Healthier Living

A Stanford evidence-based self-management workshop

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Healthy Sacramento Coalition Policy Workgroup meeting
Wednesday, February 13
Healthier Living

• Evidence-based program developed by Stanford
  - Targets adults with chronic health problems and their significant others
  - 24 countries and 47 states
  - Structured peer-led workshops (2.5 hours for six weeks)
  - Education, behavior management, goal setting, peer support

• Dignity Health’s current program in Sacramento
  - Addresses a priority health issue in the region
  - Aligns with system-wide requirement to address chronic diseases
  - Community level workshops to reach underserved
  - Grown rapidly in one year
    • 22 community lay leaders trained, 16 workshops completed
    • CDSMP & DSM in English and Spanish
Subjects Covered

- Nutrition and weight management
- Techniques to deal with frustration, fatigue, pain and isolation
- Improving strength, flexibility, and endurance
- Appropriate use of medications
- Communication skills
- Falls prevention
- Action Plans at each session
Evidence-Based Improvements in Many Areas

• Exercise
• Cognitive symptom management
• Communication with physician
• Self-reported general health
• Health distress
• Fatigue
• Disability
• Social/role activities limitations.
Creekview Manor – Folsom, CA
What are the participants saying?

“It gave me a true choice to look at myself. It made me want to improve my health.”
– Participant (age 66)

“I now get out of my house more often, I am eating healthier, and I have a more positive outlook on the rest of my life.”
– Participant (age 71)

“Very helpful to me. Better than all the other diabetic workshops I’ve attended. Really liked the action plan for goal setting.”
– Participant (age 71)

“Excellent program to manage health problems and reconnect with previous medical information.”
– Participant (age 66)
Potential Policy Recommendation

*Improve medication adherence for people with high cholesterol and hypertension using a Chronic Disease Self Management model*

Strategies that could be employed:

1. Train community leaders in zip codes of interest to lead these workshops
2. Engage community based organizations in hosting the workshops on regular intervals
3. Recruit healthcare providers to recommend and refer their patients to the workshops
4. Pilot workshop - focus specifically on participants with hypertension and high cholesterol
   - collect weight (BMI) and blood pressure before and post 6-week workshops (feasible at community clinic sites)
Questions?

Thank you!