

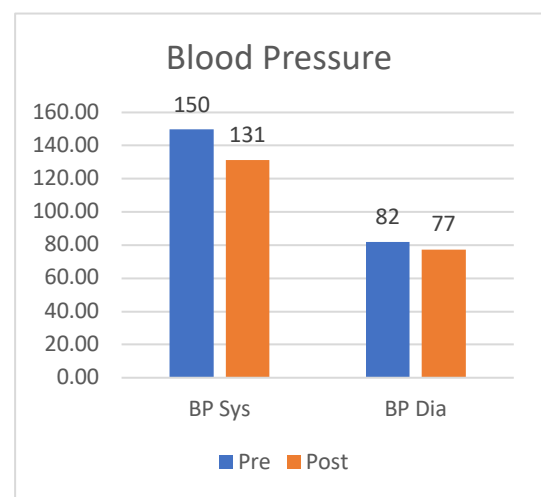
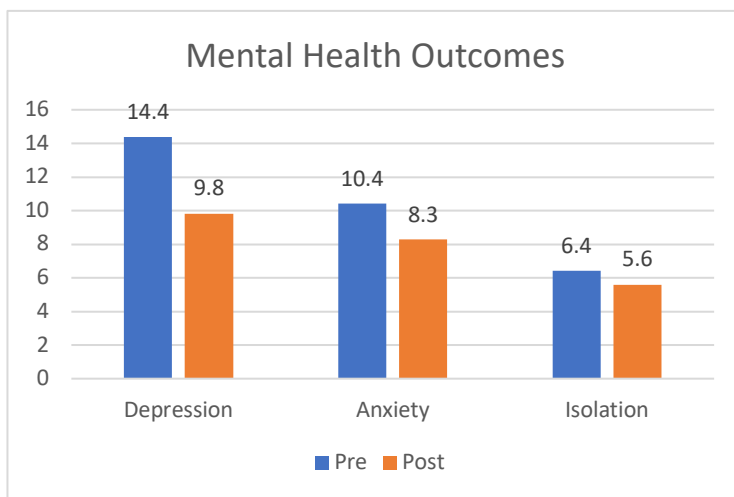


55 Lopez Ave.
 San Francisco, CA 94116
 330-807-5754
 OpenSourceWellness.org

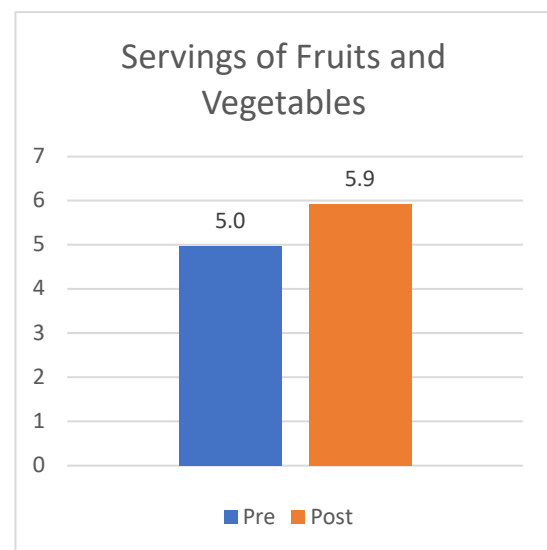
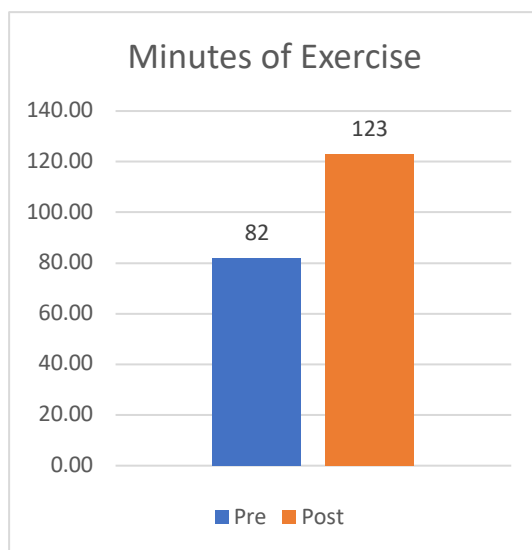
Open Source Wellness Outcomes Overview

Clinical Model

Data is drawn from a diverse and transdiagnostic (diabetes, obesity depression, chronic pain, cardiac disease, etc.) group of patients from Hayward Wellness Center (of [Alameda Health System](#)), where we operate in partnership and full workflow-integration.



