



Health by

Design USA

HEALTH BY DESIGN USA INC. IS A NONPROFIT ORGANIZATION THAT IS DEDICATED TO PROVIDING HEALTH EDUCATION WHICH ADDRESSES OBESITY, HEART DISEASE, DIABETES AND HYPERTENSION AMONG CHILDREN AND ADULTS IN THE COMMUNITY.

Overview

- Mission and Vision
- History
- Executive Team
- Scope of Service
- Need
- Customer
- Services
- Social Impact
- Community Events
- Resources

Restoring A Masterpiece With You In Mind



- 🏠 **Mission:** To reduce the incidence of obesity, hypertension, heart disease and diabetes in the communities we serve.
- 🏠 **Vision:** Empowering individuals and families to achieve ultimate health through good nutrition, exercise and relevant education.

History

Health by Design USA, Inc. (Health by Design) was founded in 2011 by Ms. Dorothy Richards, RD recognized by IRS as a 501c3 organization.

- Born in Jamaica
- Graduated from Andrews University
- Worked, as a nutritionist
 - *New York Hospital and Brooklyn Jewish Hospital and Medical Center.*
 - *Seminole County Health Department*





History

Upon retiring from the Seminole County Health Department in 1998 Ms. Richards

- focused her attention on her church's community activities.
- visiting homes and educating family members about the importance of lifestyle choices.
- In 2009, she visited a community center in Winter Garden to inquire about the needs of the Winter Garden community and two years later, Health by Design was established.



Professional Management and Staffing

- Health by Design has nine governing board members and eight advisory board members who are actively engaged in the management and administration of the organization.
- These boards consist of medical and healthcare professionals, business owners, community leaders, community residents and public officials.
- The boards meet on a monthly basis.

Team



Dorothy Richards,
Founder, CEO

30 years
Nutritionist



Patricia Smith, R.D., Ed.D.
COO

35 years
Professor of Nutrition &
Health



Henry Pearson, ND
CFO

30 years
Natural Medicine

Population



Health by Design currently serves the population of Winter Garden, Florida--Orange County-- comprised of about 43,500 persons (July 2017 U.S. Census).

Of the 43,500 persons, about 40% are minorities -- the largest percentages of which are:

- 25% *Hispanic or Latino*
- 15% *Black or African American.*



The Need

Health by Design provides healthcare education and health screening to poor and low-income individuals living in Winter Garden, Florida.

The program fills the need in the Winter Garden community by teaching individuals how to recognize the contributing factors associated with:

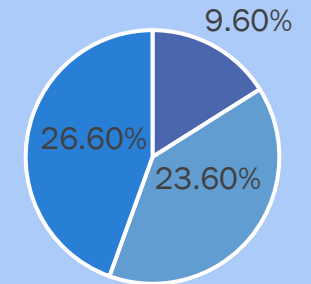
- *Obesity*
- *Diabetes*
- *Hypertension*
- *Heart disease*



