



## Interfaith Pharmacy

### *2013 Annual Report*

As a charitable pharmacy, the Northwest Louisiana Interfaith Pharmacy serves as a safety net for the most vulnerable in our community. By providing free medicines, the Interfaith Pharmacy keeps workers working and the disabled in their homes and independent. This is done on a very limited budget, a small staff and many dedicated professional and community volunteers. Services are delivered efficiently and effectively. Our investors receive a great return on their investment: every **\$1 donated is leveraged into \$12 dollars** of medications dispensed, a win/win situation for our clients and those who invest in the health of our community

With the focus on restoring and stabilizing patient's health, medicines are dispensed on a monthly basis. Clients are not limited to the number or kind of prescriptions they may receive. A typical **client receives 5+ medications each month valued at \$645**. Receiving free medicines is not the only method used to help clients restore their health. Clients are encouraged to take charge of their health by participating in the Healthy Living Class. The Healthy Living Class was established to help clients take control and manage their health through lifestyle changes and self-management skills. These classes are led by a volunteer health coach who meets with clients in small groups (2 or 3 people) or one-on-one. Clients set small and attainable goals each month to improve their eating habits or to become more active. The health coach holds them accountable and provides tools and resources to help them move towards better health. Eight raised bed vegetable gardens are a recent addition, allowing clients to have access to fresh vegetables to supplement what they may purchase. The Healthy Living Class participants were treated to Vegetable of the Month taste tests with vegetables from the garden. In addition to learning a healthy recipe to prepare, they received either seeds or small vegetable plants to plant in their own garden. The **cost of providing free medicines, resources and tools to be successful in health management and managing the garden was \$357 per client last year**.

**Who we serve:** Individuals are from the nine northwest Louisiana parishes. Clients have the chronic diseases: high blood pressure, diabetes or heart disease or are individuals who reside in shelters and halfway houses. They are employed, recently unemployed or actively seeking work, residents of a shelter or disabled. While the focus is on the treatment of chronic diseases, a wide range of medicines are dispensed to treat the whole person. **With donated medicines we were able to turn \$10,500 of purchased medicines into \$1,831,977 of medicines dispensed.** The Interfaith Pharmacy also dispenses medicines in "emergency situations" for acute conditions. Health system case workers also call for assistance when patients are discharged from the hospital without any resources to purchase their medicines. **42 individuals received "one-time" help with 1159 prescriptions valued at \$220,549**

**Outcomes:** The Interfaith Pharmacy's main goal is to help clients achieve better health outcomes. This is accomplished by providing free medicines, personal health coaches and fresh vegetables to the individuals we serve. Outcomes are tracked through client self-surveys. The most recent follow-up surveys found that:

**79 % of clients were able to participate in more quality of life activities**

**88% reported improved health**

**62% avoided emergency room visits, and of those visiting the emergency room, 71% were for conditions other than diabetes, high blood pressure or heart disease**

**33% of our clients are actively engaged in improving their health.**

**Interfaith Pharmacy Community Investors:** Funds come from the medical and faith community and the community-at large. Investors include: Caddo Parish Commission, CVS Caremark, Doyle Pickett Foundation, D Thomason Fund First Presbyterian Church, First United Methodist Church, J.B Atkins Foundation, Jackson Charitable Foundation, Joy Fund, Mount Canaan Baptist Church, St. John's Episcopal Church, St John's Episcopal Church, St. Mark's Episcopal Church, St Matthias Episcopal Church, St Elizabeth Ann Seton Catholic Church, The Power's Foundation, United Way, and Willis Knighton Health System.

We are focused on moving clients from a past of poor outcomes to a future of a healthier lifestyle. The Interfaith Pharmacy believes strongly in the Arabian Proverb: "He who has health has hope; and he who has hope has everything."

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