New Hampshire **Chronic Disease Self-Management Program**

About the Data

3,087 total participants attended at least one session of one workshop,
Nov '10-Oct. '25
2,046 total completers attended at least 4 sessions of one workshop,
Nov '10-Oct. '25
1,986 participants completing **Participant Info Survey,** Nov '10-Oct. '25
568 participants participating in **Baseline &** 6-mo. **Follow up Survey,** Nov '10-Oct. '25

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.

Workshop Topics

Overview of Self Management | Making an action plan | Using your mind to manage symptoms | Feedback/Problem Solving | Fitness & 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 administers on Day One of a Workshop through October 2025

Average age: 65
68% over the age of 60
26% Male
1% African American or Black
2**% American Indian or Alaska Nativ**e
25% of participants reside in Grafton, Belknap, Carroll or Coos County

Most common **reported conditions**:
55% Hypertension · 49% Arthritis ·
44% Diabetes · 42% Depression & Anxiety · 31% Asthma
»multiple co-morbidities reported

*63% on **Medicare**, 54% privately insured, 12% on Medicaid, 5% uninsured, and 4% with VA Benefits (participants could choose more than one option)*
*20% attended because they are **caregivers***
*70% have a **college** or vocational school background*

56% referred by doctor or nurse, and 20% were encouraged by friends or family
*60% cited **readiness to help themselves** as main driver to signing up for a class*

Follow-Up Survey Results

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

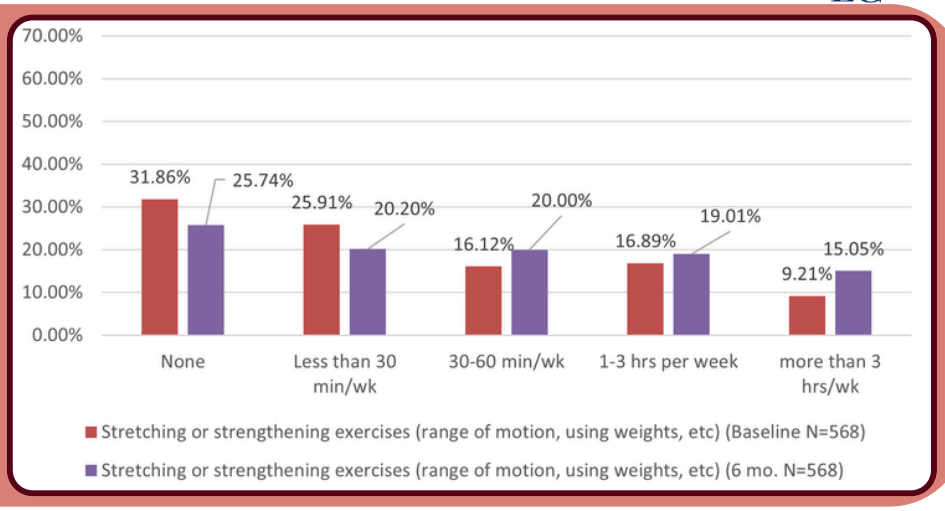
Baselines are completed on day one of the workshop and are re-administered six months after the workshop end date. Survey has several main components, including physical and daily activities, general health, and patient activation measures.

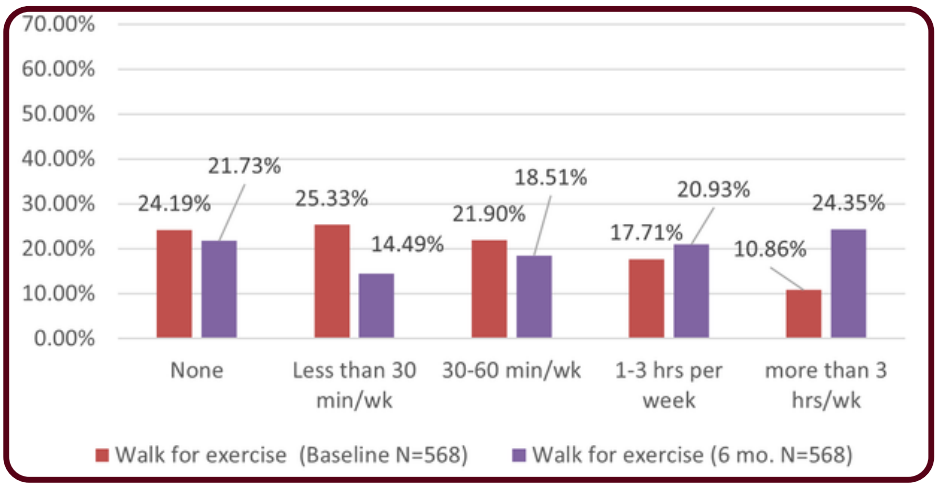
**Included in results: Completers who participated in workshops held AFTER November 2010, that administered IRB-approved baseline survey, those who chose to complete the survey, and those who could be reached for a follow-up call 6 months after end of workshop. *All data has been tested for statistical significance at $p < 0.05$*

