

New Hampshire Chronic Pain Self-Management Program



About the Data

363 total participants attended at least one session of one workshop, May 2021-June 2025

285 total completers attended at least 4 sessions of one workshop, May 2021-June 2025

186 participants completed the Participant Info Survey, May 2021-June 2025

44 completers participated in the Baseline & 6-mo. Follow Up Survey, May 2021-June 2025

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, patient activation measures, and the pain disability index.

Workshop Topics

Appropriate exercise for maintaining and improving strength and endurance | Making an action plan | Using your mind to manage symptoms | Tools for overcoming worst-case thinking | Difficult emotions Healthy eating | Pain & fatigue | Working with your health care team | Communication | Medications & making treatment decisions

Participant Quick Facts

Reflects participants who completed the Participant Information Survey administered on day one of a Workshop through June 2025

Average age: 64

63% over the age of 60

89% Female

Most **common reported** conditions:

60% Arthritis · 60% Depression & Anxiety · 34% Hypertension · 22% Asthma · 12% Diabetes

»multiple co-morbidities reported

58% on **Medicare**, 50% privately insured, 13% on Medicaid, 1% uninsured, and 2% with VA Benefits (participants could choose more than one option)

89% have a **college** or vocational school background

4% referred by doctor or nurse, 7% from a newsletter, 7% were encouraged by friends or family, 32% heard about a workshop from a website, and **53% heard from other sources including Facebook** (participants could choose more than one option)

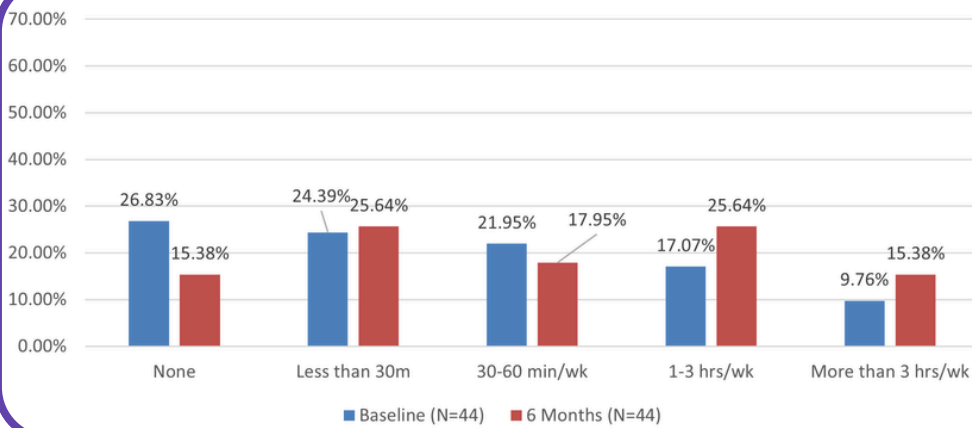
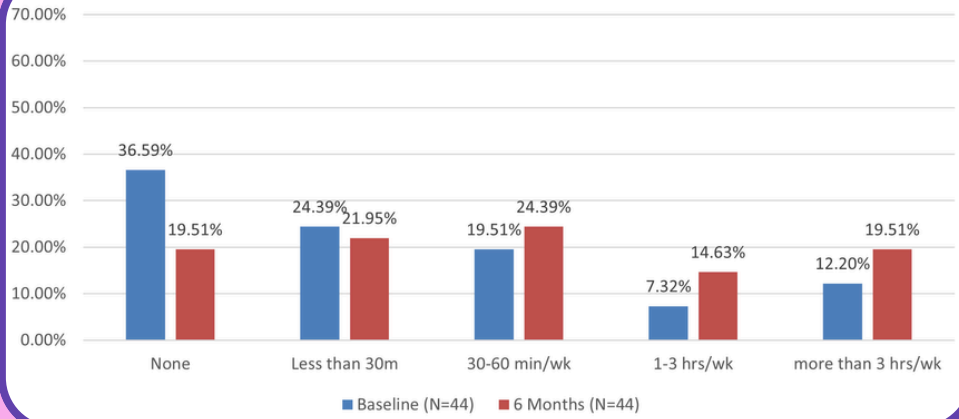


*Included in results: Completers who participated in workshops held AFTER May 2021, that administered IRB-approved baseline survey, those who chose to complete the survey, and those who could be reached for a follow-up call 6 months after end of workshop.



