



Better Choices, Better Health

Semiannual Report Fall 2023

About the Data

2,830 total **participants** attended at least one session of one workshop, Nov '10-May '23
1,795 total **completers** attended at least 4 sessions of one workshop, Nov '10-May '23
1,856 participants completed the **Participant Info Survey**, Nov '10-May '23
553 completers participated in the **Baseline** & 6-mo. **Follow Up Survey**, Nov '10-May '23

Workshop Topics

Overview of self-management • Making an action plan • Using your mind to manage symptoms • Feedback/problem solving • Difficult emotions • Fitness/exercise & nutrition • Better breathing • Pain & fatigue • Working with your health care team • Communication • Medications & making treatment decisions • Depression

Participant Quick Facts

Reflects participants who completed the Participant Information Survey administered on Day One of a workshop through May 2023

Average age: 65

68% over the age of 60

27% Male

1% African American or Black

2% American Indian or Alaska Native

27% of participants reside in Grafton, Belknap, Carroll or Coos County

Most common **reported conditions:**

55% Hypertension • 50% Arthritis •

44% Diabetes • 42% Depression & Anxiety • 31% Asthma

»multiple co-morbidities reported

32% live alone

63% on **Medicare**, 54% privately insured, 13% on Medicaid, 5% uninsured, and 4% with VA Benefits (*participants could choose more than one option*)

20% attended because they are **caregivers**

68% have a **college** or vocational school background

54% referred by doctor or nurse, and 13% were encouraged by friends or family

27% cited **readiness to help themselves** as main driver to signing up for a class

Why are these numbers so different?

Participants are not required to complete the information survey or the baseline survey, and of those that do, some participants are lost to follow up (changed phones, not interested in completing, cannot reach, etc). All participants are encouraged to participate on the first day of the workshops regardless of whether they complete the course.

Follow-Up Survey Results*

Reflects participants who completed the Baseline Survey and the follow up survey administered 6 months after workshop end date

Baselines are completed on day one of the workshop and are re-administered six months after the workshop end date. Survey has several main components, including physical and daily activities, general health, and patient activation measures.



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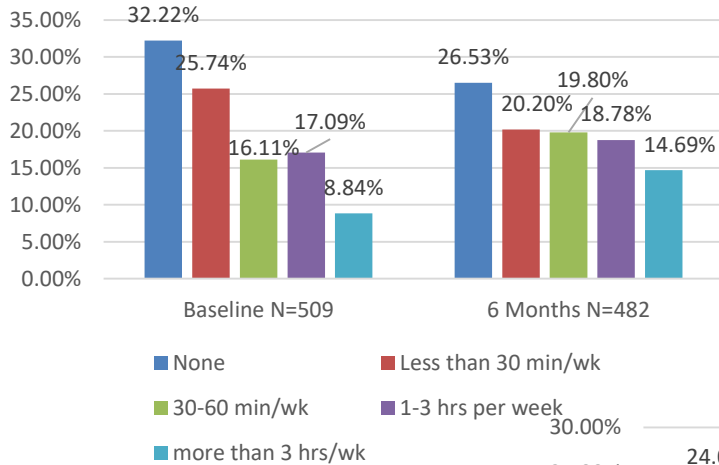
***Included in results:** Completers who participated in workshops held AFTER November 2010, that administered IRB-approved baseline survey, those who chose to complete the survey, and those who could be reached for a follow-up call 6 months after end of workshop.