AHEC Southern New Hampshire Area Health Education Center

Physical Activity:

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



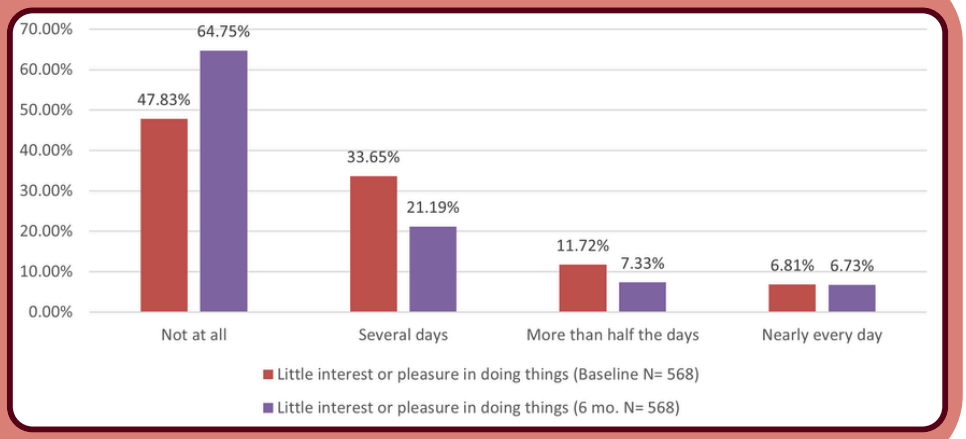


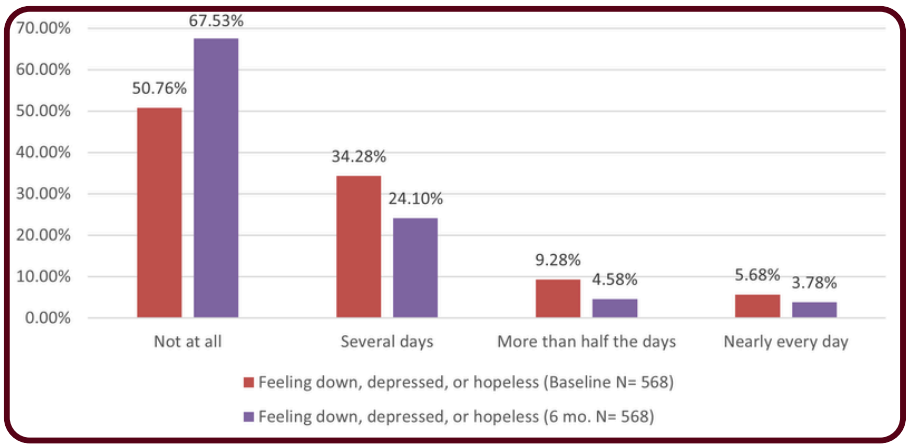
Physical Activity:

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

Emotional Wellbeing:

Overall, participants reported fewer instances of having little interest or pleasure in doing things after participating in the workshop.