Physical Activity: Stretching & Strength

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

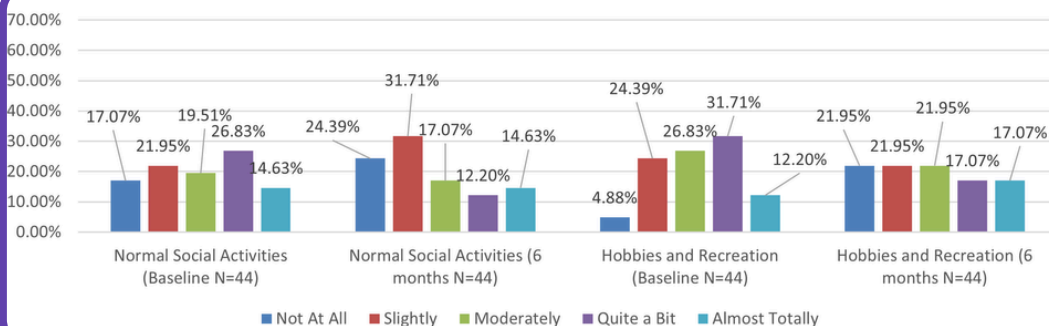
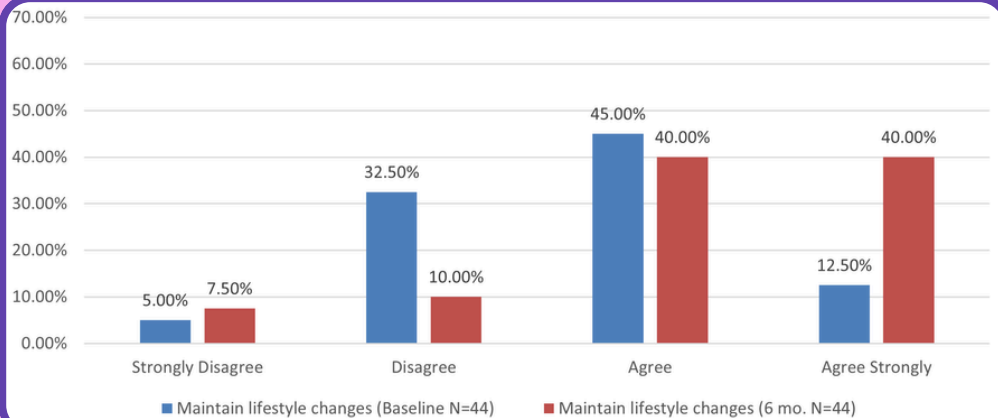


Physical Activity: Walking

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

Lifestyle Changes

A greater number of participants indicated that the lifestyle changes they adopted were manageable and sustainable.