**All data has been tested for statistical significance at p < 0.05*

Follow-Up Survey Results*

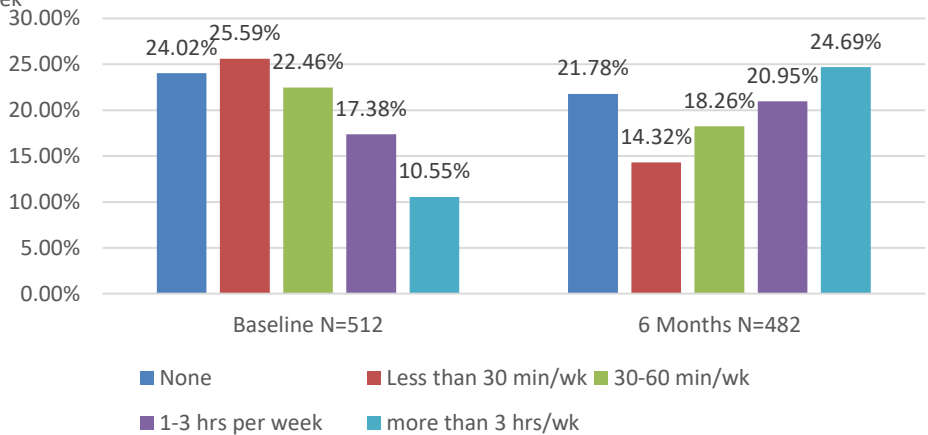
Physical Activity

Stretching & Strength Training



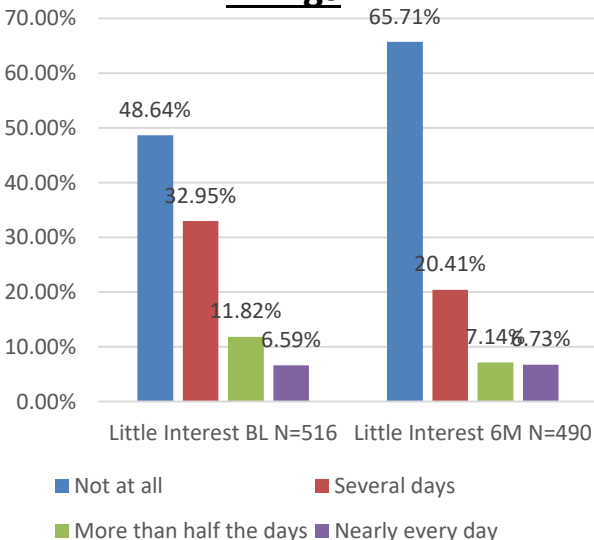
Participants indicated an increase in stretching & strength training per week after the workshop.

Participants showed an overall increase in time spent walking for exercise per week after participating in the workshop.

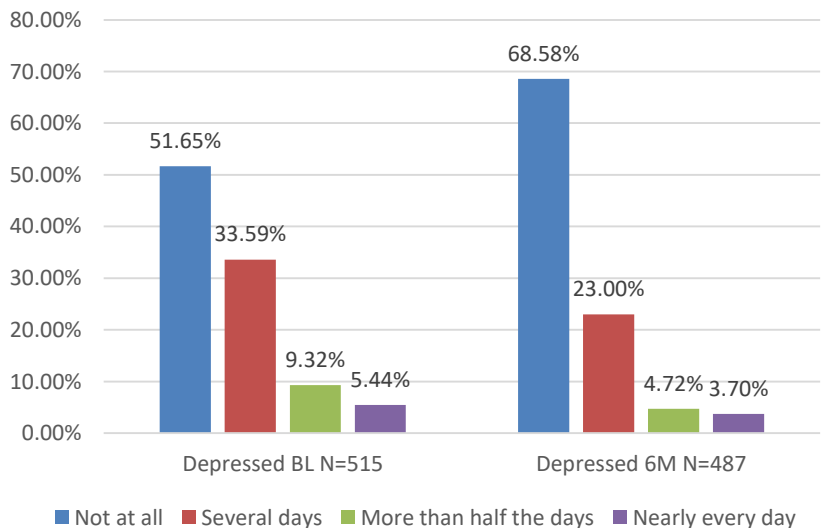


Emotional Wellbeing

Showing Little Interest in Doing Things



Feeling Depressed

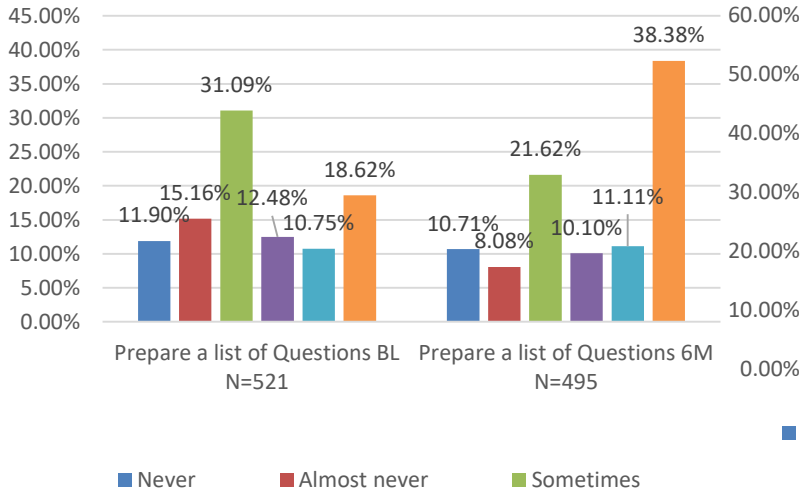


More participants showed that their levels of showing little interest or depression decreased after partaking in the workshop