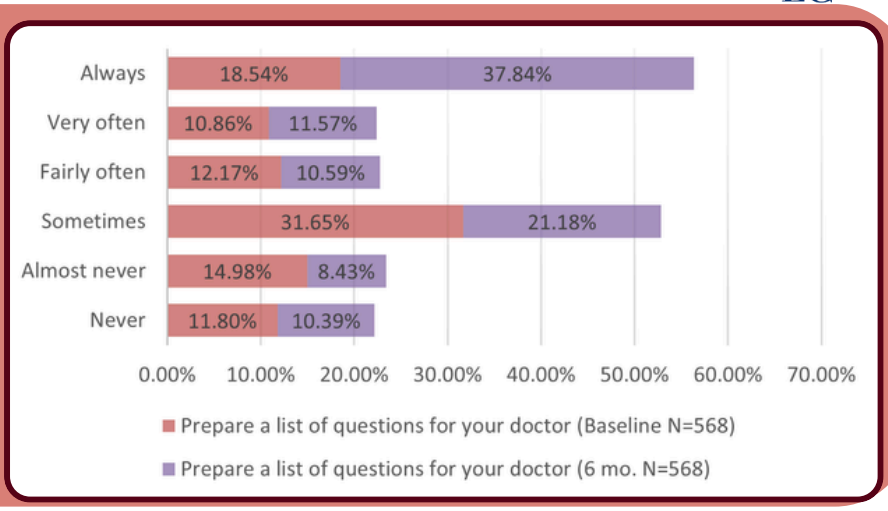
Emotional Wellbeing:

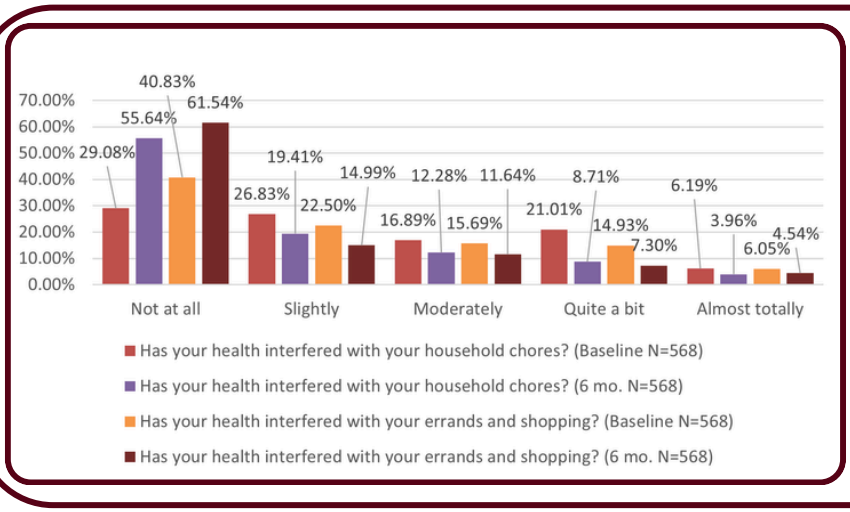
Feeling Depressed

More participants reported their depression symptoms decreased after participating in the workshop.

Medical Care:

After the workshop, more participants indicate that they prepare a list of questions for their providers before appointments, demonstrating improved self-management.