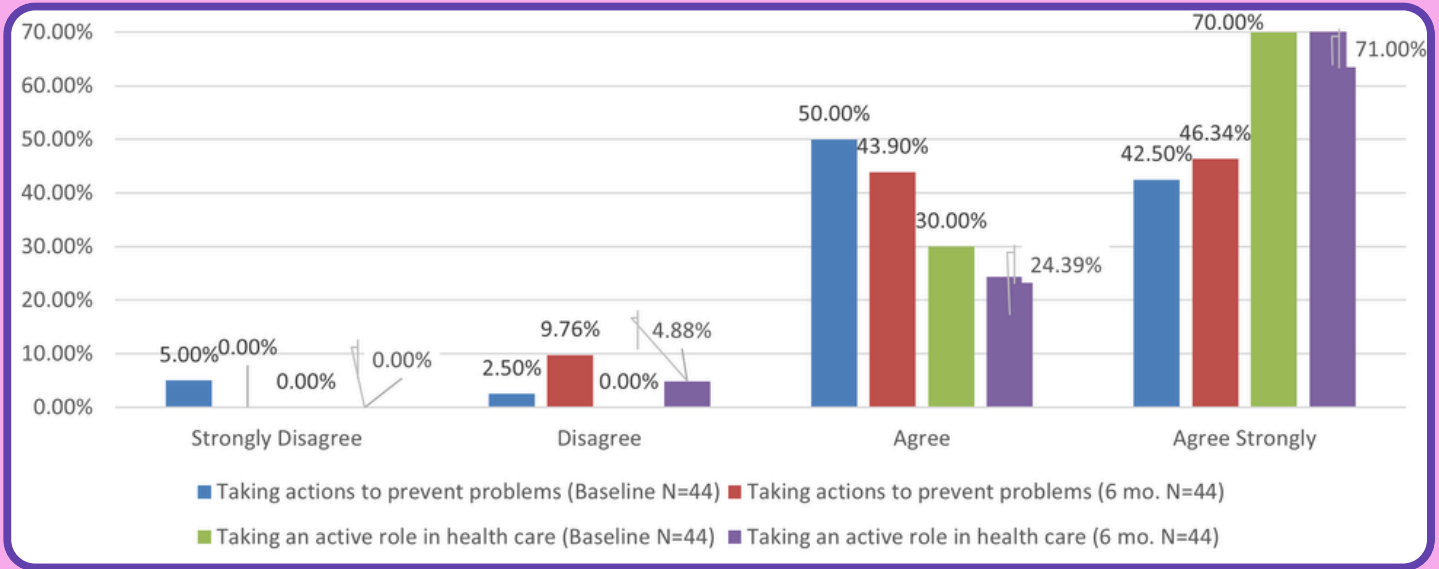
Daily Activities

Participants reported a noticeable reduction in how their condition interfered with everyday life. Freeing them to reengage in social activities, pursue hobbies, and respond to challenges with renewed confidence and energy.



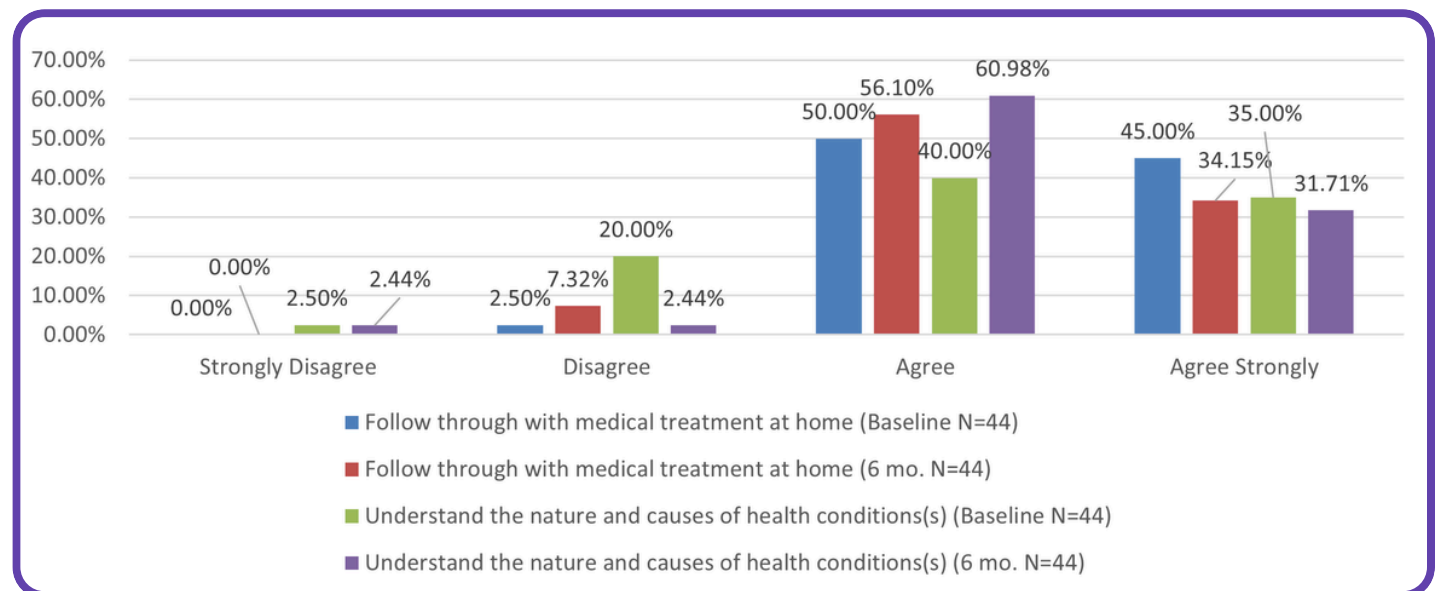
Taking Action in Health Care & Preventing Problems

