

South Dakota's Chronic Disease Self-Management Program



BCBH: Connecting Healthcare to Community-Based Self-Management Programs

Presentation

2017 Chronic Disease Partners Meeting



BETTER CHOICES

better health®

GOOD&HEALTHY SOUTH DAKOTA COMMUNITIES



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Regional Health Community Relations
Rapid City, SD**

Regional Health

Regional Health is a tax-exempt, community-based organization committed to preserving and strengthening health care for the people in our region. In keeping with our purpose of helping patients and communities live well, Regional Health comprises more than 40 health care facilities throughout Rapid City and the Black Hills region.



Background

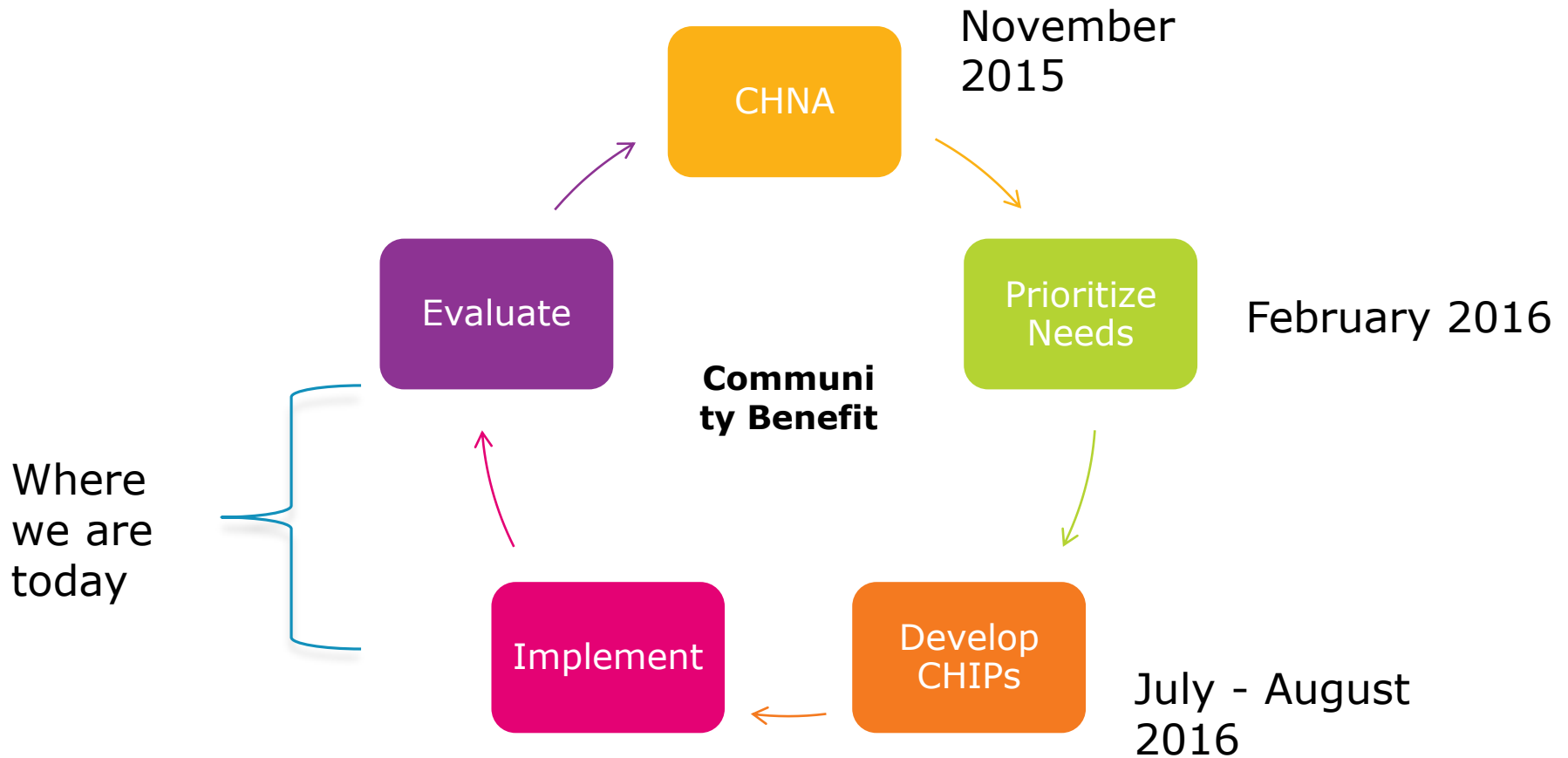


Every three years, Regional Health hospitals (Rapid City, Spearfish, Sturgis, Lead/Deadwood, and Custer) conduct a Community Health Needs Assessment (CHNA). A CHNA is an organized way of identifying the needs of the community and the available resources to improve the health of that community

Why CHNA?

