Open Source Wellness Outcomes Overview

Data are drawn from a diverse and transdiagnostic (diabetes, obesity, depression, chronic pain, cardiac disease, etc.) group of patients from Hayward Wellness Center, Tiburcio Vasquez Health Center, Native American Health Center, Lifelong Medical Center, and Family Medical Associates, as well as participants at our Oakland community site who are referred from clinics across the East Bay. These data represent patient outcomes through 2021.

ER visits/Hospitalizations in 6 months prior to attending group and 6 months following group, p = .14, n = 49. Systolic BP p < .001, Diastolic BP p < .05, n = 85 from a subset of hypertensive patients.

Mental Health outcomes are measured with PHQ-9 (n = 244), GAD-7 (n = 142), and UCLA 3-item Loneliness Scale (n = 241), from a subsample of depressed patients.
All p’s < .001, exercise measured with Exercise as a Vital Sign (n = 755).
Diet measured with 2-Item Fruit and Vegetable intake (n = 744).

Connection measured with the Social Connectedness Scale – Revised (SCS-R, n = 320, p < .01).
Wellbeing measured with the World Health Organization 5-item Wellbeing Index (WHO-5, n = 617, p < .001).

“As the Chief Medical Officer for ALL IN Alameda County, I am working with Open Source Wellness to spread Behavioral Pharmacy Group Medical Visits across our FQHC clinics. Open Source Wellness provides a one stop shop to amplify the effect of primary care to improve health outcomes, address social determinants of health like social isolation, and improve patient and provider experience. Patients love the experience, administrators appreciate the increased volume of patients seen, and providers like myself get to recover the joy of medicine when we practice this way.”
- Steven Chen, MD, Chief Medical Officer, ALL IN Alameda County

“I absolutely loved everything about Open Source Wellness and I wish I could be in the program for longer because I know I still need help and I still need work to be done… [the coaches know] that we all lead different lives and have diverse backgrounds. The biggest change it has had is teaching me how to not criticize myself.”
- OSW Participant, Lifelong Medical Center

“Para mi, hay muchos cambios en mi alimentacion. Me acostumbré a comer de manera diferente. Ahora como mucho menos azúcar y tortillas después del programa. Como más verduras. Pude equilibrar mis niveles de azúcar en sangre. Ahora tomo menos pastillas y menos insulina. Mi diabetes es más manejable. Me crearon conciencia de mi vida y mi salud física y mental. Es un gran apoyo para personas que necesitamos motivacion para tener una vida mas saludable.”
- Carlos, OSW Participant, Tiburcio Vasquez Health Center