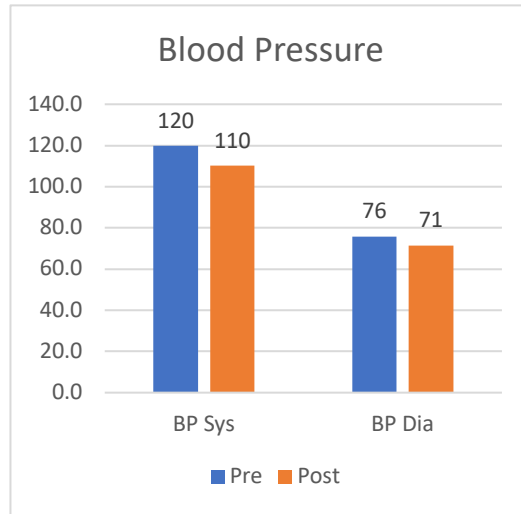
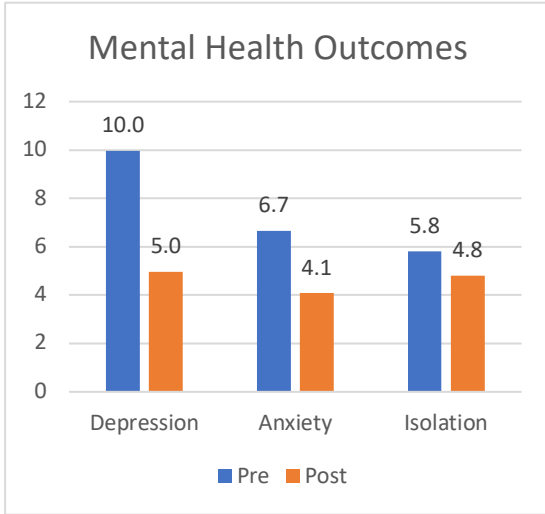
Cohen's d: Depression d = -.93, Anxiety d = -.37, Isolation d = -.37. Systolic BP d = -.28, Diastolic BP d = -.31, n = 18 from a subset of hypertensive patients. Mental Health outcomes are measured with PHQ-9, GAD-7, and UCLA 3-item loneliness scale, and are for a recent subsample of depressed patients, n = 17.



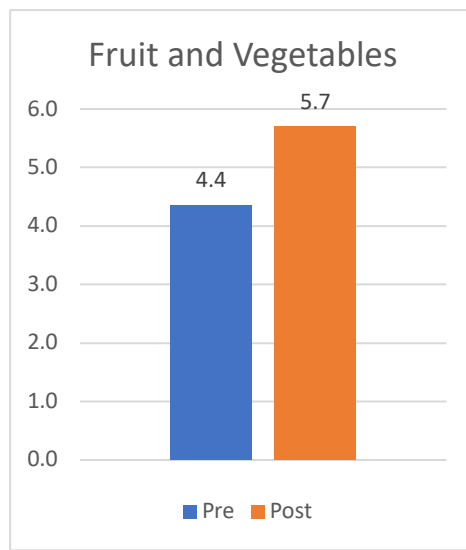
N = 55. Exercise d = .43, Servings of Fruit and Vegetables, d = .34

Community Model

Open Source Wellness' Community model accepts referrals (prescriptions) from a range of providers in the area, including [Lifelong Medical](#), [West Oakland Health Center](#), [Native American Health Center](#), [La Cheim Behavioral Health](#), as well as low-income housing providers (e.g., [Satellite Affordable Housing Associates](#)) and self-referred participants. Data below is drawn from Oakland, CA, in partnership with [Prevention Institute](#).