Customer

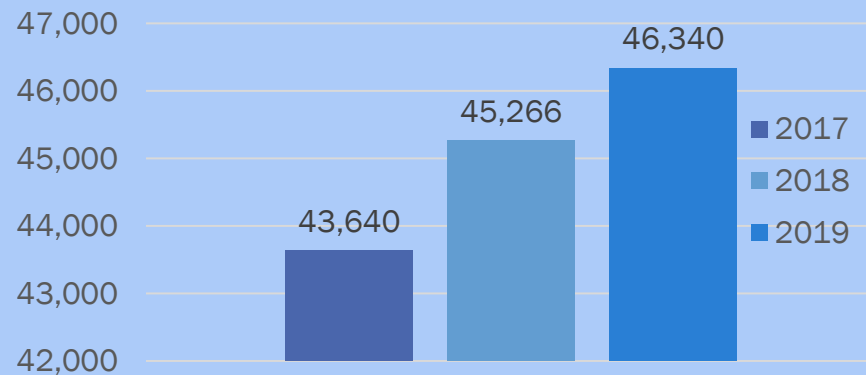


Health Conditions



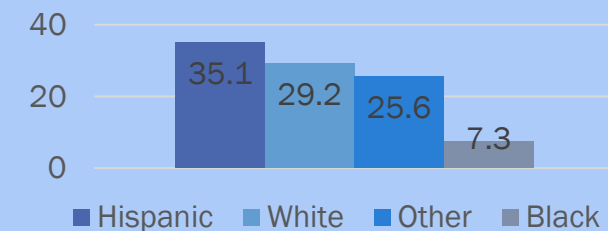
■ Diabetes
 ■ Hypertension
 ■ Obesity

Population for Winter Garden, FL



1 in 12 people uninsured
In Winter Garden

People Living in Poverty by Race



Women between ages of 55-64 highest percent of poverty (11.5%) compared to men at 6.77%



Problem

Access to affordable health care services is a factor that affects 5,000 uninsured individuals in the Winter Garden Community.

People experiencing health inequity often struggle with serious chronic conditions, comorbidities, and declining health.

Accessing health care services is difficult because of challenges with:

- transportation
- copays
- health literacy.

Desired Outcome



- Primary

reduce incidences and improve the health of individuals diagnosed with chronic diseases, such as diabetes, obesity, heart disease and hypertension through nutrition education, physical activity and access to nutritious foods.

This program involves the delivery of a series of healthcare classes for a 12- month period.

- Secondary

increase access to primary care by increasing education/awareness to health services.

.

SERVICES AREAS





Services

- an average, we serve about 300 individuals annually using in-kind services and support.
- Offer health classes with an in-depth curriculum.
 - *Classes are designed to increase awareness of how individuals can take responsibility for improving their health and reducing barriers, given current financial and social conditions.*
- A presence at health fairs and community events with a “Wellness Bus” (mobile unit)





S.M.A.R.T. HEALTH EDUCATION AT HOME SERVICES

Self-Management, Awareness, Resources, Tele-health

S.M.A.R.T. Health at Home Services



Tele-Health Education at home.



Learn to Earn Resources



Meal Appeal

Nutritious & Delicious Plant-based Meal Planning



Fitness Fun

Move to Lose



Resources Map App and Referrals



Classes

- Classes meet once a week for either 6 or 8 weeks.
- A minimum of 10 participants needed for each class and a maximum of 25, so we can provide individual attention and assistance to participants.
- All classes will be two-hour sessions and include a health assessment during the class.
- Some classes include a personal trainer and/or food preparation demonstration.





Classes

- Initial and End of Class Health Assessment includes biometric measurements as follows:
 - *cardiovascular profile with cholesterol check*
 - *diabetes glucose check*
 - *blood pressure check*
 - *weight/height, BMI (body mass index)*
- Health Assessments: Screening results will be reviewed by qualified health professionals.





