Togetherhood Initiative as a public charity, granting it tax-exempt status for potential charitable donations.

The first area of focus for Collier County includes collaborative programs on nutrition education, physical exercise, and education resources for those living with or caring for individuals with chronic diseases. Partner agencies collaborate to provide health screenings, clinical education, medical therapy, physician support, wellness classes, supplies, technology, and case management. Scholarships are also available for those in need.

The Togetherhood Initiative, with its motto "find your pathway to wellness," has achieved its first measurable outcomes. Thanks to the leadership of Meals of Hope and funding from the American Rescue Act, the movement secured and renovated the David Lawrence Building in Immokalee as the service hub for county-wide programs. Additionally, auxiliary locations such as the YMCAs

in Marco Island and Naples, as well as Grace Place for Families and Children in Golden Gate, provide program services. While scheduling for Togetherhood services is managed from the Immokalee location, each site may offer different services based on community needs. Currently, there are seven licensed outreach service sites in Collier County, and this number is expected to increase.

Bringing the Clinic to the Community

www.mycorehealthpartners.com

Core Health Partners (CHP) is a Florida licensed Health Care Clinic supervised by the Agency for Health Care Administration (AHCA). CHP has intentionally developed a unique community model of service catered to individuals living with chronic diseases, as well as those seeking health screenings or evaluations for specific ailments such as developmental delays or Autism. Many of CHP's licensed locations are situated in medical deserts, where the underserved population requires assistance in navigating healthcare options and understanding how to access the care they desperately need.

CHP has earned and successfully reaffirmed their licensed status with Florida's division of Health Quality Assurance, as well as the American Diabetes Association. They maintain contracts under Medicare, Medicaid, and most commercial insurance providers to offer a wide range of medical therapy, autism testing, and clinical education, including diabetes self-management.

The medical staff at Core Health Partners consists of licensed and credentialed professionals in fields such as physical and occupational therapy, speech and language therapy, dietary and nutrition therapy, behavioral health, and sports medicine. CHP's unique model of service extends beyond the conventional medical approach by deliberately integrating their clinical model into environments that prioritize convenience for the community in need. They focus on implementing support programs that have the potential to improve patients' health outcomes during and after their traditional clinical care.

Serving the Needs of a Multiple Language Referrals System and Collecting the Data

Core Health Partners Foundation

The Core Health Partners Foundation (CHPF) was established in July 2021 with the mission to support and manage clinic-to-community partnerships, implementing screenings and navigation to guide individuals towards personalized paths of wellness. Their oversight includes health screenings, developmental milestone screenings, testing, evaluation, and management of supportive interns and volunteers.

CHPF has developed a HIPAA compliant intake processing system, featuring a trilingual auto attendant and live bilingual support staff. This comprehensive intake process is designed for both medical referrals and non-medical programs, prioritizing insurance coverage validation before utilizing scholarship funds for qualified individuals in crisis. With this system, CHPF has successfully accommodated

thousands of patient visits, serving over 230 referring physicians and offering scheduling options in the patient's preferred language. The newest location, the Togetherhood Initiative program, follows this intake process.

Furthermore, CHPF is responsible for collecting legally required Health Insurance Portability and Accountability (HIPAA) forms and necessary legal releases, granting consent for screenings, therapies, and education. They also collect and report data on matriculation measures to the Togetherhood Initiative partners and stakeholders. Quarterly reports provide insights on barriers and successes in achieving health outcomes, serving as key performance indicators (KPIs) and fostering collaboration among wellness-focused community stakeholders. In July 2021, the IRS approved the status of Core Health Partners Foundation as a public charity.

Virtual office bilingual support team schedules the Togetherhood sites.





The Pathway to Wellness

The Togetherhood Initiative focuses on improving community health and wellness through various solution pathways. These pathways entail health screenings that enable early intervention, providing education, therapies, and technology to manage developmental delays and chronic diseases.

The pathway to wellness programs are often integrated with community programs that best support living and managing the identified conditions. Many of the programs are hybrid partnerships with non-profit organizations, educational institutions, clinical programs, and community centers. The collaboration between these partner agencies aims to leverage resources, share costs, and ensure participants' needs are met while reporting outcomes.