Participants demonstrated a noticeable increase in proactive health behaviors, including taking steps to prevent health problems and actively engaging in their own well-being. This shift reflects a growing sense of ownership and empowerment in managing personal health.



Self Care: Participants showed an increase in their response to being able to understand their health conditions. However, there was an overall decrease in confidence about following through on at home treatments after workshop.

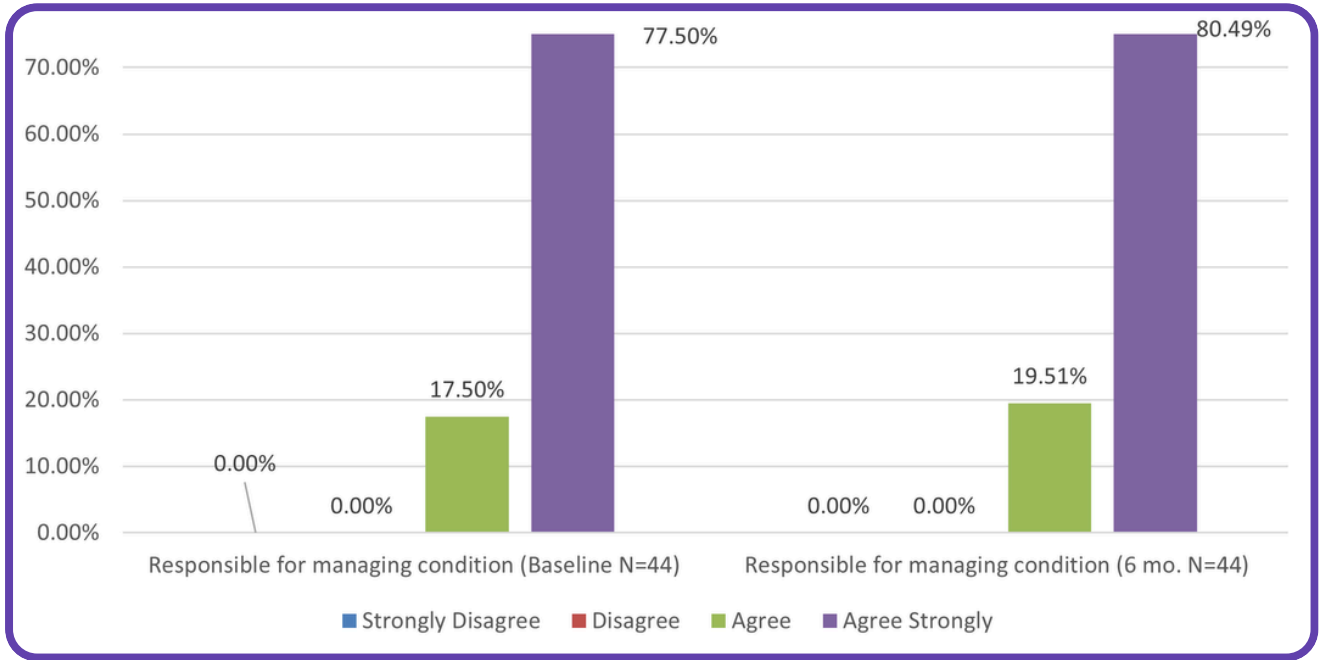
Patients responded to: **Follow:** I am confident I can follow through on medical treatments I need to do at home. **Understand:** I understand the nature and causes of my health condition(s).