- Provide Insight
 - Which interventions? What resources are available?
- Partnerships
 - Common understanding, support, resources
- Track Change over time

Community Health Improvement Process



BCBH & Community Health

Regional Health's 2015 Community Health Needs Assessment resulted in selection of 3 priority areas:

1. Access to Healthcare Services
2. Mental Health
3. Wellness (Physical Activity, Nutrition, & Weight)

Promotion of BCBH one of the strategies Regional Health selected as part of enhancing access to chronic disease prevention/management programs as part of the Wellness component of the Community Health Improvement Plans.

BCBH Support



Regional Health first partnered with SDSU Extension for BCBH in 2014.

Training

- 12 Regional Health Caregivers trained as Lay Leaders or Master Trainers
 - 4 active in the system, 5 inactive
 - 3 have left the organization but continue to be active with BCBH
- Master Fellow – Regional Health’s Senior Director of Community Case Management

Workshops

Since 2014, Regional Health has supported (hosting and/or RH Caregiver(s) as leaders) a total of 9 workshops in the Black Hills region and a lay leader training event

Lessons Learned



Patient Portal messaging is a great tool to increase workshop enrollment

- Almost half (44%) of participants (48/109) in the West Region indicated they heard about BCBH through Doctor/Provider or Email Referral (portal message)
- 2 workshops had percentages as high as 76% and 78%

Regional Health's Well-being program, LiveWell, has designated completion of a BCBH workshop as a qualifying activity for caregivers trying to earn a reduction on their health insurance premiums

Future Plans

- Regional Health Case Managers will be completing a BCBH workshop to have a better understanding of the content and will serve as a referral source for future workshops
- Support of Better Choices, Better Health will remain part of Regional Health's Community Health Improvement Plans





**Megan Jacobson, BCBH Program Associate &
MT
Vance McPeck, BCBH Workshop Participant**

BCBH Workshop

James Valley Community Center in Mitchell, SD; Spring 2017



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GOOD & HEALTHY SOUTH DAKOTA COMMUNITIES



Lacey A. McCormack, PhD, MPH, RD
Assistant Professor
South Dakota State University

Training, Workshops and Program Participation



Leaders

- 79 Lay Leaders trained
- 34 Master Trainers trained

Workshops

- 73 workshops led

Attendance

- 442/696 (63.5% completion rate)