The primary goal of the Togetherhood Initiative is to generate outcome data that can advance funding opportunities and philanthropy. This is crucial for sustaining programming and ensuring access in underserved areas.

This report focuses on the efforts of the Togetherhood Initiative in addressing Parkinson's disease, highlighting exceptional partners and providing metrics to aid non-profits and stakeholders in enhancing health outcomes and promoting sustainability in our community.

The Concerns of this Initiative

A Comprehensive Look at Parkinson's in the United States, Florida, and Collier County

Parkinson's disease is a progressive neurological disorder that affects many people around the world. In the United States, there are an estimated 500,000-1 million individuals living with Parkinson's. It is estimated that about 9 in 100,000 people aged over 65 are living with this condition. In Florida, it is estimated that as many as 1 out of 500 individuals may be affected by Parkinson's disease.

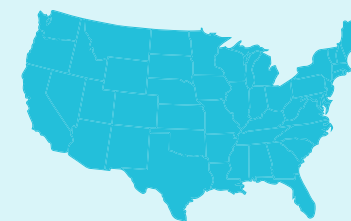
According to statistics from the Florida Health Department, Collier County has a significantly higher rate of Parkinson's Disease than the rest of the state. In 2019, there were 3,440 individuals with confirmed diagnoses of Parkinson's in Collier County, a marked increase from the 1,895 reported in 2009. The rise in cases is concerning and raises questions

about what factors may be contributing to the increasing prevalence of this disease.

- Nearly one million people in the U.S. are living with Parkinson's disease (PD). This number is expected to rise to 1.2 million by 2030. Parkinson's is the second-most common neurodegenerative disease after Alzheimer's disease.
- Nearly 90,000 people in the U.S. are diagnosed with PD each year.
- More than 10 million people worldwide are living with PD.
- Men are 1.5 times more likely to have Parkinson's disease than women.
- Medications alone cost an average of \$2,500 a year and therapeutic surgery can cost up to \$100,000 per person.

Source: Parkinson's Foundation

1 Million
people in the U.S. living with PD

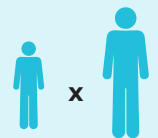


More than
300,000

people with Parkinson's disease receive hospital care in the U.S. each year, for planned or unplanned reasons

People with Parkinson's are hospitalized

1.5 times
more often than
peers without PD



28% of patients with Parkinson's experience deterioration of motor symptoms

Readmissions



returned to the hospital or ER within one year

Discharge



in the U.S. were discharged to a facility

Mortality



in the U.S. died during their hospital stay

Parkinson's patients have worse disease severity and symptoms at discharge, compared to admission

Parkinson's: Assessments, Treatments and Therapy Services

The Parkinson's disease Pathway to Wellness program offers an integrative multidisciplinary approach to Parkinson's treatment, aiming to enhance the well-being and quality of life for individuals living with Parkinson's disease. This comprehensive program brings together outpatient physical therapy, occupational therapy, speech therapy, and dietary services, while incorporating innovative interventions such as Rock Steady Boxing, SMARTfit's gamified dual tasking neuro-rehabilitation and fitness technology, one-on-one personal training, and group fitness classes. The Parkinson's Pathway to Wellness program recognizes the importance of community support and engagement, providing community education and information on support groups for family members, Parkinson's disease support group and awareness events, and respite services.

Core Health Partners takes a unique approach to working with our patients affected by Parkinson's disease (PD). The Pathway to Wellness program is an integrated multi-disciplinary approach that brings together a multitude of healthcare professionals, including physicians, neurologists, physical therapists, occupational therapists, speech therapists, and dietitians to provide comprehensive care for individuals with Parkinson's disease. This collaborative approach ensures that all aspects of the individual's physical, cognitive, and communicative needs are addressed, leading to a more holistic and effective treatment experience.

Comprehensive Assessment

The multi-disciplinary approach begins with a comprehensive assessment conducted by each respective therapist. The physical therapist assesses the individual's movement, strength, balance, and functional abilities. The occupational therapist evaluates their daily living skills, including self-care, home management, and work-related tasks. The speech therapist assesses their communication abilities, including speech articulation, voice quality, and swallowing function. This comprehensive assessment helps in identifying specific areas of need and tailoring the treatment plan accordingly.

