



Better Choices, Better Health

Semiannual Report Fall 2018

About the Data

2,243 total participants attended at least one session of one workshop, Nov '10-December 2018
1,324 total completers attended at least 4 sessions of one workshop, Nov '10-December 2018
1,585 participants completed the **Participant Info Survey**, Nov '10-December 2018
451 completers participated in the **Baseline** & 6-mo. **Follow Up Survey**, Nov '10- December 2018

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

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.

Participant Quick Facts

Reflects participants who completed the Participant Information Survey administered on Day One of a workshop through December 2018

Average age: 69

79% over the age of 60

26% Male

2% African American or Black

2% American Indian or Alaska Native

28% of participants reside in Grafton, Belknap, Carroll or Coos County

Most common **reported conditions:**

54% Hypertension • 49% Arthritis •

47% Diabetes • 42% Depression & Anxiety • 32% Asthma

»multiple co-morbidities reported

34% live **alone**

63% on **Medicare**, 53% privately insured, 12% on Medicaid, 6% uninsured, and 5% with VA Benefits (*participants could choose more than one option*)

22% attended because they are **caregivers**

66% have a **college** or vocational school background

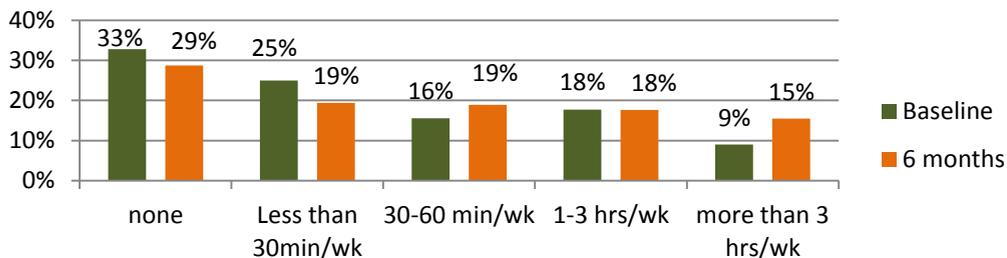
33% referred by **doctor or nurse**, and 28%

were encouraged by friends or family

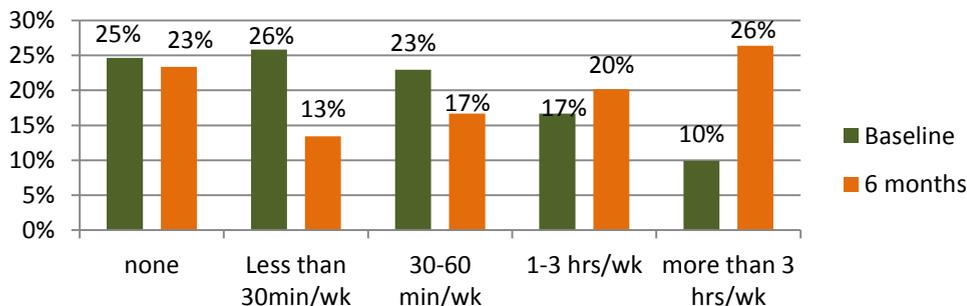
60% cited **readiness to help themselves** as main driver to signing up for a class

