



BETTER CHOICES

better health®

GOOD&HEALTHY SOUTH DAKOTA COMMUNITIES



Chronic Disease Self-Management WorkWell Summit

May 5th, 2016

Background



Workshop Overview



Workshop Components Overview	Week					
	1	2	3	4	5	6
Review of self-management and chronic conditions	✓					
Making an action plan	✓	✓	✓	✓	✓	✓
Using your mind to manage symptoms	✓		✓		✓	✓
Feedback / problem solving		✓	✓	✓	✓	✓
Getting a good night's sleep	✓					
Difficult emotions		✓				
Preventing falls		✓				
Fitness / exercise		✓	✓			
Making decisions			✓			
Pain			✓			
Fatigue			✓			
Better breathing				✓		
Communication				✓		
Nutrition				✓	✓	
Medications					✓	
Making informed treatment decisions					✓	
Depression					✓	
Weight management						✓
Working with your health care professionals						✓
Working with your health care system						✓
Future plans						✓

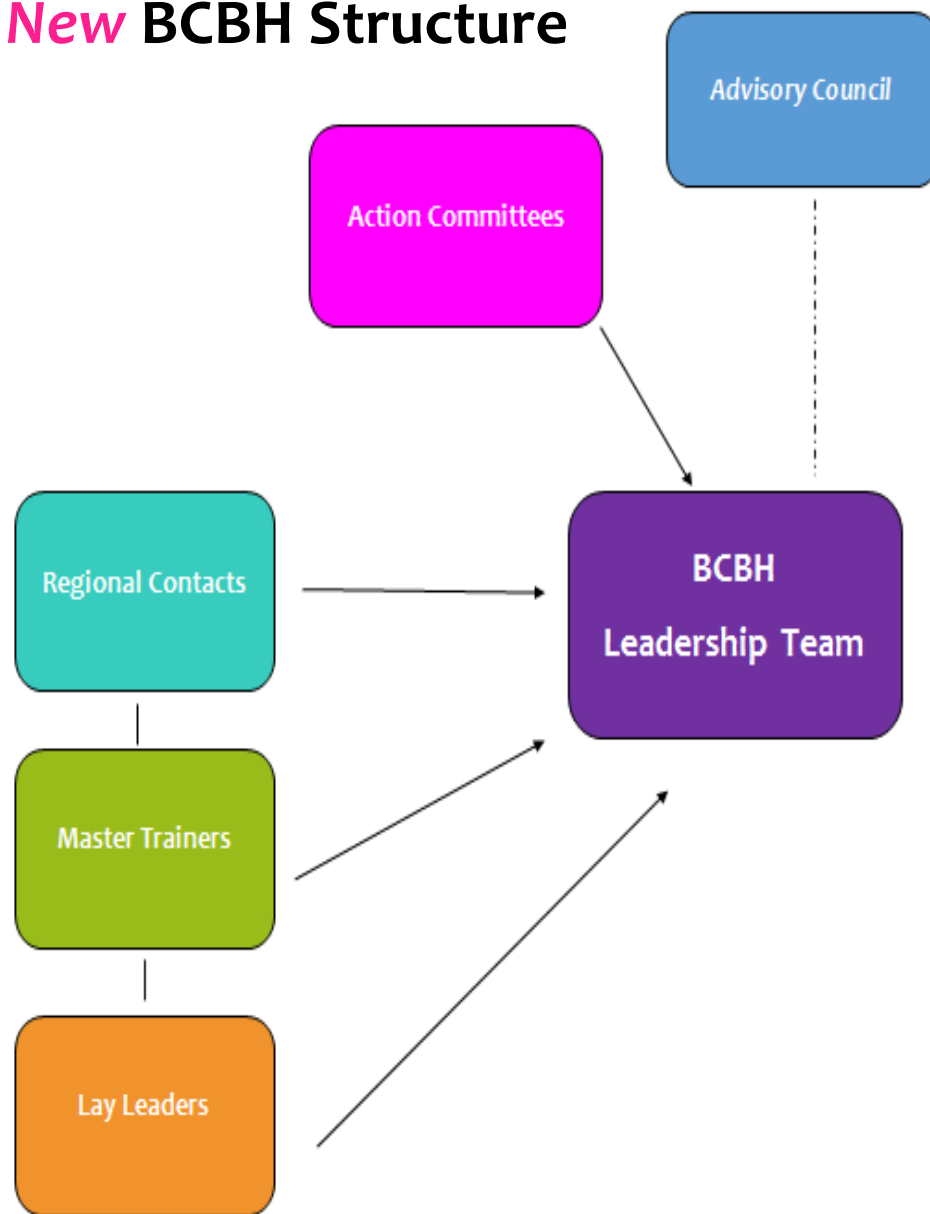
National Study of Outcomes



- ❑ Increased physical activity
- ❑ Improved health-status
- ❑ Improved social/role activities
- ❑ Better psychological well-being
- ❑ Decreased days in hospital