Individualized Treatment Planning

Following the assessment, the multi-disciplinary team collaborates to develop an individualized treatment plan. This plan takes into consideration the unique needs, goals, and preferences of each individual, on a case-by-case basis. The therapists discuss their findings, share insights, and integrate their expertise to create a cohesive and coordinated approach to care. The treatment plan may include a combination of physical therapy, occupational therapy, speech therapy, and dietary interventions, ensuring a holistic approach to address various aspects of Parkinson's related symptoms.

Core Health Partners takes a comprehensive approach to therapy by providing coordinated sessions with different therapists at multiple locations in Collier County. This allows for seamless communication and shared goals among therapists. For instance, during a session, the physical therapist focuses on mobility and balance, the occupational therapist addresses daily living activities, and the speech therapist helps with communication or swallowing difficulties. Therapists collaborate to ensure treatment strategies align and complement each other in line with the Togetherhood Initiative's community-oriented principles.

Physical Therapy Services

Outpatient physical therapy is crucial in managing Parkinson's disease by improving mobility, strength, balance, and overall function. Evidence-based exercise programs have been shown to alleviate symptoms, enhance quality of life, and reduce fall risks in individuals with Parkinson's disease.

- **Rock Steady Boxing:** Rock Steady Boxing is a non-contact boxing program designed specifically for individuals with Parkinson's. It incorporates boxing techniques, high-intensity exercises, and non-contact sparring, providing a challenging and engaging workout. This program focuses on improving agility, coordination, balance, strength, and overall physical fitness. It has shown promising results in enhancing mobility, reducing tremors, and boosting confidence and mood among participants.

Coordinated Therapy Sessions

- **SMARTfit:** The SMARTfit system is a technology-driven tool for neuro-rehabilitation and fitness. It offers a range of benefits for individuals with Parkinson's disease. Through gamified dual-tasking exercises and interactive sensory targets, it provides an engaging platform for improving motor skills, cognitive functions, and overall physical fitness. Tailored to specific needs related to balance, coordination, reaction time, and cognition, it aims to enhance motor control, cognitive function, and overall quality of life.
- **Balance Training:** Balance impairment is common in Parkinson's disease and can increase fall risk. Outpatient physical therapy often includes specific balance training exercises for postural control, weight shifting, and stability. Activities may involve standing on unstable surfaces, single-leg stands, and dynamic movements to enhance balance. These exercises improve community mobility and reduce fall risk.
- **Strength Training:** Strength training is crucial for individuals with Parkinson's as part of their physical therapy. It aims to improve muscle strength and counteract muscle weakness and reduced mobility commonly associated with the condition. Resistance exercises targeting major muscle groups are performed using bodyweight, free weights, or resistance bands. By increasing strength, individuals with Parkinson's can improve mobility, functional abilities, and overall independence.
- **Aerobic Exercise:** Aerobic exercise, like walking, cycling, or swimming, offers many benefits for people with Parkinson's. It improves cardiovascular fitness, boosts mood, reduces stiffness, and enhances overall well-being. Physical therapists prescribe suitable aerobic exercises for safe and effective workouts based on individual capabilities and preferences.
- **Task-Specific Training:** Task-specific training involves practicing relevant movements and activities to improve motor skills and functional abilities in individuals with Parkinson's. Examples include sit-to-stand or car transfers, walking on different surfaces, and stair negotiation. Physical therapists develop personalized exercise plans, monitor progress, and make adjustments for optimal outcomes.

Core Health Partners' evidence-based exercise programs are tailored to the unique needs and capabilities of individuals with Parkinson's, with the goal of optimizing physical function, promoting neuroplasticity, and enhancing overall well-being. By incorporating these evidence-based exercise programs, outpatient physical therapy plays a vital role in empowering individuals with Parkinson's to improve their physical abilities and maintain an active lifestyle.



Occupational Therapy Services:

Occupational therapy plays a crucial role in the Pathway to Wellness for individuals with Parkinson's disease. It addresses functional limitations and promotes independence in daily activities. Programs include task-specific training, activities to improve motor function, coordination, and cognitive skills. Occupational therapists use adaptive strategies, assistive devices, and environmental modifications to optimize independence and safety. Tailored evidence-based interventions maximize functional capabilities and enhance overall quality of life.