Follow-Up Survey Results*

Medical Care

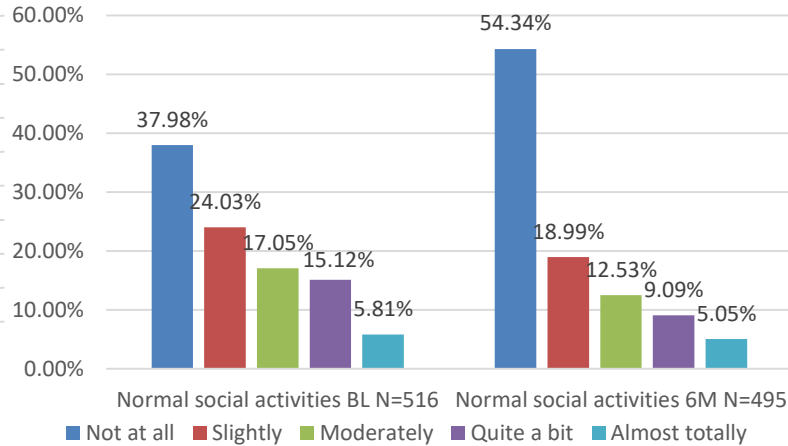
Patients/participants are encouraged to ask questions during visits, in order to understand their plan of care, and to advocate for themselves when they have concerns about their treatment plan.



After the workshop, more participants indicate that they prepare a list of questions before their appointments.

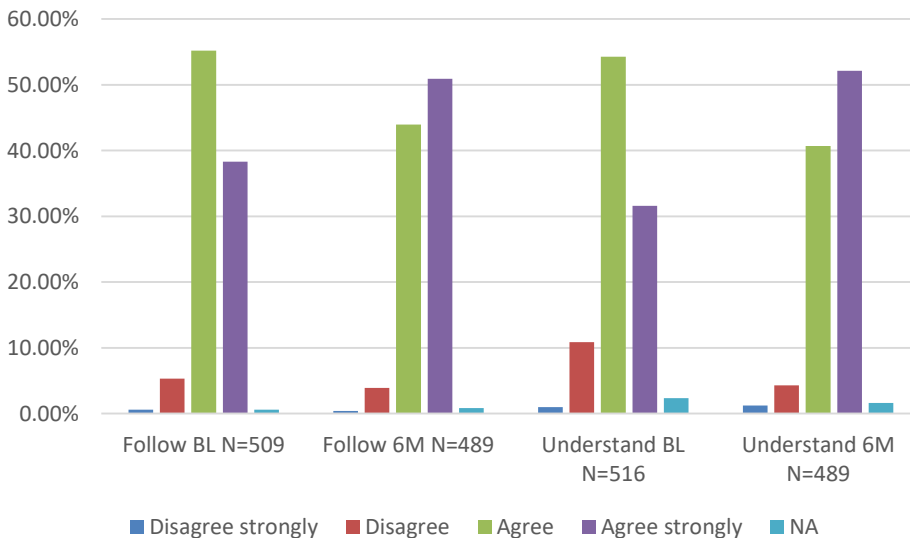
Daily Activity Interference

The goal of the program is to minimize the effect of a participant/patient's chronic disease state in meeting everyday needs. This improves participant's sense of locus of control, maintains their self-esteem, and reflects the freedom they enjoy to live a more normal life.



Fewer participants indicate that their health interferes with their daily activities. One of the goals of the workshop is to help participants manage their chronic disease to lessen the impact of it on their day-to-day life. Participants report that their chronic pain does not interfere with their normal social activities.

Self Care



Patients responded to:

Follow: I am confident I can follow through on medical treatments I need to do at home

Understand: I understand the nature and causes of my health condition(s).

*BL=Baseline

Participants showed an increase in their response to being able to understand the nature and causes of their health conditions, as well as following through on at home treatments after completing the workshop.

