



WYCKOFF-IBERO WEIGHT MANAGEMENT INTERNSHIP PROGRAM

BACKGROUND DOCUMENT
BROOKLYN, NY
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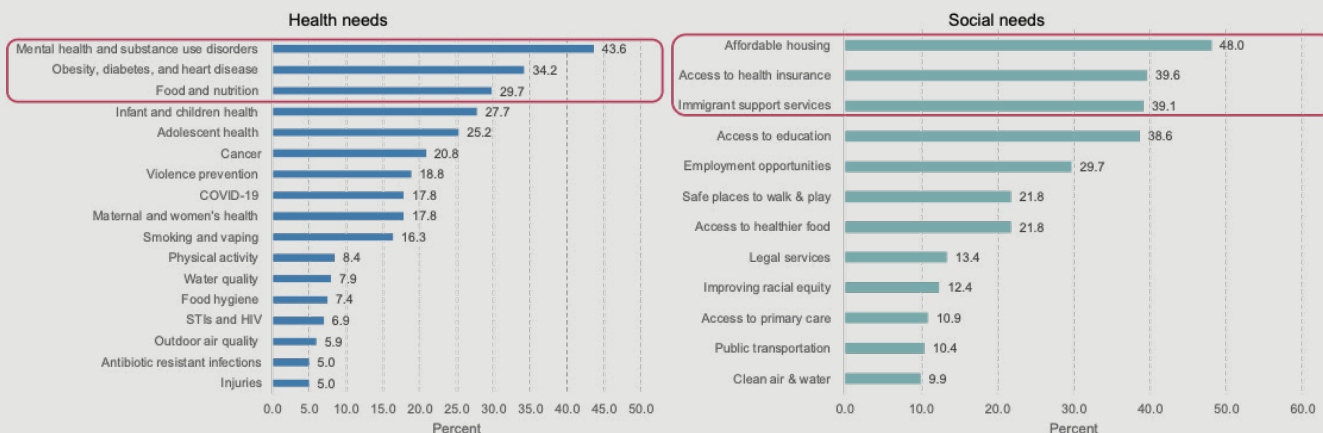
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INTRODUCTION

In the fall of 2022, Wyckoff Heights Medical Center conducted a community health needs assessment (CHNA) to develop a community service plan (CSP) for 2023 and 2024. The CHNA consisted of 202 surveys with community residents, 10 interviews with leaders from community-based organizations (CBOs), 22 interviews with Wyckoff staff members and an analysis of public health data from New York State and New York City.

One of the priority areas identified by the CHNA is preventing chronic disease. Community residents indicated that “obesity, diabetes and heart disease”, along with “food and nutrition” were their top two and three health needs respectively. Wyckoff staff also identified diabetes, obesity, and cardiovascular disease as the priority chronic disease concerns in their primary service area.

- HEALTH AND SOCIAL PRIORITIES OF WYCKOFF'S PRIMARY SERVICE AREA -



“ Cultural foods don’t always align with the nutritional needs of a patient dealing with chronic disease management, however culture is an integral part of people’s lives and identities. Here at Wyckoff, we try to have providers that reflect our patient population so that we are able to make true connections that allow us to have honest and effective conversations with patients about their wellbeing.”

- Garfield Patrick | Director of Nursing Quality Improvement

The CBOs that were interviewed stressed that food security has become exacerbated in Bushwick and Ridgewood.

“ When it comes to the area most impacted by the COVID-19 pandemic, food security is number one. Many people have not recovered from the food insecurity brought on by COVID-19 pandemic and some families still have to choose between paying their utility bills and putting dinner on the table.”

– Celestina León, Brooklyn Community Board 4 District Manager

One of the goals that Wyckoff included as part of its new Community Service Plan in the area of Preventing Chronic Disease is the establishment of a placement collaboration with undergraduate and/ or graduate programs to provide food and nutrition education to patients, particularly women, children, adolescents.