Speech Therapy Services:

Speech therapy is crucial for addressing communication, voice, and swallowing difficulties in individuals with Parkinson's disease. It offers evidence-based exercise programs that aim to improve speech clarity, vocal projection, and swallowing function. These programs enhance the overall quality of life and reduce the risk of complications like aspiration pneumonia, the leading cause of death in people with Parkinson's disease.

Speech therapists conduct thorough swallowing evaluations and develop individualized exercises that focus on vocal exercises and sensory awareness techniques. Group therapy and support programs also provide a supportive environment for practicing communication strategies and receiving emotional support.

In addition to motor symptoms, Parkinson's disease impacts cognitive function, including attention, working memory, executive function, and visual-spatial abilities. Cognitive treatment in Parkinson's focuses on providing strategies to enhance daily functioning, improve quality of life, and address safety concerns. Cognitive difficulties may manifest as challenges in word retrieval and reduced speech rate.

By providing evidence-based exercise programs, conducting swallowing evaluations, and offering collaborative care, speech therapy aims to enhance communication and cognitive abilities, reduce the risk of aspiration pneumonia, and improve the overall well-being and quality of life for individuals with Parkinson's disease and their families.

Nutrition and Dietary Services:

For individuals with Parkinson's disease, special dietary considerations, particularly protein intake, can optimize the effectiveness of carbidopa-levodopa medication. Proper timing of medication intake with respect to protein-rich meals and implementing protein redistribution strategies can enhance medication absorption and minimize symptom control fluctuations. Collaborating with healthcare professionals to establish a personalized dietary plan is vital for managing Parkinson's disease and maintaining a well-balanced, nutritious diet.

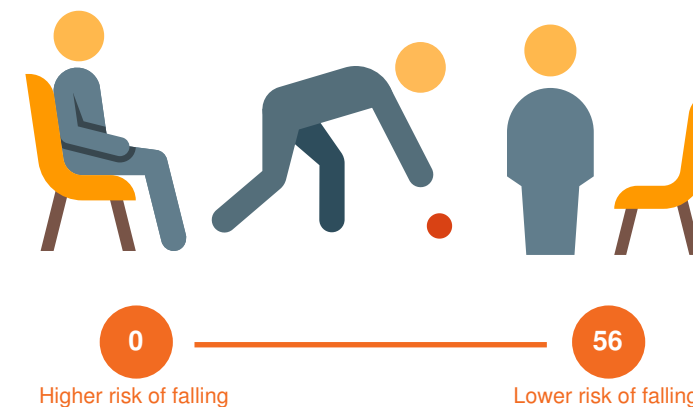
Measuring Success and Monitoring Progress:

Throughout the treatment process, the multidisciplinary team assesses the effectiveness of rehabilitative interventions, adjusting the treatment plan as needed. They track the patient's functional improvements using objective outcome measures and subjective quality of life surveys. Regular team conference meetings ensure ongoing communication and evaluation of treatment strategies and outcomes. This collaborative approach, aligned with the Togetherhood Initiative, enhances communication regarding patient status and progress, empowering patients to improve functional capabilities and independence. The emphasis on communication ensures that every therapist on the collaborative team is well-informed about the patient's progress, optimizing treatment benefits.

Standard measures like the Berg Balance Scale (BBS) and Tinetti Performance Oriented Mobility Assessment (Tinetti POMA) are critical tools in Parkinson's disease rehabilitation. These measures help clinicians establish patient goals, track progress, and refine treatment plans. By comparing patient data to normative baseline data, they provide valuable insights into balance and mobility capabilities, aiding in the assessment and optimization of treatment outcomes for individuals

with Parkinson's disease. The Berg Balance Scale and Tinetti POMA have well-established normative data for healthy adults and those affected by Parkinson's disease, enhancing their clinical and research value.

- **Tinetti Performance Oriented Mobility Assessment (Tinetti POMA):** The Tinetti POMA is a commonly used clinical measure in Parkinson's disease rehabilitation. It assesses an individual's gait, balance, mobility, and fall risk through tasks like rising from a chair, walking, and turning. It provides a total score indicating overall mobility and fall risk.
- **Berg Balance Scale:** The Berg Balance Scale (BBS) is a commonly used assessment tool in clinical settings. It evaluates balance and fall risk through 14 tasks, assessing sitting, standing, and dynamic movements. With a standardized scoring system, it provides an objective measure of balance performance.