Training, Workshops and Program Participation



Original Workshop Reach

- Sioux Falls, Mitchell, Aberdeen, Huron, Sisseton, Pierre, Rapid City, Custer

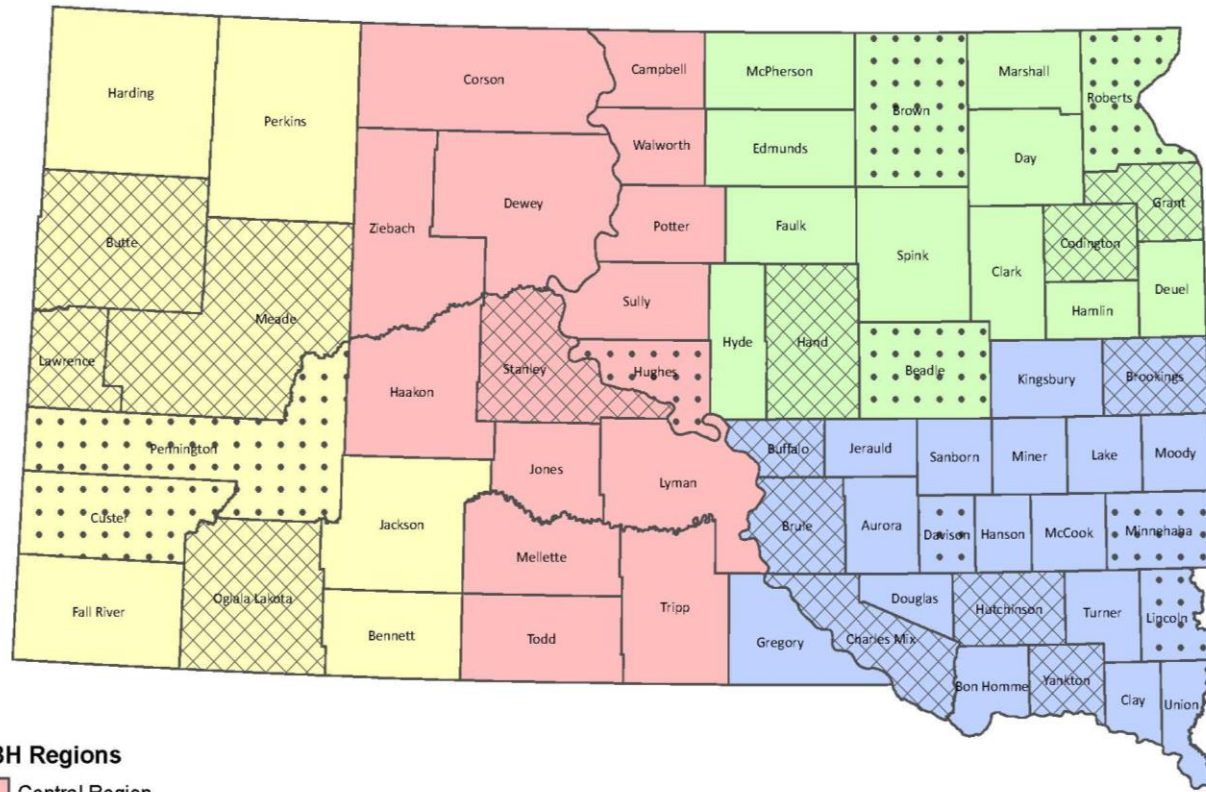
Year 1 Expansion

- Brookings, Spearfish, Sturgis, Watertown

Year 2 Expansion

- Fort Thompson, Harrisburg, De Smet, Lennox, Miller, Madison, Viborg, Webster