Wyckoff is proud to announce that it has signed a Memorandum of Agreement with the Health Department of Universidad Iberoamericana in Mexico City to establish an internship program with graduate students from its Specialty Program in Obesity and Comorbidities. The Universidad Iberoamericana is a private Jesuit university founded in 1943 and one of the largest universities in Mexico. Its Bachelor’s Degree on Nutrition and Food Science was founded in 1972 and it is the only program of its kind in Latin America to be accredited by the Academy of Nutrition and Dietetics in the United States. Their Specialty Program in Obesity and Comorbidities is accredited by the Strategic Center for Obesity Professional Education (SCOPE) of the World Obesity Federation in the United Kingdom.

In June 2023, Wyckoff will welcome the first cohort of students from Ibero’s Specialty Program in Obesity and Comorbidities, who will be doing their internship with Wyckoff’s newly established Weight Management Program for adults and children.

This background document outlines the main elements of this partnership and internship program.

OBJECTIVES

The Wyckoff-Ibero Internship Program in Weight Management will strive to achieve the following objectives.



The students will collaborate and participate in consultations with adult and pediatric patients at Wyckoff, which can include nutritional evaluations, the design of nutritional plans, and assessment and recommendations of physical activity.

The students will provide Wyckoff adult and pediatric patients with health education focused on weight management, healthy eating, food security and physical activity.

Wyckoff will support the professional development of the graduate students from Universidad Iberoamericana in Mexico City.



SCHEDULE

The first cohort of students from Ibero's Specialty Program in Obesity and Comorbidities will spend 4 weeks at Wyckoff, from June 5th to June 30th, 2023.

Every week, they will have a combination of activities that will include: three days at Wyckoff, one day at the Health Unit of the Mexican Consulate in Manhattan and one day taking remote classes with an instructor of Universidad Iberoamericana based in Mexico City.

June 5th – June 9th

June 5th	<p>In the morning, students will go to Wyckoff's HR Department to finalize the onboarding process and to Employee Health to complete the requirements for the health clearance.</p> <p>In the afternoon, from 1 pm to 3 pm, they will meet two Wyckoff Nutritionists: Bilyana Ristic (Ambulatory Health) and Beryl Reid (Women's Health Center).</p>
June 6th	<p>In the morning, the students will visit the Mexican Consulate in Manhattan.</p> <p>In the afternoon, site visit with Public Health Solutions.</p>
June 7th	Day of remote coursework (coordinated by the Ibero).
June 8th	<p>In the morning, visits to the WIC program and the Family, Community and Beyond program at Wyckoff.</p> <p>4 pm: Meeting at the Mexican Consulate in Manhattan.</p>

June 12th – June 16th

June 12th	<p>One student will spend a day at Wyckoff, with a Nutritionist at Women's Health and/or Endocrinology in the morning and with the Bariatric Surgery Clinic in the afternoon.</p> <p>One student will spend the day at the Health Unit of the Mexican Consulate in Manhattan.</p>
June 13th	<p>One student will spend a day at Wyckoff, with a Nutritionist at Women's Health and/or Endocrinology in the morning and with the Bariatric Surgery Clinic in the afternoon.</p> <p>One student will spend the day at the Health Unit of the Mexican Consulate in Manhattan.</p>
June 14th	Day of remote coursework (coordinated by the Ibero).
June 15th	9 am – 1 pm: Adult Weight Management Program with Dr. Juan Carlos Fuentes-Rosales.
June 16th	<p>8 am – 1 pm: Pediatric Weight Management Program with Dr. Juan Carlos Fuentes-Rosales.</p> <p>2 pm – 3 pm: Weekly debrief with Dr. Juan Carlos Fuentes-Rosales and Dr. Antón Castellanos Usigli.</p>

SCHEDULE

June 19th – June 23rd

June 19th	<p>One student will spend a day at Wyckoff, with a Nutritionist at Women's Health and/or Endocrinology in the morning and with the Bariatric Surgery Clinic in the afternoon.</p> <p>One student will spend the day at the Health Unit of the Mexican Consulate in Manhattan.</p>
June 20th	<p>One student will spend a day at Wyckoff, with a Nutritionist at Women's Health and/or Endocrinology in the morning and with the Bariatric Surgery Clinic in the afternoon.</p> <p>One student will spend the day at the Health Unit of the Mexican Consulate in Manhattan.</p>
June 21nd	Day of remote coursework (coordinated by the Ibero).
June 22nd	9 am – 1 pm: Adult Weight Management Program with Dr. Juan Carlos Fuentes-Rosales.
June 23nd	<p>8 am – 1 pm: Pediatric Weight Management Program with Dr. Juan Carlos Fuentes-Rosales.</p> <p>2 pm – 3 pm: Weekly debrief with Dr. Juan Carlos Fuentes-Rosales and Dr. Antón Castellanos Usigli.</p>