Classes

In-Class

- Establish personal goals
- Self-tracking of measurements

Post-Class

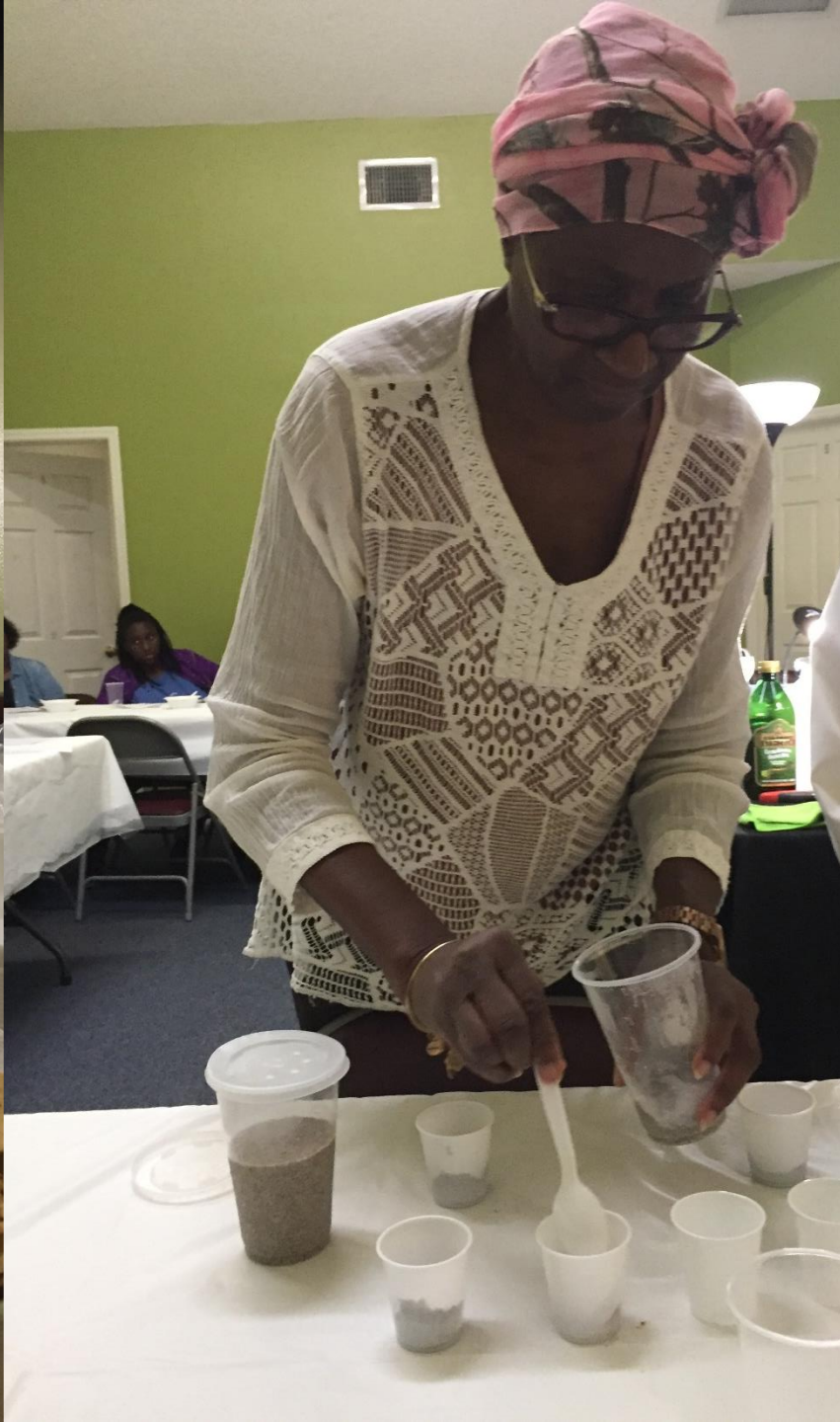
- Graduation
- On-going follow-up with qualified health professionals, monthly.



FITNESS FUN

Meal Appeal – Cooking Classes





Learn to Earn Resources





Learn to Earn Resources

Social Impact



Percentage of participants enrolled in education classes that met their lifestyle goals was 90%.

- Lower blood pressure readings
- Reduction in blood glucose readings
- Decrease in body weight and BMI by 10 lbs.



COMMUNITY EVENTS



PASTOR'S APPRECIATION BREAKFAST

Martin Luther King Parade



ANNUAL BANQUET





2021 EVENTS

HEALTH BY DESIGN USA INC PRESENTS

BLACK HISTORY MONTH

EVENT



Come enjoy a cultural fashion show and hear from young voices who seek to follow in the footsteps of our great pioneers

Virtual | 02/20/21 @ 6pm

Donations: \$20 at our website

HealthByDesignUSA.org

Sponsorships (start at \$100)



zoom ID: 790 481 4948
PW: health 1

Our Sponsor:

Health by
Design USA, Inc.
(407) 745-9851



1150 E. Plant St. Suite C.
Winter Garden, FL 34787
P.O. Box 770568,
Winter Garden, FL 34777



JOIN US

Health by
Design USA, Inc.
(407) 745-9851



OUR SPONSORS:

**DHP,
Radio Ministry**



5K

WALK-A-THON

In-Person or Virtual

Sunday, April 18, 2021
Check-in Begins
at 7:00 a.m.