- ❑ Improved self-reported general health
- ❑ Enhanced partnerships with physicians
- ❑ Increased energy/reduced fatigue
- ❑ Reduced health care expenditures



New BCBH Structure



BCBH Network Mission - promote expansion, implementation, coordination, and sustainability of a quality chronic disease self-management program statewide.

ADVISORY COUNCIL	Provide non-binding strategic advice
REGIONAL CONTACTS	Recognized lead contact in regions to streamline and coordinate BCBH activity
MASTER TRAINERS	Facilitate BCBH workshops, LL trainings, & mentor new leaders
LAY LEADERS	Facilitate BCBH workshops
ACTION COMMITTEES	Focus on a particular task / area of BCBH

Master Trainer Outreach Ambassadors



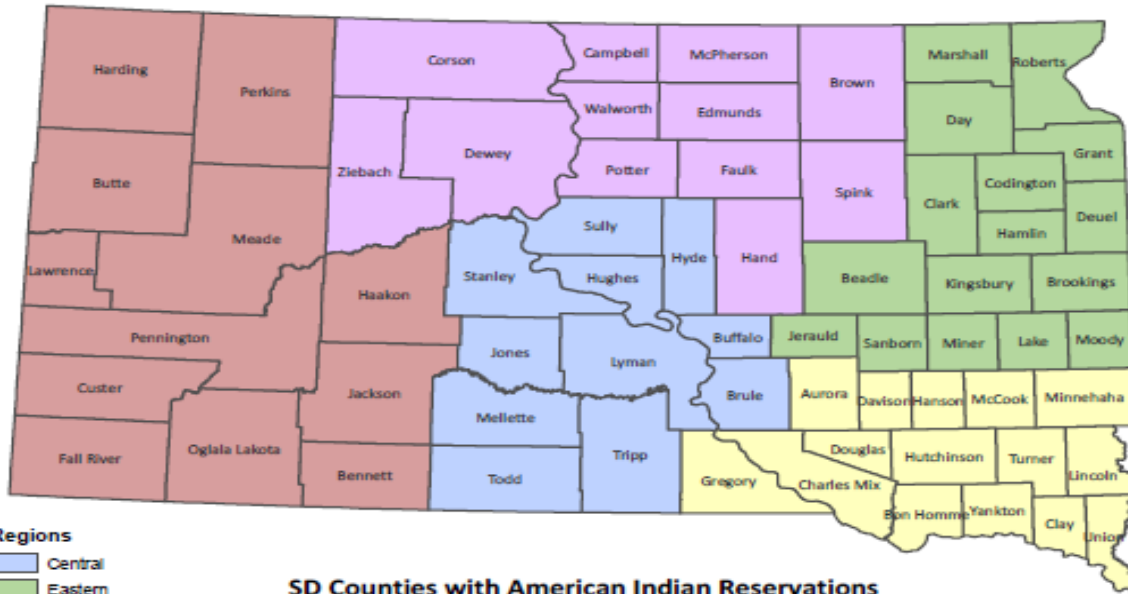
☐ Health systems>>> *Vicki Palmreuter*

☐ Adults with disabilities>>> *Fran Rice*

☐ Adults, especially in remote areas with limited access>>> *Jessica Rappe*

☐ Tribal communities>>> *Cole Hunter*

Better Choices, Better Health[®] SD Regions



SD Counties with American Indian Reservations



Reservations:

- Cheyenne River Sioux Tribe/Cheyenne River Reservation: parts of Dewey and Ziebach Counties
- Crow Creek Sioux Tribe/Crow Creek Reservation: parts of Buffalo, Hyde, and Hughes Counties
- Flandreau Santee Sioux Tribe/Flandreau Reservation: part of Moody County
- Lower Brule Sioux Tribe/Lower Brule Reservation: parts of Lyman and Stanley Counties
- Oglala Sioux Tribe/Pine Ridge Reservation: parts of Oglala Lakota and Jackson Counties
- Rosebud Sioux Tribe/Rosebud Reservation: parts of Todd, Mellette and Tripp Counties
- Sisseton Wahpeton Oyate (Former Lake Traverse): parts of Marshall, Day, Codington, Grant, and Roberts Counties
- Standing Rock Sioux Tribe/Standing Rock Reservation: part of Corson County
- Yankton Sioux Tribe/Yankton Reservation: part of Charles Mix County



Better Choices Better Health SD Video

<https://www.youtube.com/watch?v=h-76m00Kh7M>



Start with Session Zero

- ❑ Appropriate way to give target audience a taste of BCBH
- ❑ Overview of expectations and anticipated outcomes
- ❑ Opportunity for participants to meet leaders and ask questions
- ❑ Opportunity to register participants



WELCOME

TRAININGS

Master Trainers

Lay Leaders

WORKSHOPS

Locations

Register

PARTNERS AND SPONSORS

RESOURCES

TESTIMONIALS

FAQ

Better Choices,
Better Health
Questions

Program
Effectiveness
Questions

Master Trainer
Questions

Lay Leader
Questions

Hosting a Better
Choices, Better
Health Workshop

ABOUT US

License

Scope of Services

Organizational
Structure

CONTACT US



Welcome to Better Choices, Better Health® South Dakota!



Put more life into your life.

Don't let an ongoing health condition get the best of you. Take control by signing up for **Better Choices, Better Health® (BCBH)**. BCBH, part of Good & Healthy South Dakota, is a chronic disease self-management program designed to help you get back in charge of your life.

You'll find a supportive environment and a sense of community to help you through your daily activities while dealing with the emotions that come from battling a chronic condition.

What you'll learn:

BCBH workshops are 2-½ hours long and meet weekly for six weeks in community settings such as senior centers, churches, and libraries. Topics include:

- Techniques to deal with frustration, fatigue, isolation, and poor sleep
- Appropriate exercises for maintaining and improving strength, flexibility, and endurance
- Medication management
- Communicating effectively with family, friends, and health professionals
- Learning how to pace activity and rest
- Being well and fun ways to get active

This program is proven to be effective and is facilitated by two trained Lay Leaders, one or both of whom may have a chronic condition themselves. Research has shown that after participating in six-week workshops, you'll:

- Be able to better manage your symptoms
- Communicate more easily with doctors and loved ones
- Be less limited by your illness
- Spend less time at the doctor or in the hospital
- Generally feel better

is the process in which the program is taught that makes it effective. Workshop classes are highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

is designed to help people gain self-confidence in their ability to manage their symptoms related to chronic conditions and understand how their health problems affect their lives.

Better Choices, Better Health® is a community-led evidence-based program modeled after Stanford University's chronic disease self-management program and is supported by the South Dakota Department of Health and SDSU Extension Services.

So How do I Find Out More???

Better Choices, Better Health Web Site
www.BetterChoicesBetterHealthSD.org





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BCBH Information

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Better Choices, Better Health Web Site
betterchoicesbetterhealthsd.org

Stanford University
<http://patienteducation.stanford.edu/programs/cdsmp.html>

National Council on Aging
<http://www.ncoa.org>



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