June 26th – June 30th

June 26th	<p>One student will spend a day at Wyckoff, with a Nutritionist at Women's Health and/or Endocrinology in the morning and with the Bariatric Surgery Clinic in the afternoon.</p> <p>One student will spend the day at the Health Unit of the Mexican Consulate in Manhattan.</p>
June 27th	<p>One student will spend a day at Wyckoff, with a Nutritionist at Women's Health and/or Endocrinology in the morning and with the Bariatric Surgery Clinic in the afternoon.</p> <p>One student will spend the day at the Health Unit of the Mexican Consulate in Manhattan.</p>
June 28th	Day of remote coursework (coordinated by the Ibero).
June 29th	9 am – 1 pm: Adult Weight Management Program with Dr. Juan Carlos Fuentes-Rosales.
June 30th	<p>8 am – 1 pm: Pediatric Weight Management Program with Dr. Juan Carlos Fuentes-Rosales.</p> <p>2 pm – 3 pm: Weekly debrief with Dr. Juan Carlos Fuentes-Rosales and Dr. Antón Castellanos Usigli.</p>

STUDENT COMPETENCIES

The graduate students of Ibero's Specialty Program in Obesity and Comorbidities are trained to conduct nutritional evaluations, design nutritional plans, and assess patients to prescribe physical activity.

NUTRITIONAL EVALUATIONS

The nutritional evaluations can include the following elements.

- Anthropometric measurements: Such as height, weight, body circumferences to assess for adiposity and body mass index.
- Biochemical assessment: Checking the levels of nutrients through laboratory tests.
- Clinical assessment: Exploring the body to see if there are physical signs of malnutrition.
- Dietary assessment: Focused on fluid and food intake through questionnaires or interviews with clients.
- Lifestyle assessment: Focused on getting information about relevant behavioral patterns.

DESIGN OF NUTRITIONAL PLANS

Based on the client evaluations, the graduate students can design nutritional plans for the client (that will consider caloric intake needs, macronutrients, and micronutrients) and adapt their recommendations based on the client's preferences and financial needs.

ASSESSMENT AND PRESCRIPTION OF PHYSICAL ACTIVITY

Alongside nutritional plans, graduate students can also assess and prescribe physical activity and provide counseling and education around healthy behaviors, including sleeping patterns and stress management.

BRIEF HEALTH EDUCATION INTERVENTIONS WITH CLIENTS

A group of graduate students (Altaminaro-Rodríguez, J., Barcenas-Rivera G., & Ledesma-Manzano, A., 2023) from the Specialty Program in Obesity and Comorbidities of Universidad Iberoamericana developed a single-session health education and counseling intervention model to be implemented with immigrants at the Health Unit of the Mexican Consulate in Manhattan. The model is based on motivational interviewing and covers the exploration of potential areas of concern for the client:

- Body image, body weight and obesity
- Type two diabetes, and glucose levels
- Hypertension

- Nutrition, diet, and food security
- Sleeping patterns

The student starts by introducing themselves to the client, stating that the goal of this health education and counseling session will be to establish goals that can support healthy behaviors in these areas. Then, they will ask some open-ended questions to assess what the concerns of the client are. The students can also use visual aids and materials to further explore the needs of the client.

Based on the identified concerns, the graduate students can:

- Measure body and neck circumferences
- Conduct a glucose test
- Measure blood pressure
- Provide education on the healthy eating plate

At the end of the session, the graduate student will work with the client to establish 1-3 goals that will support healthy behaviors and will provide referrals to health and community-based organizations as needed.

HEALTH EDUCATION INTERVENTIONS WITH CHILDREN

Graduate students from Ibero's Specialty Program in Obesity and Comorbidities have designed and facilitated group interventions for pediatric clients focused on the prevention of healthy lifestyles. They have designed specific interventions around hunger and satiety, identification of sugary drinks and physical activity.

