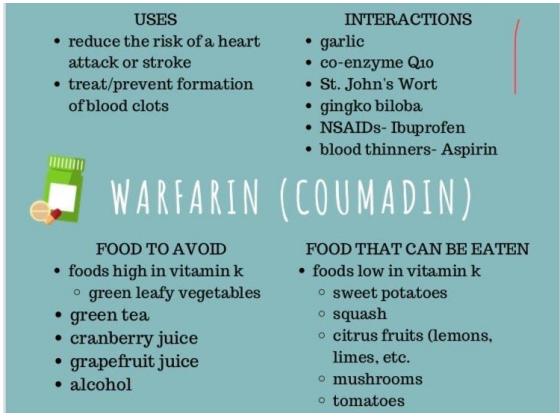
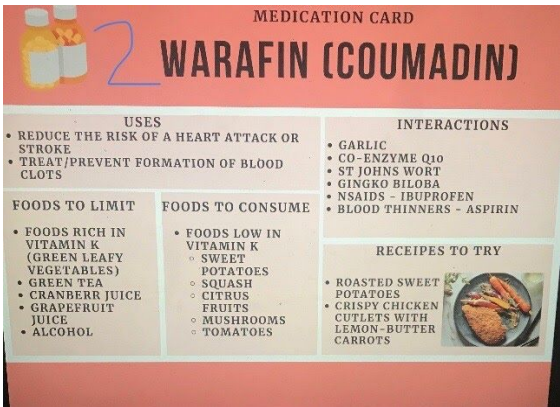



# DATA SHEET

(Wednesday 10/9 8am-12pm @ Basilica of St. Mary Food Distribution)

## TEMPLATE PREFERENCE

| Template  | Votes | Comments  |
|---|-------|---|
|  <p>USES</p> <ul style="list-style-type: none"> <li>• reduce the risk of a heart attack or stroke</li> <li>• treat/prevent formation of blood clots</li> </ul> <p>INTERACTIONS</p> <ul style="list-style-type: none"> <li>• garlic</li> <li>• co-enzyme Q10</li> <li>• St. John's Wort</li> <li>• ginkgo biloba</li> <li>• NSAIDs- Ibuprofen</li> <li>• blood thinners- Aspirin</li> </ul> <p><b>WARFARIN (COUMADIN)</b></p> <p>FOOD TO AVOID</p> <ul style="list-style-type: none"> <li>• foods high in vitamin k             <ul style="list-style-type: none"> <li>◦ green leafy vegetables</li> </ul> </li> <li>• green tea</li> <li>• cranberry juice</li> <li>• grapefruit juice</li> <li>• alcohol</li> </ul> <p>FOOD THAT CAN BE EATEN</p> <ul style="list-style-type: none"> <li>• foods low in vitamin k             <ul style="list-style-type: none"> <li>◦ sweet potatoes</li> <li>◦ squash</li> <li>◦ citrus fruits (lemons, limes, etc.)</li> <li>◦ mushrooms</li> <li>◦ tomatoes</li> </ul> </li> </ul>  | 10    | "Big letters are good"  |
|  <p>MEDICATION CARD</p> <p><b>WARAFIN (COUMADIN)</b></p> <p>USES</p> <ul style="list-style-type: none"> <li>• REDUCE THE RISK OF A HEART ATTACK OR STROKE</li> <li>• TREAT/PREVENT FORMATION OF BLOOD CLOTS</li> </ul> <p>INTERACTIONS</p> <ul style="list-style-type: none"> <li>• GARLIC</li> <li>• CO-ENZYME Q10</li> <li>• ST JOHNS WORT</li> <li>• GINGKO BILOBA</li> <li>• NSAIDS - IBUPROFEN</li> <li>• BLOOD THINNERS - ASPIRIN</li> </ul> <p>FOODS TO LIMIT</p> <ul style="list-style-type: none"> <li>• FOODS RICH IN VITAMIN K (GREEN LEAFY VEGETABLES)</li> <li>• GREEN TEA</li> <li>• CRANBERRY JUICE</li> <li>• GRAPEFRUIT JUICE</li> <li>• ALCOHOL</li> </ul> <p>FOODS TO CONSUME</p> <ul style="list-style-type: none"> <li>• FOODS LOW IN VITAMIN K             <ul style="list-style-type: none"> <li>◦ SWEET POTATOES</li> <li>◦ SQUASH</li> <li>◦ CITRUS</li> <li>◦ FRUITS</li> <li>◦ MUSHROOMS</li> <li>◦ TOMATOES</li> </ul> </li> </ul> <p>RECIPES TO TRY</p> <ul style="list-style-type: none"> <li>• ROASTED SWEET POTATOES</li> <li>• CRISPY CHICKEN CUTLETS WITH LEMON-BUTTER CARROTS</li> </ul> | 18    | <p>"I like these colors"</p> <p>"Easy to separate"</p> <p>"No contrast..kinda blends in with the same color throughout"</p> <p>"Easy to read"</p> <p>"Recipe is too complicated"</p> <p>"Helpful for the elderly"</p> |
|  <p>2 of 2</p> <p><b>WARFARIN (COUMADIN)</b></p> <p>USES</p> <ul style="list-style-type: none"> <li>• REDUCE THE RISK OF A HEART ATTACK OR STROKE</li> <li>• TREAT/PREVENT FORMATION OF BLOOD CLOTS</li> </ul> <p>INTERACTIONS</p> <ul style="list-style-type: none"> <li>• garlic</li> <li>• co-enzyme Q10</li> <li>• St. John's Wort</li> <li>• ginkgo biloba</li> <li>• NSAIDs- Ibuprofen</li> <li>• blood thinner- Aspirin</li> </ul> <p>FOODS TO LIMIT</p> <ul style="list-style-type: none"> <li>• foods high in vitamin k             <ul style="list-style-type: none"> <li>◦ ex: green leafy vegetables</li> </ul> </li> <li>• green tea</li> <li>• cranberry juice</li> <li>• grapefruit juice</li> <li>• alcohol</li> </ul> <p>FOODS THAT CAN BE EATEN</p> <ul style="list-style-type: none"> <li>• foods low in vitamin k             <ul style="list-style-type: none"> <li>◦ sweet potatoes</li> <li>◦ squash</li> <li>◦ citrus fruit (lemons, limes, etc.)</li> <li>◦ mushrooms</li> <li>◦ tomatoes</li> </ul> </li> </ul>  | 10    | <p>"The contrast helps it stand out"</p> <p>"Older people will be able to see this better"</p> <p>"If you stop at a table this one is more eye catching"</p> <p>"More readable"</p>                                   |