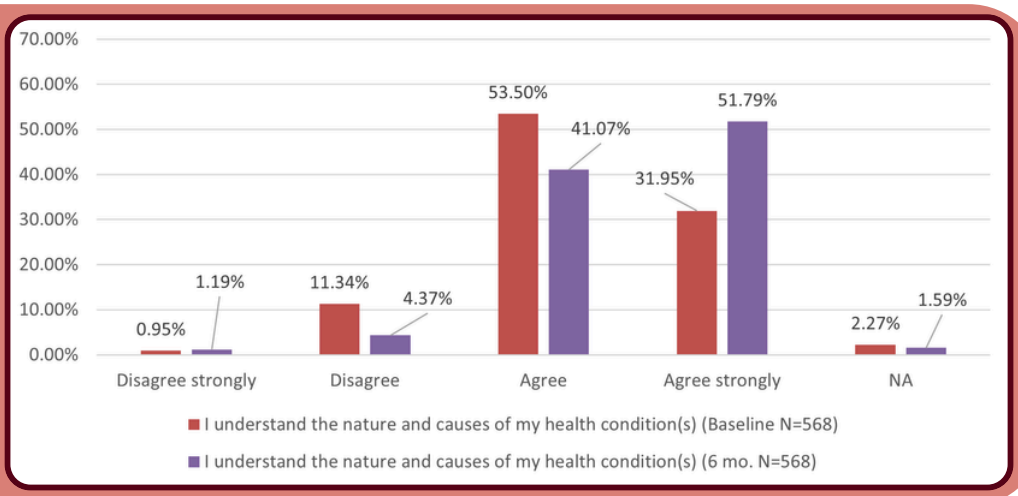


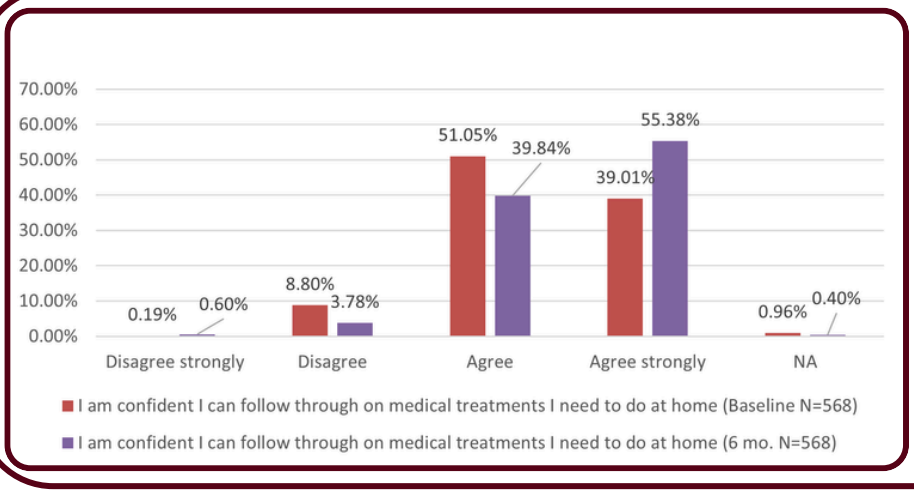
Daily Activities:

After the workshop, fewer participants indicate that their health interferes with daily activities including household chores, errands, and shopping.

Self-Care:

Participants showed an increase in their understanding of the nature and causes of their health conditions after participating in the workshop.



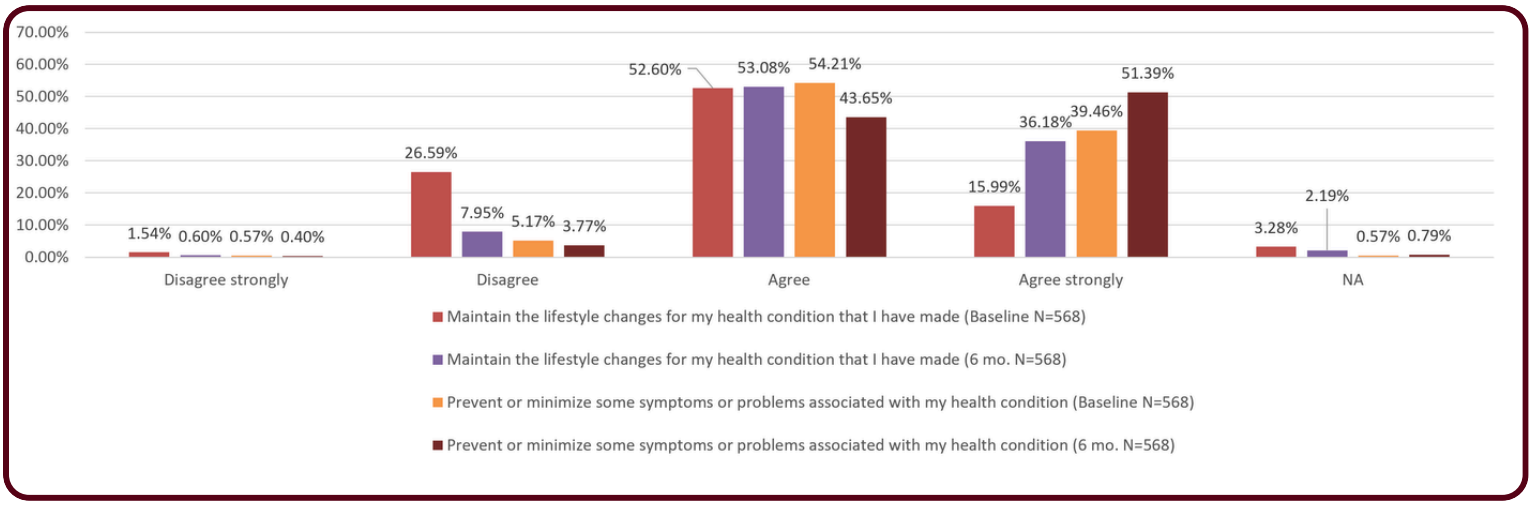


Self-Care:

Participants showed an increase in following through on at home treatments after participating in the workshop.