Quality of Life:

The Parkinson's Disease Questionnaire-8 (PDQ-8) is a reliable and concise tool for assessing quality of life in individuals with Parkinson's disease. It efficiently captures key domains affected by the condition, making it quick to administer and evaluate, typically taking only 5-10 minutes. By covering important aspects of

well-being, the PDQ-8 offers valuable insights into the impact of Parkinson's on an individual's quality of life. It also aids in guiding interventions and treatment strategies while providing easy-to-access data for supporting and expanding ongoing wellness and maintenance programs at the community level. The PDQ-8 facilitates efficient measurement of quality of life across eight key domains:

1. Mobility: ability to move and perform daily activities
2. Activities of Daily Living (ADL): self-care tasks and independence
3. Emotional: mood and psychological well-being
4. Social Stigma: perception of social stigma related to Parkinson's disease
5. Social Support: availability and satisfaction with social support systems
6. Cognition
7. Communication: difficulties in speech and communication
8. Bodily Discomfort: physical discomfort, pain, and bodily symptoms

Education and Empowerment:

Core Health Partners takes an integrated multi-disciplinary approach, prioritizing education and empowerment for individuals with Parkinson's and their families. Our therapists provide education on the nature and impact of Parkinson's disease, as well as strategies to manage symptoms in daily life. They offer expertise on exercise, adaptive techniques, and home modifications, enhancing independence and safety. By empowering individuals with knowledge and skills, they become active participants in their care and community, managing their condition effectively beyond therapy sessions.

Community Support:

We partner with the YMCA and the Parkinson's Association of Southwest Florida to offer caretaker support group meetings. These meetings provide a safe space for caretakers of individuals with Parkinson's disease to come together, share experiences, and find support. The meetings are held every Wednesday from 12:00-1:00 PM EST. Facilitated by professionals, these sessions allow caretakers to connect, gain insights, and learn coping strategies. Our aim is to provide a supportive community for caretakers to find solace, understanding, and encouragement.

In addition to support group meetings, the Togetherhood Initiative also offers respite care services. We understand the demands of caregiving and believe caretakers should have time for their own well-being. Respite care provides temporary relief for caretakers by offering professional support to loved ones with Parkinson's disease. Caretakers can take time for themselves, knowing their loved ones are well taken care of. Our goal is to provide comprehensive support to patients and caretakers through support group meetings and respite care services.

Summary:

The Pathway to Wellness program takes an integrated multi-disciplinary approach to address the physical, cognitive, and communicative needs of individuals with Parkinson's. Through collaboration and coordination, therapists provide holistic treatment to optimize outcomes and improve overall quality of life.

Special dietary considerations, specifically for managing medication effectiveness like carbidopa and levodopa, are important for those with Parkinson's. Protein intake plays a vital role in enhancing the efficacy of these medications. Let's explore the connection between protein intake and carbidopa-levodopa efficacy:

Carbidopa-Levodopa Absorption: Carbidopa-Levodopa is the primary medication for managing motor symptoms of Parkinson's disease. Levodopa is converted to dopamine in the brain, alleviating tremors and rigidity. Carbidopa enhances levodopa's effectiveness by inhibiting its breakdown. However, protein intake can interfere with levodopa absorption.

Competing with Levodopa Absorption: Protein is made up of amino acids, the building blocks of proteins. When protein-rich foods are eaten, they compete with levodopa for absorption in the small intestine. This shared transport system can cause reduced absorption and delayed onset of medication effects when a high-protein meal is consumed.

Timing of Medication and Protein Intake: To maximize the effectiveness of carbidopa-levodopa, it's advised to separate protein-rich meals from medication intake. Take the medication at least 30 minutes before a protein-rich meal or 1-2 hours after the meal. This allows for optimal levodopa absorption, as there's less competition from dietary protein.

Protein Redistribution: People with Parkinson's may have fluctuations in medication effectiveness, known as "on-off" periods. "On" periods offer better symptom control, while "off" periods have poorer control. Protein redistribution is a dietary strategy that helps manage these fluctuations. It involves consuming most protein during the evening meal and reducing protein intake during the day. This approach improves medication absorption and symptom control.