Patient Activation Measures

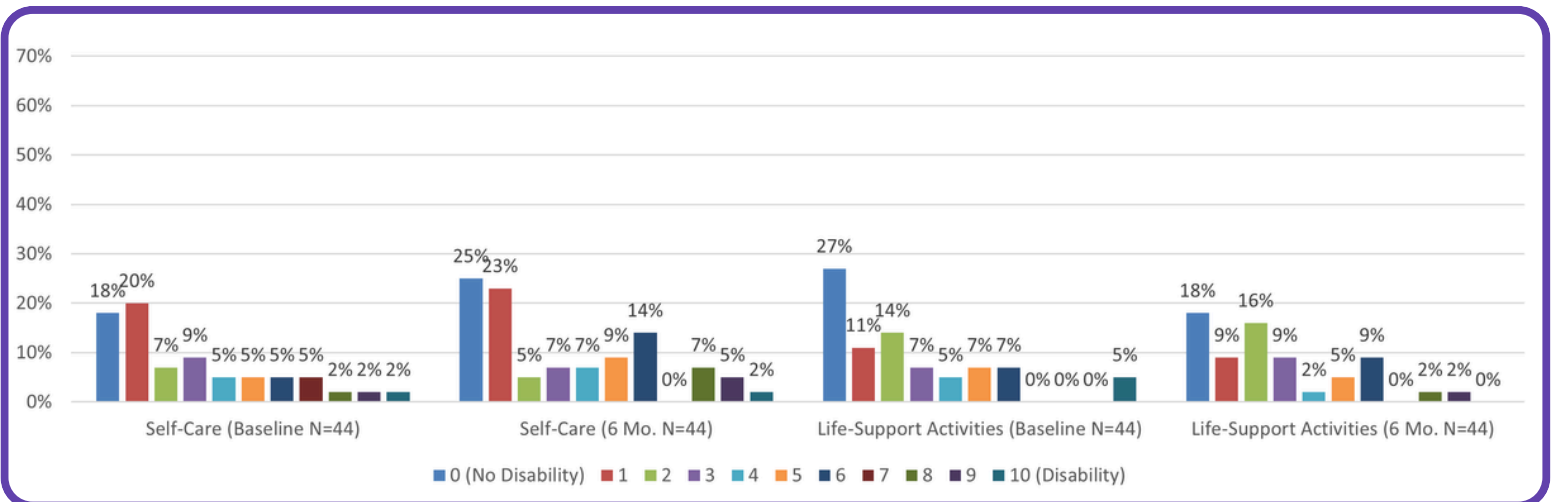
Participants demonstrated a meaningful increase in their understanding that managing their health condition is a personal responsibility, empowering them to take proactive steps toward better well-being.



Pain Disability Index

Overall, more participants found that their pain interfered less with their self-care and occupation six months following their workshop.