WALK starts at 8:00 a.m.
Chapin Station
501 Crown Point Cross Rd
Winter Garden, FL 34787



Every Step Supports
Health Education

Donations Start at \$5, \$10, \$15, or \$20 per kilometer



PayPal info at HealthByDesignUSA.org



Cash App: \$HealthbyDesign



Zelle: 407 745 9851

REGISTER AT:

WWW.HEALTHBYDESIGNUSA.ORG



West Orange Trail
Chapin Station

Orange County Parks & Recreation
It Starts in Parks!





thumbnail.jpg



 Health by
Design USA, Inc.
(407) 745-9851



Presents

A Health & Wellness Seminar

September 18, 2021 6 PM - 8 PM EST

Topic: Integrative Wellness in a Post COVID 19 World:
Presented by Dr. Mark Britton

Topic: Mental Health Matters for Children & Adults:
Presented by Dr. Sheila Davis & Dr. Yvonne Seballo

Topic: Plant Based Nutrition for Body, Mind and Spirit:
Presented by Dr. Henry Pearson & Dr. Pat Smith

Log into Zoom on
computer or other device
Zoom I.D.: **790 481 4948**
Password: **health1**

By phone: (929) 205-6099
I.D.: **790 481 4948**
Pin: **5161721#**

Our Presenters



Dr. Mark Britton
Internal Medicine



Dr. Sheila Davis
Mental Health



Dr. Yvonne Seballo
Mental Health



Dr. Pat Smith
Nutrition



Dr. Henry Pearson
Nutrition

\$25.00 Donation will help refurbish Wellness Bus to bring Health Education to the Community). Donations can be made via Zelle: **(407) 745-9851**, Health by Design CashApp: **\$HealthbyDesign** or HBD PYPAL online at www.healthbydesighUSA.org

Thanks To Our Sponsors: Healthy West Orange, DHP Radio Ministry & KUOMagazine

 Health by
Design USA, Inc.
(407) 745-9851



**Health By Design
Offers FREE online
Classes beginning
January 24, 2022**



FREE ONLINE HEALTH CLASSES

- ✓ Diabetes Management
- ✓ Hypertension Management
- ✓ Weight/Obesity Management
- ✓ Heart Disease Management
- ✓ Healthy Cooking-Plant Based
- ✓ Healthy shopping
- ✓ Exercises/activities



Assistance is available to help you
succeed with these ONLINE classes:

- ✓ Blood Pressure Monitor
- ✓ Diabetes supplies
- ✓ Scales to monitor body weight
- ✓ TABLETS to access the internet
- ✓ Internet Hot spots to help you
access the Internet
- ✓ And MORE

**Classes are taught
via ZOOM,
Monday -Thursday from
6:00 PM - 8:00 PM.
A different class each
evening. Register
online or call
(407) 745-9851**

Register: Sign up now by calling or online



CALL US TO REGISTER
(407) 745-9851

OR VISIT ONLINE
www.healthbydesignusa.org

In Partnership with **Healthy West Orange**

Participation in Community Events

Dr. Martin Luther King Jr. Parade 2022



The image features a solid blue background. Two dark blue L-shaped brackets are positioned on the left and right sides. The left bracket is in the upper-left quadrant, and the right bracket is in the lower-right quadrant. In the center of the page, the word "RESOURCES" is written in a bold, dark blue, sans-serif font.

RESOURCES

Needs

V.I.P.

- Volunteers
- Income/donations
- Participants for classes

- Partners/Grants/Sponsors
- Internet Infra structure/hot spots
- Computers, tablets, cell phones

Volunteers Needed

- Clerical support
- Secretary
- Follow-up phone calls
- Nursing support
- Photographer/social Media
- Bus Drivers
- Community Liaisons
- Transportation
- Marketing/Advertising
- Helping Hands
- Event planner





Financial/Sponsors

- Health by Design has sustained itself through community support.
- For over seven years, Health by Design has successfully provided community service programs using individual and corporate donations and sponsorships, in-kind services and fundraising income.
- West Orange Healthcare District



West Orange
Healthcare District

Health by Design USA, Inc.

APPRECIATION OF VOLUNTEERS

*Thank
You*



QUESTIONS



THANK
YOU