Individualized Approach: Protein can impact the effectiveness of carbidopa-levodopa in individuals with Parkinson's disease. Sensitivity to protein interference varies, so collaborating with healthcare professionals is crucial to create a personalized dietary plan that addresses specific needs and medication.

Balanced Nutrition: To maintain a balanced and nutritious diet, it's crucial to manage protein intake. Protein is vital for overall health, muscle maintenance, and bodily functions. Distribute protein intake throughout the day, focusing on lean sources like poultry, fish, legumes, and tofu. This ensures adequate protein intake while avoiding interference with medication effectiveness.

Diet, particularly protein intake, is pivotal for maximizing the efficacy of carbidopa-levodopa medication in Parkinson's disease. Coordinating medication with protein-rich meals and using protein redistribution methods can enhance absorption and reduce symptom variations. Working with healthcare professionals to create a personalized diet plan is essential for managing Parkinson's disease effectively.

The YMCA can be an invaluable support system for effectively managing Parkinson's.



Partner Agencies in Phase 1 of the Togetherhood Parkinson's Pathway

The pathway leads children and families in need to a community-based prevention programs that delivers evidence-based prevention services to at-risk infants, toddlers, and school-aged children.



Naples Children and Education Foundation (NCEP)

NCEP's unique approach, which emphasizes collaboration between organizations and bridges public and private resources, has become a blueprint for how to transform a community, one issue at a time.

Grant funding by NCEP facilitated UF Health bring telemedicine program for obese and diabetic children to underserved area of Collier County.



The University of Florida

UF Health Metabolic & Obesity Clinic is addressing complications of excess weight and obesity in high-risk populations. UF leads by offering multidisciplinary team that combines provider resources, comprehensive metabolic screening, physical fitness assessments and innovative use of cutting-edge pharmacotherapy



Meals of Hope

Offers access to nutritious food, including prepackaged meals that meet the nutritional standards and correct proportioned size. The food offered by Meals of Hope is used in the medical nutrition therapy program by the registered licensed dietitians. Serves as the Immokalee Together Initiative Center tenant and liaison with the landlord David Lawrence Behavioral Health.



Core Health Partners

Operates the HIPAA compliant intake process system that facilitates the dissemination of information in multiple languages and processes scholarships, bridges the person in need to their best path to wellness through answering question in their native language and, if needed, schedules and appointment with a medical provider.

Core Health Partners also serves as a clinical provider for medical nutrition therapy, meeting with the child and or family to discuss nutritional health. Documentation notes from the clinical sessions are copied and delivered, through the HIPAA compliant electronic health records system, to the referring pediatric providers for meaningful follow up at the child's ongoing well visits. Matriculation and health outcomes records are kept on file for reporting purposes.



University of Florida Dental

Provides oral hygiene services and sealants to children in need.



Area Pediatricians

Refer children in need of child obesity support and services to the program.



Help A Diabetic Child (HADC)

HADC Purchases diabetes medical supplies, insulin and services which include endocrinology, mental health, and educational visits to underserved, uninsured, and underinsured children and young adults who live with diabetes and cannot afford these life saving services and care.



Bikes for Tykes

Offers a bicycle as a motivation tool to those children referred to the child obesity program that follow the program plan assigned.



Healthcare Network of Southwest Florida

Healthcare Network of Southwest Florida is a leader in prevention and education and is a champion for the child obesity prevention movement for Collier County and Dr. Salvatore Anzalone, the medical director of pediatrics is helping shape the Child Obesity model.



YMCA of Collier County

The YMCA of Collier County is at the forefront of promoting health and wellness with its innovative programs and initiatives. Their commitment is to improve the well-being of our community by offering specialized programs for individuals with chronic diseases, including Parkinson's Disease.

An Expert's Review of the Togetherhood Initiative and the Clinic to Community Model.

Dr. Robert Gillio
Member Society of Physician Entrepreneurs

Childhood Obesity will bankrupt the health care system in the United States. It's not that it is that expensive in the short term to care for or ignore these patients. It's that over 50% will go on to become very expensive patients with multiple chronic health issues earlier in life. These include diabetes, heart disease, hypertension, worn out joints, and some cancers.