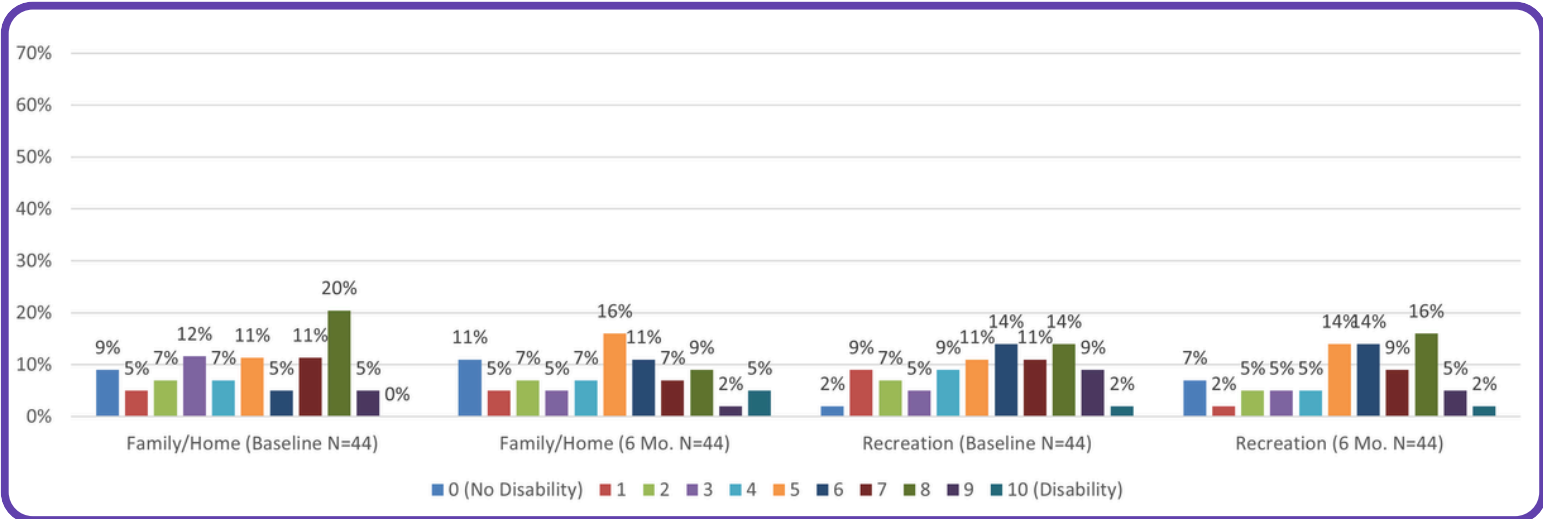
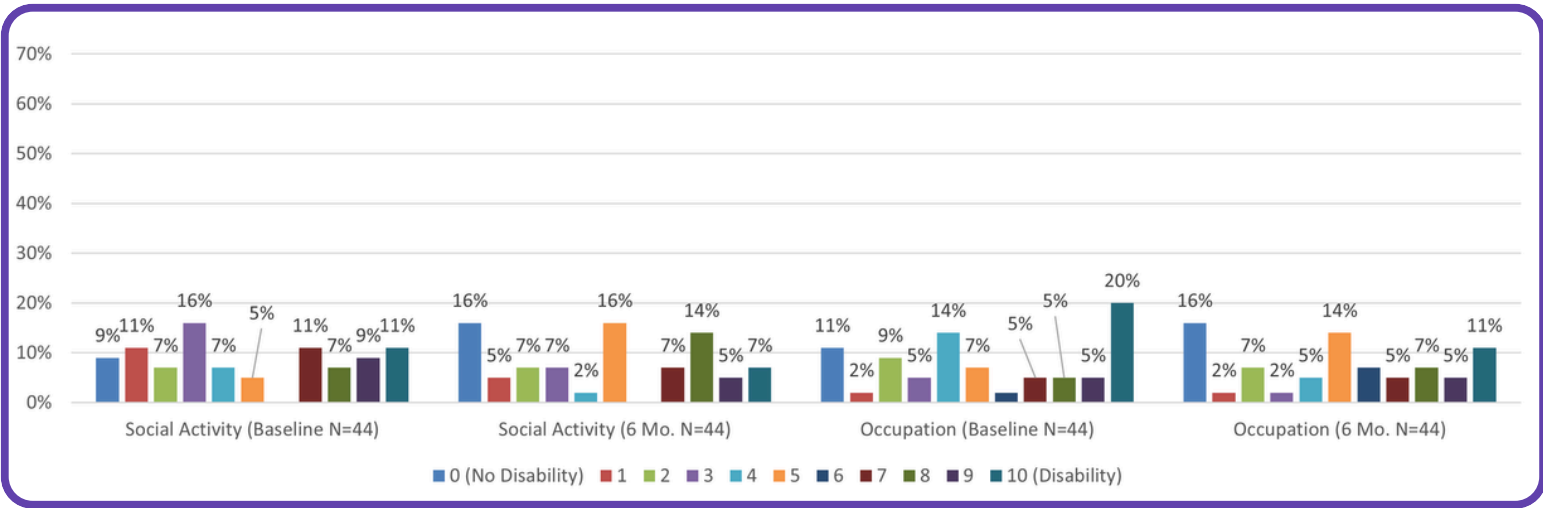
A score of 0 means no disability from pain at all, and a score of 10 signifies that all of the activities in which you would normally be involved have been totally disrupted or prevented by your pain.





Pain Disability Index Continued

More participants reported less pain interference in social, family, and recreational activities, but some experienced increased pain six months post-workshop.



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

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