Training, Workshops and Program Participation



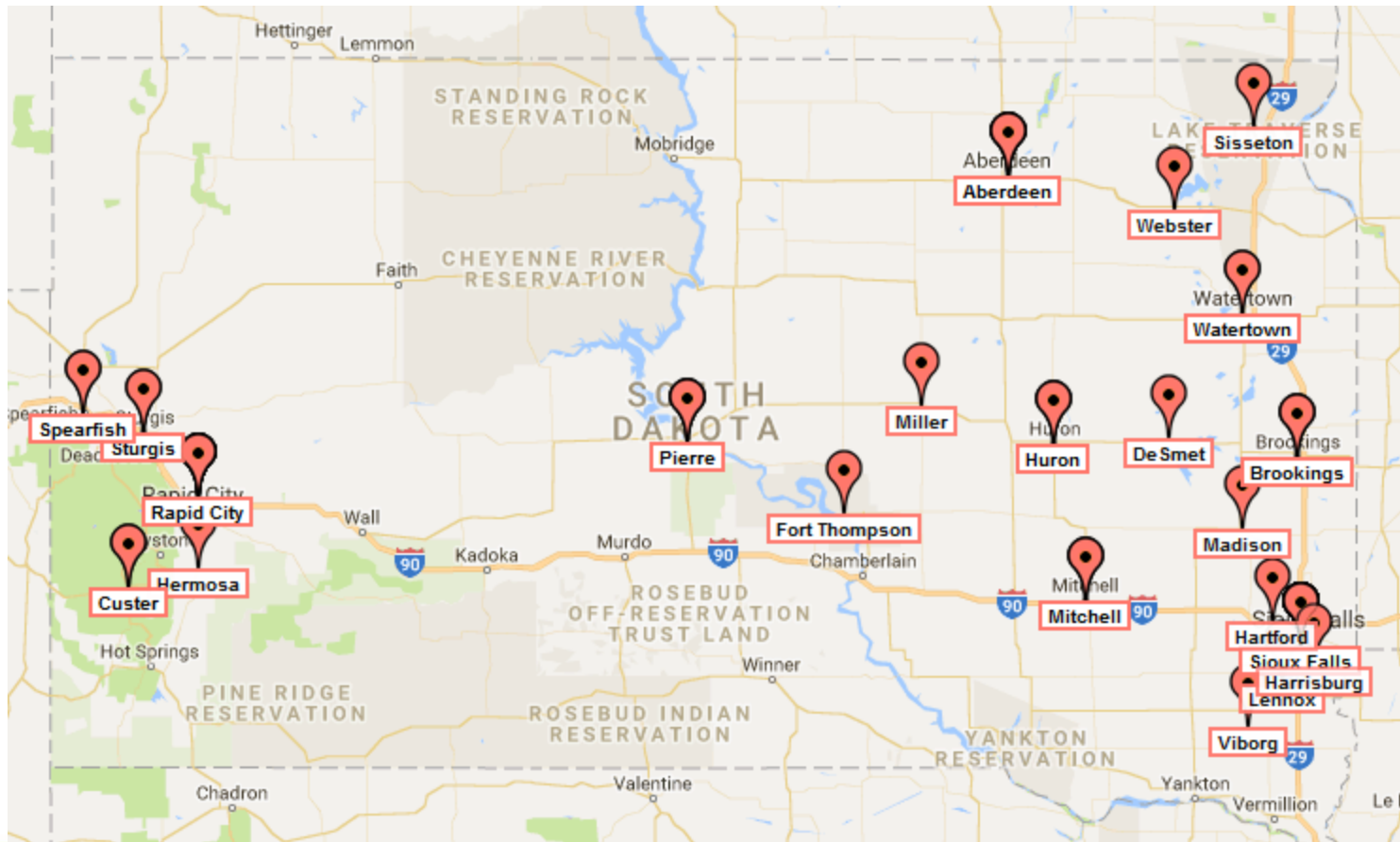
BCBH Regions

- Central Region
- NorthEastern Region
- SouthEastern Region
- Western Region

- Counties Where a Workshop Occured in 2014-2015
- Counties With a Workshop Planned for 2015-2017