The return on investment is estimated by the CDC that a \$1 investment in prevention will save \$6 in costs and that an increase in exercise in sedentary teens and adults can save \$61 billion dollars in health care costs, annually. Health care payers with the most to gain in addressing this problem are sabotaged by the fact that a 16% of child's coverage may change annually years and almost certainly, will not be with the same carrier 20-30 years from now. Therefore, we cannot rely on our payers who are in the business of making a margin on paying for programs and services with the money they get from collecting taxes or premiums or capitation fees, to see a direct investment

in this problem now, as a good investment, because that person will be in a different plan.

I care a great deal about this as a father of 5 daughters that are becoming mothers. I worry that those children and grandchildren, even if healthy and not obese, will have to finance a sick care system caring for the current youth that will be sick adults. The system is set up to profit off sick care. In addition to health care sick care business reform into a true health care system, families, organizations, and providers need to start right now creating a "Pathway to Wellness".

In my experience I have attempted to use my entrepreneurial skills to invent solutions, share them with the world, and be mentored and then mentor others. I have changed careers from treating preventable chronic disease to finding ways to prevent or delay the morbidity and mortality thereof. I have worked with and found solutions collaborating with White House officials, Surgeons General, Secretaries of Health, for-profit companies, not-for-profit agencies, and leaders in local government, schools, YMCA's, gangs, and faith sites. Now I chose to

continue to address obesity, and other mental, physical, and safety issues and harness the efforts of my colleague with their social and health care creativity as a member of the Society of Physician Entrepreneurs (SOPE) and their active chapter in your area.

That is why the rest of us need to take the lead and work together in our community and surround the child with a togetherhoo philosophy and approach. Using unconventional community partners working together with the providers, creates an intake, care, and intervention capability that can touch all children, and the client children, with support and teamwork and a pathway to staying healthy or regaining a healthy status. I learned this with my work with the Highmark Foundation, and funding from Blue Cross in PA where our Health- e-Tools Coordinated School Health portal, attempted to use the school setting as a supportive community with screening, referral, and program. The "Whole School, Whole Community, Whole Child" (WSCC) program from the ACS was derived from the work of our advisor and my co-publisher of *Stemming the Flood*, about childhood obesity in a 10-year tracking of the same children. The Force for Health Network we are creating is a direct result of that experience where the child, family, organizations, and the community can work together of health issues as empowered health literate partners stiving for the same outcome.

The data shows that early identification, referral, family intervention, organizational, community, gamification and incentives, and health care support can work. What excites me and why I wish to volunteer to assist this county, is that you are creating a model for the state and nation. Your Togetherhood initiative with Core Health Partners is starting to show that their "Pathway to Wellness" work with multilingual intake engine for referral and care services, is inviting and overcomes barriers to making healthy decisions. The primary care doctors need to keep referring patients as they have begun to do. Now it is time for the rest of the folks around this table and the county, to join in and share what they can offer on the referral or intervention side. This includes specific services for the client's child and family, and also addressing the social determinants, such as lack of safe exercise facilities, park access, food desserts, costly food, transportation issues, and

other barriers. It also means helping advance health literacy and access across the entire community.

Togetherhood is all of us creating a community where the healthy decision is the easy decision, and where there is a pathway to wellness that is supported and used. As a proud member of SOPE and one that has been focused on the health of children and communities for my career, I am here to learn from and endorse this Togetherhood initiative and its Pathways to Wellness intake engine, and the work of Core Health Partners. I urge all interested community partners to join the hood and work together with the leadership.

Thank you on behalf of the overweight children that need assistance.

Respectfully,

Robert Gillio, MD

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Medicaid Enrollment Churn and Implications for Continuous Coverage Policies

Bradley Corallo Follow @BradCorallo on Twitter , Rachel Garfield , Jennifer Tolbert , and Robin Rudowitz Follow @RRudowitz on Twitter

Published: Dec 14, 2021, KFF.org

Whole School, Whole Community, Whole Child (WSCC) Overview [PDF – 2.3 MB], CDC, 2023

About Dr. Robert Gillio:

- Happily married father of 5 daughters
- Population Health and Pulmonary Physician
- 2001 September 12 Foundation "Hero Award" for work on and after 911 including helping create the Ground Zero Clinic and World Trade Center Registry and securing about 10 billion dollars in funding
- 2006 New Orleans Best Partner in Education for creating Force for Health with New Orleans teens as health advocates in their family
- 2012 National Distinguished Service to Health Education Award
- 2005 -2015 PA Health eTools Childhood Obesity project
- 2019 PA Rural Health Value Based Care demonstration project implementation plan author