Physical Activity

Stretching & Strength Training



Walking for Exercise

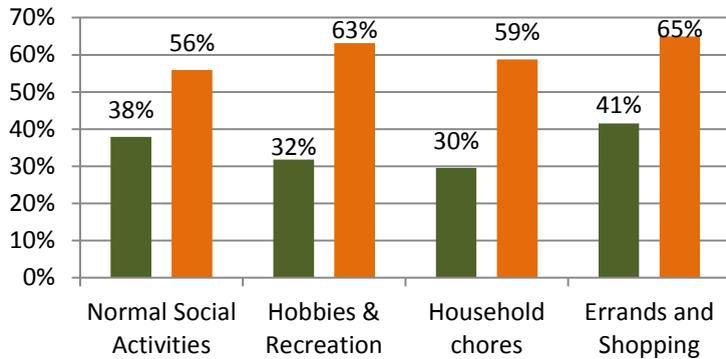


Follow-Up Survey Results*

■ Baseline ■ 6 Months

Daily Activities

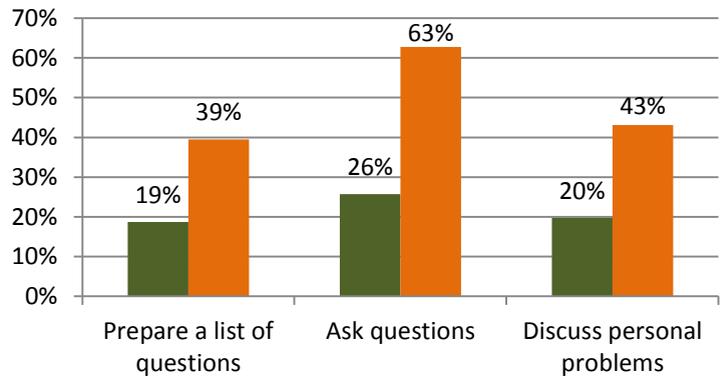
Percentage of participants reporting their health **not at all interfering** with:



Fewer participants indicate that their health interferes with their daily activities, including hobbies, errands, and chores.

Medical Care

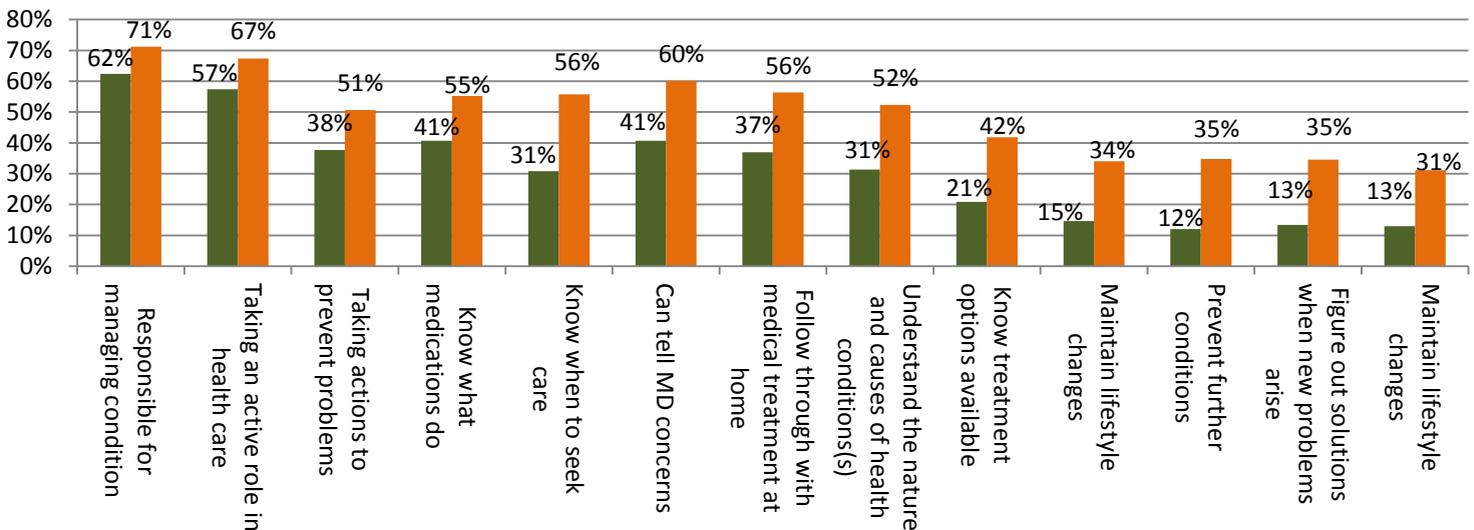
When visiting a doctor, participants report **always**:



After the workshop, more participants indicate that they prepare a list of questions before their appointments, ask questions on things they don't understand, and feel comfortable discussing personal problems with their doctors.

Patient Activation Measures

Participants indicate they **strongly agree** with the following statements:



Overall, more participants feel confident about managing their own health conditions. Participants indicated above that they ask questions about things they do not understand, and also indicate that they know what their medications do, know when to seek care, and know how to prevent further conditions related to their health. 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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