COMMUNITY-BASED RESOURCES

There is a dearth of resources related to food, nutrition, and physical activity in Wyckoff's primary service area. The Greater New York Hospital Association operates the Health Information Tool for Empowerment (HITE), which is an online directory that contains over "6,000 health and social services available to low-income, uninsured, and underinsured individuals in New York City, Long Island and Westchester"¹.

FOOD ASSISTANCE

One of the main categories of HITE is food assistance, and the directory indicates 12 resources located within 1 mile or less of Wyckoff Heights Medical Center. Most of them are food security resources focused on seniors or women who are pregnant, breastfeeding or with children under the age of 5.

RIDGEWOOD BUSHWICK SENIOR CENTER

- RiseBoro Community Partnership - Hope Gardens Multi-Service Center
- RiseBoro Community Partnership - Diana H. Jones Innovative Senior Center
- Riseboro Community Partnership - Roundtable Senior Center

RiseBoro's operates ten senior centers and clubs, four of them in Ridgewood and Bushwick. They have a variety of initiatives related to food and nutrition, such as: farmers markets, urban agriculture, a food pantry, connecting senior residents to SNAP benefits, home-delivered meal for seniors and an initiative on food democracy.

RISEBORO COMMUNITY PARTNERSHIP - 518 BUSHWICK AVE

RiseBoro also has a food pantry for general population in Bushwick, and offers in-person nutrition counseling.

WYCKOFF HEIGHTS MEDICAL CENTER - WIC PROGRAM

The WIC program at Wyckoff supports low-income pregnant and breastfeeding women, as well as women with children under 5 years of age with counseling on nutrition and breastfeeding and food coupons.

SCO FAMILY OF SERVICES - BETHANY FOOD PANTRY

SCO Family of Services "distributes emergency supplies of groceries through our food pantries in Brooklyn to help provide individuals and families in need through a time of crisis."²

¹ <https://hitesite.org/about>

² <https://sco.org/programs/bethany-food-pantry/>

MAKE THE ROAD NEW YORK - BUSHWICK

Make the Road offers SNAP benefits (food stamps) as well as a food pantry. They are an organization that offers a wide variety of services to immigrants, including legal assistance.

NYC HEALTH + HOSPITALS | GOTHAM HEALTH - BUSHWICK - WIC CENTER

This is the WIC program of NYC Health + Hospitals in Bushwick, offering education on nutrition and breastfeeding to low-income women who are pregnant, breastfeeding or who have children under the age of 5.

PUBLIC HEALTH SOLUTIONS NEIGHBORHOOD WIC CENTER - RIDGEWOOD

The WIC program of Public Health Solutions also offers SNAP food stamps to eligible women.

OPEN DOOR FAMILY LIFE CENTER, INC.

This is a food pantry program in Bushwick.

FORT GREENE COUNCIL, INC. - MARIA LAWTON SENIOR CENTER

This is a community center for seniors that provides exercise classes, meals, and health education.

EXERCISE/FITNESS

When it comes to organizations providing fitness and physical activity services, there are only five within less than a mile of Wyckoff. Four out of five are operated by RiseBoro:

- RiseBoro Community Partnership - SONYC at Youth Center
- RiseBoro Community Partnership - Hope Gardens Multi-Service Center
- RiseBoro Community Partnership - Diana H. Jones Innovative Senior Center
- RiseBoro Community Partnership - Roundtable Senior Center
- Fort Greene Council, Inc. - Maria Lawton Senior Center

The SONYC program of RiseBoro engages middle school aged youth in different out of school activities, that include physical exercise programs.

The Ridgewood YMCA is the largest organization with a wide range of exercise and fitness programs that is closer to Wyckoff (within 1.42 miles). They offer group fitness classes for all ages, senior fitness classes and healthy lifestyle workshops.

RESOURCES AT WYCKOFF HEIGHTS MEDICAL CENTER

• EXERCISE PROMOTION AND HEALTH CLASSES

In an effort to prevent obesity and reduce the risk of chronic disease in the community, Wyckoff renovated their space to create an exercise room in 2015. Wyckoff offers a variety of free wellness classes to staff and the community, such as Yoga and Zumba. Wyckoff has been recognized by the American Diabetes Association as a Diabetes Self-management Program and is committed to helping patients achieve behavioral and clinical goals in the management of their diabetes.