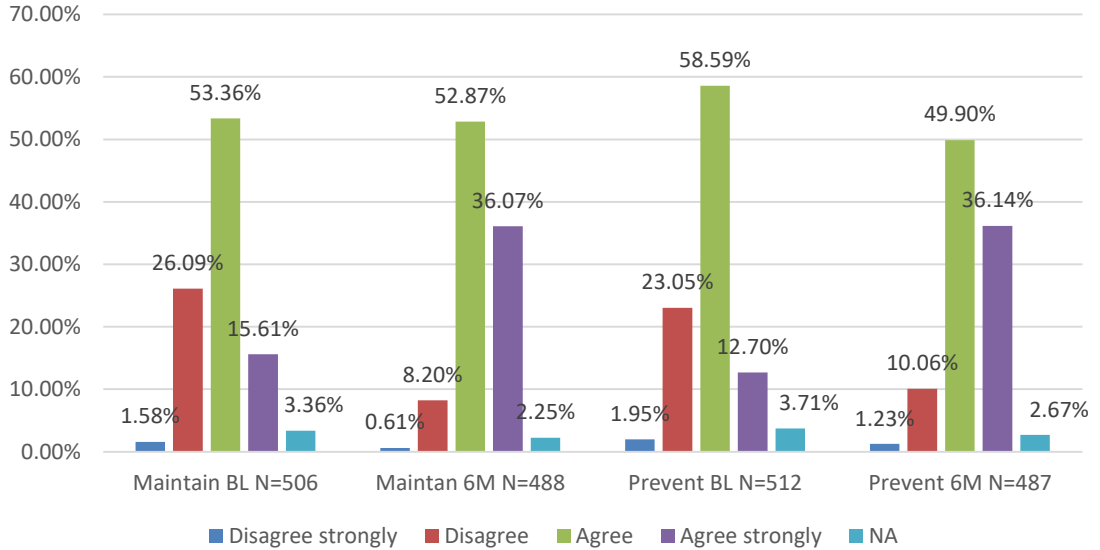
Follow-Up Survey Results*

Health Condition Resilience

Participants that stated responded to:

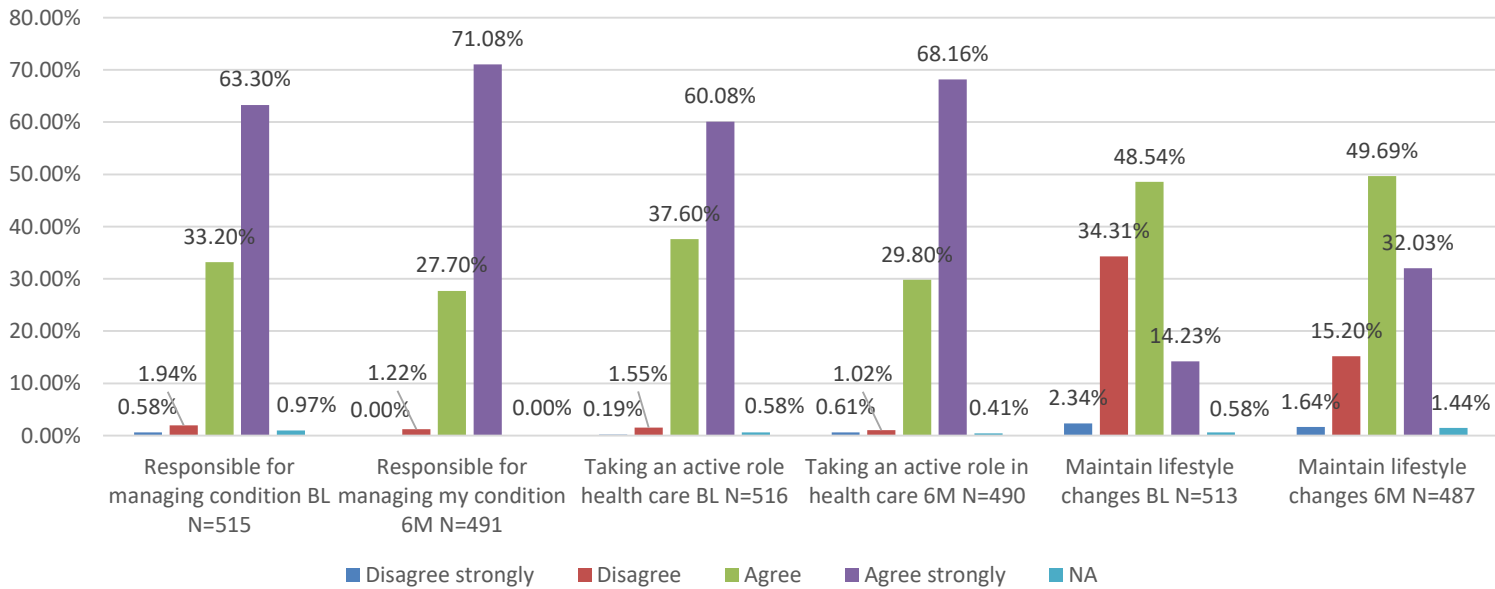
Maintain: I have been able to maintain the lifestyle changes for my health condition that I have made.

Prevent: I know how to prevent further problems with my health condition.



*BL=Baseline

Patient Activation Measures



Overall, more participants feel confident about managing their own health conditions. Participants indicated above that they feel responsible for managing their condition and can take an active role in their healthcare. More participants feel as though they can maintain lifestyle conditions (like increased physical activity, hobbies, and other daily activities), even in times of stress.

For more information about the Better Choices, Better Health Program, including workshops in your area, visit www.snhaec.org/betterchoicesbetterhealth.cfm or contact:

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