

# INTRODUCING: THE MICROCLINIC PROGRAM



## OUR PHILOSOPHY

If bad behaviors can spread through a person's social network, then so can good behaviors. Health can be contagious.

### Chronic diseases are among the world's most common, preventable and costly health problems.

By harnessing social networks—a person's family, friends, neighbors and coworkers—Microclinic International (MCI) is helping people make simple yet meaningful lifestyle changes to manage their chronic conditions, improve their overall health, and spread healthy lifestyle habits at scale.

Through its Microclinic Program, MCI is working to address diabetes, cardiovascular disease, obesity, HIV/AIDS and other chronic conditions across the globe.

### How the Microclinic Program Works

- Two or more friends or family members agree to form a "microclinic" together. *A microclinic is not a building, but a real-life group of family, friends, and colleagues who want to improve their health, or support a loved one in improving his or her health.*

- Participants in the microclinic set specific, incremental health goals and support each other in reaching those goals.
- Multiple microclinics come together at health clinics or community centers to participate in 2-4 months of training and education focused on making sustainable lifestyle changes.
- A local Microclinic Program facilitator, someone who knows and understands the community and its needs and customs, leads the sessions. *The facilitators can be health educators, teachers, community health workers, nurses, and even inspired community members.*
- Program participants take what they have learned back to their homes, businesses and their social network—spreading healthy behaviors throughout the community.

## LONG TERM BLOOD SUGAR LEVEL REDUCTIONS

People enrolled in a Microclinic Program in Amman, Jordan experienced a **reduction in blood sugar after 2 years.**

MICROCLINIC<sup>®</sup>  
INTERNATIONAL

Making good health contagious

## LOWER BLOOD PRESSURE MAINTAINED

People enrolled in a Microclinic Program in the United States not only reduced their systolic blood pressure, but also maintained improvements at 16-months. Those who did not participate actually had an increase in systolic blood pressure at 16-months.

### Implementing the Microclinic Program

Microclinic International always partners with local institutions, such as public health departments in the U.S., and Ministries of Health or United Nations agencies internationally.

Microclinic International trains local facilitators in the Microclinic method and provides technical assistance to field partners as the program is implemented and progresses.

In every region in which it works, MCI customizes the Microclinic Program to best leverage existing community resources and address community needs

### A Low-Cost Solution

Microclinic Programs do not require major investments in technology, infrastructure, or human resources. They rely on optimizing what is already in a community and require minimal resources to cover the costs of recruiting participants, training facilitators, and organizing microclinic sessions.

### A Win-Win Model

The Microclinic Program provides a bridge between the community and clinical care, increasing access to much needed preventive care and disease management services. By helping people take better charge of their health, the Microclinic Program supports more efficiency in the health care system (clinics, hospitals and health providers) and helps tackle the high human and financial costs of chronic disease.

### Microclinic Programs in Action

#### Middle East Regional Scale-up of Microclinic Program

A partnership with the United Nations Relief and Works Agency for Palestine Refugees (UNRWA), MCI is training nurses throughout the entire Middle East region, ultimately reaching millions of diabetic and hypertensive refugees and their at-risk network of family and friends.

#### Microclinic International-Organic Health Response Initiative for HIV/AIDS in Kenya

In partnership with the Organic Health Response (OHR), UCSF, and the Kenyan Medical Research Institute, MCI is supporting program implementation for the fishing communities of Mfangano Island in Kenya. In addition to the Microclinic Program for HIV/AIDS, nutrition and reproductive health programs are also being provided.

#### National Microclinic Program in the Kingdom of Jordan

In partnership with the Jordanian Ministry of Health and Queen Rania's Royal Health Awareness Society, MCI is supporting a national rollout of microclinic programming for diabetes, heart disease, and obesity. In partnership with Qatar University and Qatar Diabetes Association, MCI is also launching a Microclinic Program for Diabetes Management in Qatar. This is a major research trial to measure the health outcomes of extended friends and family members of microclinic program participants.

#### Mexico Microclinic Social Network Program (MSNP) for Diabetes Prevention and Treatment

It is the first Microclinics Program in Latin America thanks to the grant awarded by the World Diabetes Foundation (WDF). MCI began its collaboration with the Mexican Ministry Health (SSa), the General Directorate of Health Promotion (DGPS), the Pan-American Health Organization (PAHO), and the state and local health functionaries in the state of Puebla with the objective to strengthen the national strategies on the prevention, early detection and treatment of diabetes mellitus type 2 in vulnerable communities across Puebla.

#### Team Up 4 Health in Kentucky, USA

In partnership with Humana to address diabetes, obesity, and heart disease, the MCP program debuted in Bell County, Kentucky, serving as the first pilot program in the U.S., eventually reaching many communities in Appalachian Kentucky.

#### Spread the Health Appalachia in the USA

A partnership with three local health departments in Kentucky and funded by the CDC, this project expansion utilized 7 unique health initiatives and a variety of community collaborations to combat high rates of chronic disease in eight Southeast KY counties. With additional support from WellCare, residents in more than 56 counties across the state have access to the Microclinic Program.

#### Tennessee Microclinic Programs

Funded by the BlueCross BlueShield of Tennessee Health Foundation and in partnership with the Tennessee Department of Health, MCI launched microclinic programming in its second U.S. state in 2015 in an effort to combat extraordinarily high rates of heart disease, diabetes, and obesity. The microclinic program continues to flourish across the state.

## HEALTH HAPPENS OUTSIDE THE DOCTOR'S OFFICE

One of the most significant, yet least exploited spaces for chronic disease prevention and management falls outside the formal health care infrastructure of hospitals and clinics – it is the space inside homes, businesses, and gathering places where individuals and communities come together and interact.

Want to start a Microclinic Program in your community? Contact us at [info@microclinics.org](mailto:info@microclinics.org)

[WWW.MICROCLINICS.ORG](http://WWW.MICROCLINICS.ORG)