• YEARLY SUMMER HEALTH FAIR

To promote a healthy lifestyle and physical activity, Wyckoff collaborates with several community based organizations to host their yearly summer health fair. At this free event, Wyckoff and its partners offer all attendees health information, educational resources and giveaways that promote wellbeing and community connectedness. Wyckoff seeks to make healthcare accessible to all members of the community and is committed to supporting broad-based community health and wellbeing.

• DIABETES PATIENT EDUCATION AND MANAGEMENT

To reduce the risk of negative health outcomes amongst diabetes patients, Wyckoff offers high-risk patients with access to a diabetes educator via one-on-one clinic visits, home visits or telehealth visits. The diabetes health educator works with patients on diabetes self-management skills and makes patient referrals to community organizations that would support the patient in managing their diabetes at-home. Furthermore, providers also supplement this education through patient re-education during clinic visits and continued promotion of diabetes self-management best practices (ex. food and blood sugar journals). The diabetes educator and providers are located in Wyckoff's endocrinology clinic.

• COMPREHENSIVE DIABETES MANAGEMENT AND JOSLIN CENTER PARTNERSHIP

In an effort to better coordinate diabetes management and care, Wyckoff has partnered with the Joslin Center to create a comprehensive diabetes management center at Wyckoff. With the goal of streamlining diabetes care delivery, Wyckoff and the Joslin Center have engaged in thorough assessments of Wyckoff's current operating procedures and have developed a phase 1 blueprint for creating a Wyckoff diabetes center of excellence. Further planning and execution efforts for this comprehensive diabetes management center are underway.

• WIC PROGRAM

The Wyckoff WIC program is grant-funded by the NYS DOH with federal funding and provides nutritious food, nutrition and health education, breastfeeding promotion and support, and referral services to low income women, infants and children who are at high risk for poor nutrition and health outcomes. The program

specifically targets pregnant, breastfeeding, and postpartum women and their children up to 5 years of age. Nutrition education, including individualized contacts and facilitated group discussions, is provided by qualified nutrition staff and is personalized to meet the needs, interests and learning style of each participant. Breastfeeding education, promotion and support is provided to assist participants in reaching their breastfeeding goals. The foods in the WIC food packages are specifically selected to include key nutrients to supplement the dietary needs of participants to positively influence good health, growth, and development. WIC's participant-centered approach promotes partnerships with participants allowing for services to be tailored to meet nutrition and cultural needs, concerns, and preferences. This close collaboration enables families to make lifelong healthy eating and lifestyle choices and attain positive health outcomes.

• **FAMILY, COMMUNITY AND BEYOND PROGRAM**

The Family, Community and Beyond program at Wyckoff is funded by the NYS-DOH Perinatal and Infant Community Health Collaboratives grant and is designed to reach and engage women of reproductive age (15-44 years) and their families to improve maternal and infant health outcomes. The Family Community & Beyond program provides culturally- tailored education and support services, with a focus on reaching populations experiencing the highest maternal morbidity and mortality and poor infant health outcomes such as teenage mothers and Hispanic, African American, and foreign-born women and their families. This program uses individual health assessments, care plans, community health visits, coaching, community assessments, networking and consensus building to collectively address the social determinants that impact health outcomes for individuals and families.

PERFORMANCE EVALUATION

At the end of the internship program, the students will complete a peer-to-peer performance evaluation and their on-site supervisor at Wyckoff, Dr. Juan Carlos Fuentes-Rosales, will complete another performance evaluation. The completed evaluations will be sent via e-mail to the Director of the Specialty Program in Obesity and Comorbidities at the Ibero.

Peer-to-peer performance rubric

Name of the student: _____

PERFORMANCE ASPECTS	FREQUENCY		
	Always	Sometimes	Never
The student participated in team-decision making processes.			
The student completed assigned activities and homework.			
The student participated in all team activities.			
The student supported their peers.			
The student collaborated in the development of the final product.			