|  |    |  |
|--|----|--|
|  | 1  | <p>“Dark colors are scary...like I have a bad health issue”</p> <p>“Too dark”</p>                          |
|  | 21 | <p>“Bright colors are better”</p> <p>“I like the contrast with the boxes”</p> <p>“I like the pictures”</p> |

### **MOST COMMON MEDS (in order of most used to least)**


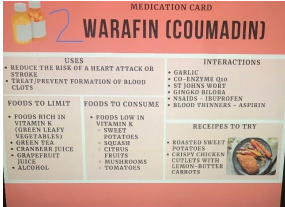
|   |                                |
|---|--------------------------------|
| 1 | Lipitor                        |
| 2 | Lisinopril                     |
| 3 | Metformin                      |
| 4 | Aspirin (81mg, “baby aspirin”) |
| 5 | Lantus                         |

### **Evaluation**

Many people either do not take their medications or are unsure which medications they are on

Most people know which chronic diseases they have with the top three being: high cholesterol, diabetes, and high blood pressure

Consider making cards regarding the management of disease processes with diet and other lifestyle changes as opposed to medication cards

| Template   | Feedback  |  |  |
|--|---|--|--|
|  A medication card for Warfarin (Coumadin) with a green and orange color scheme. It includes sections for 'FOODS TO CONSUME' (Foods low in Vit K: Squash, Citrus, Mushrooms; Fruits: Sweet Potatoes, Tomatoes), 'USES' (Reduce risk of heart attack and stroke, Treat/Prevent formation of blood clots), 'INTERACTIONS' (Garlic, Co-Enzyme Q10, St. John's Wort, Ginkgo Biloba, NSAIDs, Blood thinners), and 'FOODS TO AVOID' (Foods rich in Vit K: Green leafy veggies, Green Tea, Cranberry Juice, Grapefruit Juice, Alcohol).  | <p>“Bright colors are better”</p> <p>“I like the contrast with the boxes”</p> <p>“I like the pictures”</p>  |  |  |
|  A medication card for Warfarin (Coumadin) with a red and white color scheme. It includes sections for 'USES' (Reduce the risk of a heart attack or stroke, Treat/prevent formation of blood clots), 'INTERACTIONS' (Garlic, Co-Enzyme Q10, St. John's Wort, Ginkgo Biloba, NSAIDs, Blood thinners, Aspirin), 'FOODS TO LIMIT' (Foods high in Vitamin K: Green leafy vegetables, Green tea, Cranberry juice, Grapefruit, Juice, Alcohol), 'FOODS TO CONSUME' (Foods low in Vitamin K: Sweet potatoes, Squash, Citrus, Berries, Mushrooms), and 'RECIPES TO TRY' (Roasted Sweet Potatoes, Chicken, Citrus, Lemon-Bitter, Carrots). | <p>“I like these colors”</p> <p>“Easy to separate”</p> <p>“No contrast. kinda blends in with the same color throughout”</p> <p>“Easy to read”</p> <p>“Recipe is too complicated”</p> <p>“Helpful for the elderly”</p> |  |  |