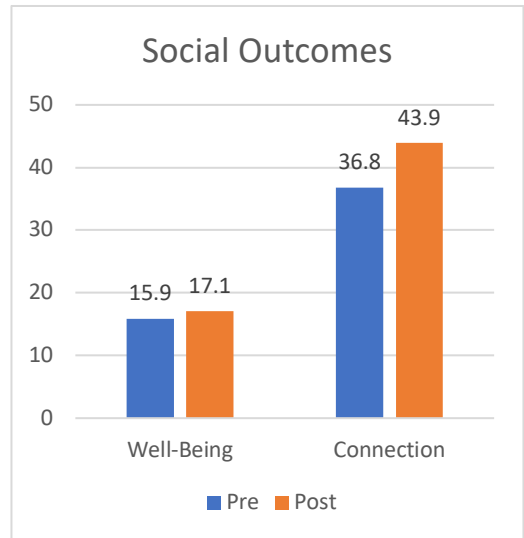
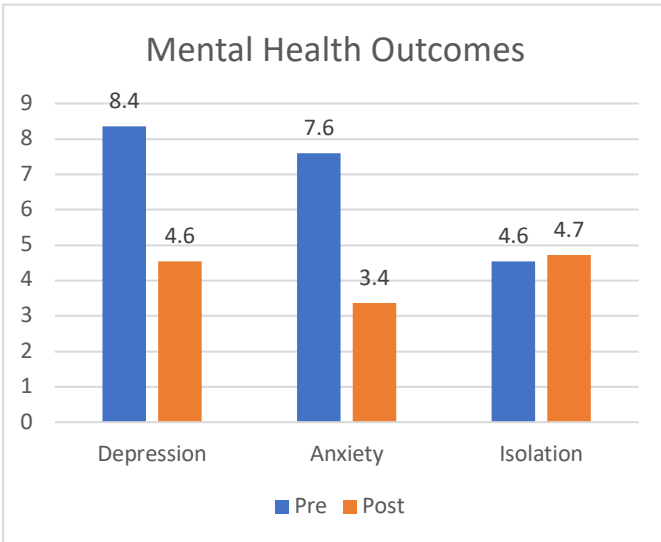
Mental Health outcomes are measured with PHQ-9, GAD-7, and UCLA 3-item loneliness scale. n = 26. Cohen's d's follow: Depression d = -.82, Anxiety d = -.51, Isolation d = -.52. Systolic BP d = -.56, Diastolic BP d = -.49.



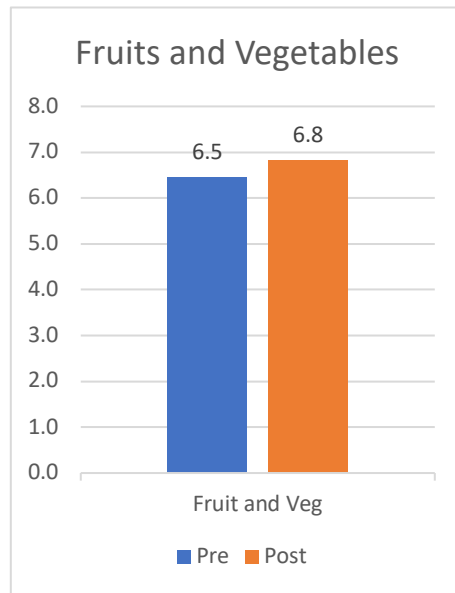
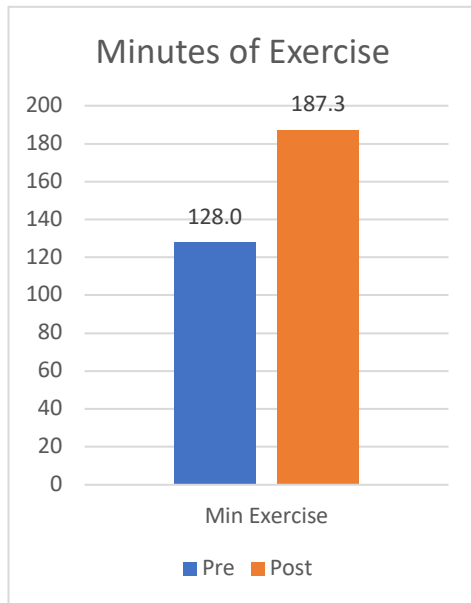
Exercise d = .30, Servings of Fruit and Vegetables, d = .58.

Low-Income Housing Model

Open Source Wellness' low-income housing model provides health and wellbeing services on site for residents, animating housing as a platform for health. Data below is drawn from formerly homeless and/or formerly incarcerated residents of [Alameda Point Collaborative](#) (Alameda, CA).



Mental Health outcomes are measured with PHQ-9, GAD-7, and UCLA 3-item loneliness scale. Social outcomes are measured with the World Health Organization 5-item wellbeing inventory (WHO-5) and the Social Connection Scale – Revised. n = 11. Cohen's d's follow: Depression d = -.65, Anxiety d = -.68, Isolation d = .01, Well-Being, d = .21, Social Connection, d = .62.



Exercise d = .48, Servings of Fruit and Vegetables, d = .13