Training, Workshops and Program Participation



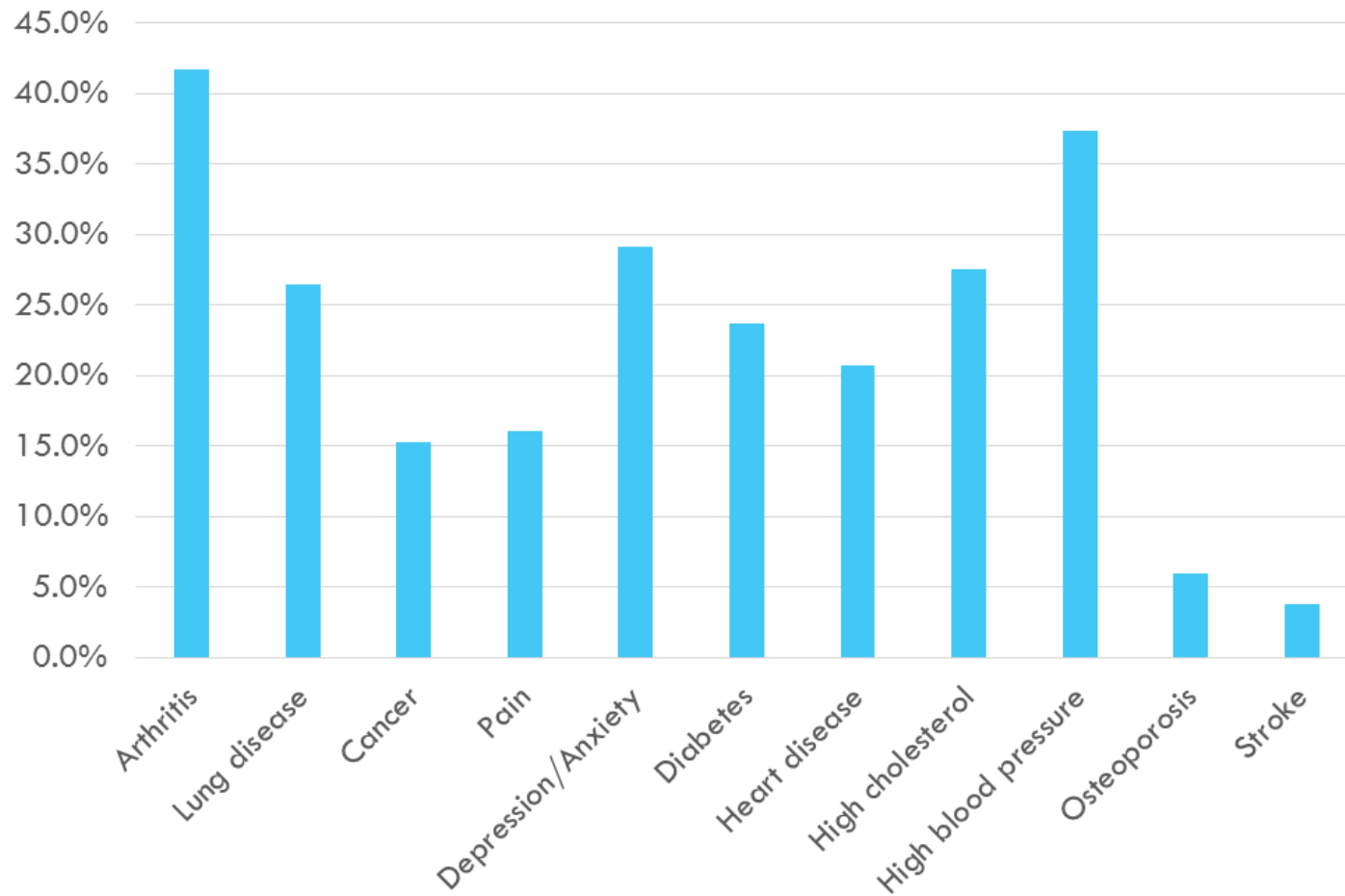
Participants



442 Individuals have completed our Pre-Workshop Survey

- 307 female (69%) ↓
- 406 white (92%) ↓
- 159 disabled (36%)
- Age ranges from 17 to 95

Participants



Program Outcomes



- Significant increases in self-efficacy related to symptom management
- Improvements in self-reported general health and quality of life
- Significant changes in doctor communication

Next Steps



- Infographic (updated quarterly)
- Database development
- Data Collection Plan finalization
- Data analyses
 - 2016 report
 - 6-month follow-up data
 - Workshop evaluations
 - Exit interviews
- Work toward PPHF goals and objectives
 - Expansion to certain areas in the state
 - Online workshop delivery and evaluation
 - Native American population



SAVE THE DATE

ANNUAL BCBH NETWORK CONFERENCE “A Day in My Shoes”

October 4 – 5, 2017

The Annual Better Choices, Better Health® SD (BCBH) Network Conference will be a two-day event and offers a wide array of exciting and pioneering chronic disease self-management resources and presentations that will help continue the statewide growth of the BCBH program. The conference will be at the Hilton Garden Inn in Rapid City, SD on:

- Wednesday, October 4: 1:00pm-8:00 pm
- Thursday, October 5: 8:00am-2:30pm



This year's conference featured keynote speaker is **Dr. Kate Lorig**, the founder of Chronic Disease Self-Management at Stanford University in Palo Alto, CA.

In addition to Dr. Lorig, speakers from across the state and region will share innovative ideas, activities, and insight to manage chronic conditions. Some of the session topics are listed in the blue box.

ONLINE REGISTRATION will open May 1st on the BCBH® SD website at www.betterchoicesbetterhealthsd.org

Event registration tickets are \$30 per attendee, non-refundable and are required to attend the event. A full agenda will be available at registration.



SDSU
Extension



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Conversations with
Dr. Kate Lorig

What We Are Doing, Where
We Are Going: Rapid Fire

A Day in My Shoes:
Workshop Participant Panel

Outreach & Impact of
BCBH SD®

Leader Appreciation and
Recognition

Aging Strong with
Chronic Conditions

Health ↔ Attitude

Self-Care and Optimal
Performance

Self-Efficacy

Informal BCBH SD Leader
Refresher Course

...and more

For questions involving the
conference, please email or
call:

Betterchoices.betterhealth@sdstate.edu
1-888-484-3800

facebook.com/BCBHSD
twitter.com/bcbhdsd



REGISTER NOW!!!

A great two-day event that offers a wide array of exciting and pioneering chronic disease self-management resources, presentations, and stories that will help continue the growth and sustainability of the BCBH program in South Dakota.

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