Dr. Robert Gillio

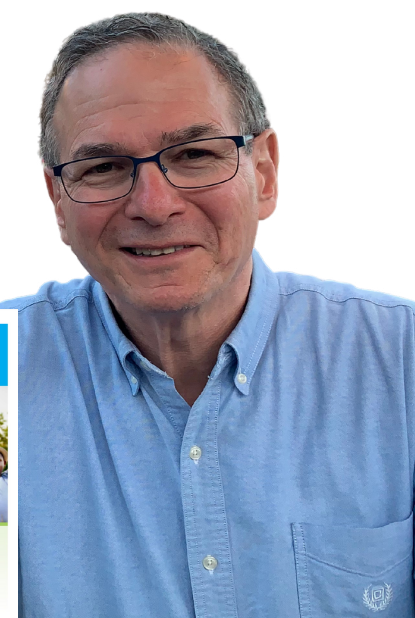
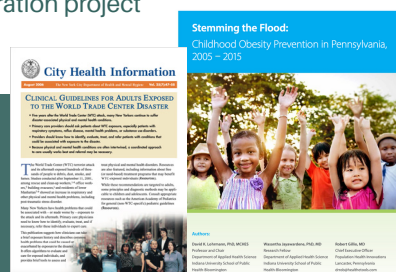
Member, Society of Physician Entrepreneurs
Chief Medical Officer
CMO, The Force for Health Network



TOGETHERHOOD Initiative



society of physician entrepreneurs PROTECT THE GIFT



Nutrition Services Billing Reference Sheet

Common ICD Codes Covered by Insurance for Parkinson's Disease

Disease Type	Description	ICD 10 Code
Parkinson's Disease	Parkinson's Disease	G20
	Secondary Parkinsonism due to Other External Agents	G21.1
	Secondary Parkinsonism due to Other Diseases	G21.2
	Postencephalitic Parkinsonism	G21.3
	Other Secondary Parkinsonism	G21.8
	Secondary Parkinsonism (Unspecified)	G21.8
	Progressive Supranuclear Ophthalmoplegia	G23.1
	Other Specified Degenerative Diseases of Basal Ganglia	G23.8
	Degenerative Disease of Basal Ganglia (Unspecified)	G23.9
	Drug-induced Tremor, Not Elsewhere Classified	G25.1
	Myoclonus	G25.3
	Restless Legs Syndrome	G25.5
Gait and Balance	Ataxic Gait	R26.0
	Paralytic Gait	R26.1
	Difficulty in Walking, Not Elsewhere Classified	R26.2
	Unsteadiness on Feet	R26.81
	Repeated Falls	R29.6
	Other Abnormalities of Gait and Mobility	R26.89
	Unspecified Abnormalities of Gait and Mobility	R26.9

“

The Togetherhood Initiative is a great example of how when several different agencies come together, they can create something that can really make an impact in the community.”



John M. Drew
Organizational Planning & Development
Program Consultant, FDOH Collier County



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Key Community Committees

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Core Health Partners

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Dr. Dawn Bertram Stewart, Pediatrics Specialist
Apple Pediatrics

Dr. Susanna Boker
PANIRA Health Care Clinic

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Dr. Krista Casazza, Associate Dean for Research and Scholarship
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Zachery Casella, Health & Wellness Specialist
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Dave Pascale, Vice President
Bikes for Tykes

Steve Popper, CEO
Meals of Hope

Dr. Debra Shepard, Pediatrics Specialist
Lighthouse Pediatrics

Madison Smith, Community Engagement Manager
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Togetherhood Program Outreach Sites

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Naples, FL 34116

Healthcare Network of Southwest Florida

1454 Madison Ave W
Immokalee, FL 34142

Bloom Day School

15300 Tamiami Trail N
Naples, FL 34110

Grace Place for Children & Families

4300 21st Ave SW
Naples, FL 34116

YMCA of Collier County (Naples)

5450 YMCA Rd, Naples
FL 34109

YMCA of Collier County (Marco)

101 Sand Hill St
Marco Island, FL 34145

Emilio Sanchez Academy Florida

2035 Sanchez-Casal Way
Naples, FL 34105