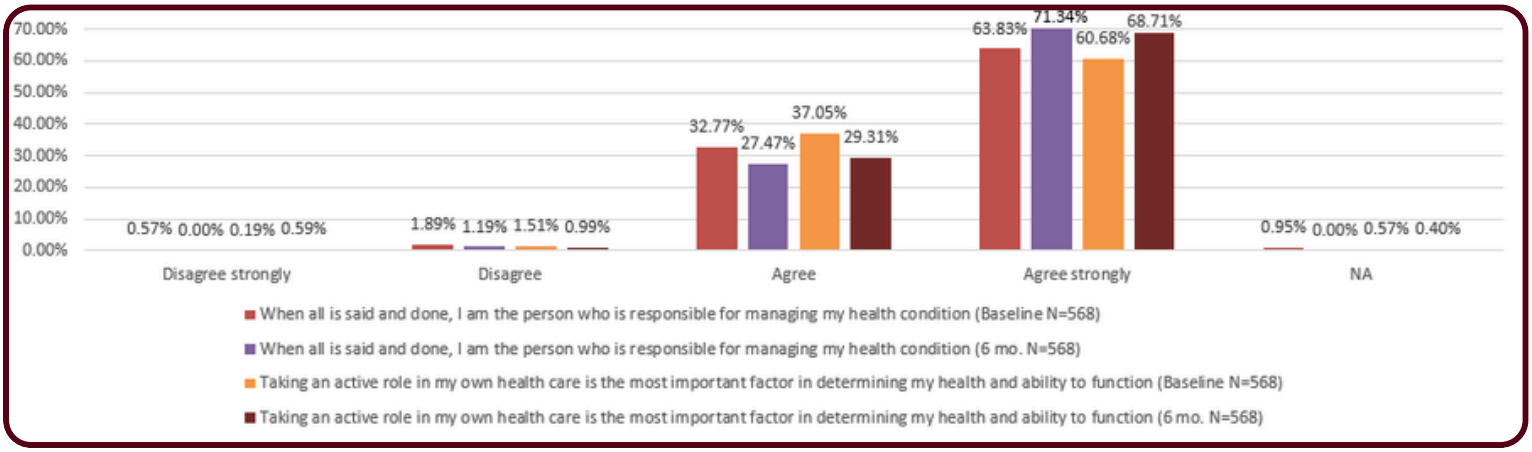
Health Condition Resilience

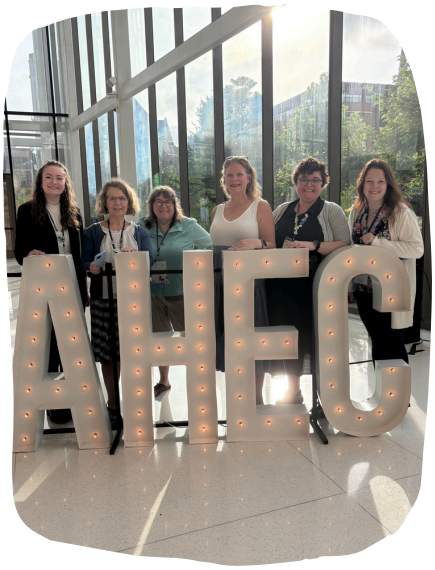
Participants responded to: **Maintain**: I have been able to maintain the lifestyle changes for my health condition that I have made. **Prevent**: I know how to prevent further problems with my health condition.



Patient Activation Measures

Overall, more participants feel confident about managing their own health conditions. Participants indicated that they feel responsible for managing their condition and can take an active role in their healthcare.



For more information about the Well-Being Action Network, including workshops in your area, visit https://www.snhahec.org/well-being-action-network.html or contact:

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