On-site supervisor performance rubric

Name of the student: _____

PERFORMANCE ASPECTS	EXCELLENT	ABOVE AVERAGE	SATISFACTORY	MINIMALLY	DEFICIENT
The student had an attitude of commitment, respect and responsibility towards patients, their supervisor, and the institution.					
The student accepted the patients, respected the patient rights, and understood their cultural context.					
The student established and maintained a positive interpersonal relationship with every patient.					
The student listened and interviewed patients adequately.					
The student was empathic towards the patients.					
The student completed all the work hours assigned at the beginning of the internship program.					
The student met the requirements and expectations of the institution.					
The student completed all assigned activities.					

EXPECTATIONS AND REQUIREMENTS

WYCKOFF HEIGHTS MEDICAL CENTER EXPECTS THAT THE STUDENTS WILL:

- Arrive on time at Wyckoff.
- Showcase respect to patients and staff.
- Wear white coats at Wyckoff during clinical encounters, with either scrubs or business casual attire.
- Preserve patient confidentiality and privacy.

THE STUDENTS FROM UNIVERSIDAD IBEROAMERICANA WILL:

- Complete Wyckoff's HR application, clearance, and onboarding process for a medical observership if they are medical doctors or Wyckoff's HR application for volunteers if they are not medical doctors.
- Complete the employee health evaluation and clearance, submit all the required supporting documentation and complete required medical screening tests on-site.
- Complete the appropriate IT application to be granted access to Wyckoff's electronic medical record.
- Work in close collaboration with their supervisor and discuss with them any questions or concerns they have about their patients.

SUMMARY

MEMORANDUM OF AGREEMENT

Wyckoff Heights Medical Center and the Health Department of Universidad Iberoamericana in Mexico City establish an agreement to create a four-week Internship Program in Weight Management for students of Ibero's Specialty Program in Obesity and Comorbidities.

Every June, Wyckoff agrees to host two to four Ibero students within its Weight Management Program for adults and children

Wyckoff agrees to prepare a monthly program for the students, which will include observing patient consultations at Wyckoff's Weight Management Program for adults and children, as well as observing and supporting nutritional counseling and education sessions with patients across the Endocrinology Clinic, the Women's Health Center, and Wyckoff's Ambulatory Care system.

Wyckoff agrees to provide on-site supervision to the students.

Wyckoff agrees to conduct a performance evaluation of the students at the end of the program.

The Ibero agrees to support the students with the completion of Wyckoff's HR and Employee Health requirements.

The Ibero agrees to support the students with guidance around housing, transportation, and healthcare insurance in New York City.

Wyckoff and the Ibero agree that this will be an unpaid internship. Students who accept to be part of this program will be fully responsible for all expenses incurred during the internship.

ACKNOWLEDGEMENTS

This partnership between Wyckoff Heights Medical Center and Universidad Iberoamericana in Mexico City has been possible thanks to the support of the following people.

- Ramón J. J. Rodríguez, President & CEO, Wyckoff Heights Medical Center
- Dr. Gustavo Del Toro, Chief Medical Officer, Wyckoff Heights Medical Center
- Dr. Juan Carlos Fuentes-Rosales, Director of Population Health, Wyckoff Heights Medical Center
- Dr. Leaque Ahmed, Bariatric Surgery Clinic, Wyckoff Heights Medical Center
- Anca Giurgiulescu, MPH, Director of Grants and Evaluation, Wyckoff Heights Medical Center
- Dr. Alicia Parra Carriedo, Director of the Health Department, Universidad Iberoamericana in Mexico City
- Dr. Patricia Mehner Karam, Director of the Specialty Program in Obesity and Comorbidities, Health Department, Universidad Iberoamericana in Mexico City
- Dr. Antón Castellanos Usigli, Founder and CEO, ACU Innovation & Consulting

First cohort of student interns from the Specialty Program in Obesity and Comorbidities from Universidad Iberoamericana in Mexico City.

- Dr. Yamileth Anaya Rivera
- Dr. Juan Alberto Ledesma Manzano

Nutritionists from Wyckoff Heights Medical Center who have supported this program.

- Jaclyn O'Connell, Food and Nutrition Services
- Bilyana Ristic, Ambulatory Health
- Beryl Reid, Women's Health Center
- Leticia Aliga, Endocrinology Clinic

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- Marianna Cova, ACU Innovation & Consulting

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