

SNAPSHOT: BETTER CHOICES, BETTER HEALTH® SD

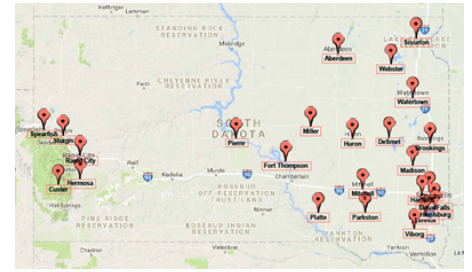
South Dakota's Chronic Disease Self-Management Education (CDSME) Suite of Programs

Program History

- CDSME: developed 1990's at Stanford University, available in all 50 states, 27 countries, 15 languages
- Community-led, evidence-based programs that result in Better Health, Better Outcomes, Better Value

Statewide Impact

- BCBH® SD launched in September 2014 to offer CDSME statewide
- BCBH has offered over 80 CDSME workshops; goal to offer 30/year in SD
- To date, over 750 people have attended a workshop
- 65% are completers (attended at least 4 sessions)
- Over 80 trained, active BCBH Lay Leaders or Master Trainers
- Supports triple aim goals (better health; better care; better value)



CDSME Program Opportunities

- **BCBH® SD** – in-person chronic disease self-management program (CDSMP) workshops (2014)
- **BCBH Diabetes® SD** – diabetes self-management program (DSMP) workshops (2017)
- **BCBH Worksites® SD** – Coming in 2018 – CDSMP workshops adapted for worksite settings
- **BCBH Chronic Pain** – Coming in 2018 – chronic pain self-management program (CPSMP) workshops
- **Digital BCBH** – online CDSMP workshops (2017)
- There are opportunities to get involved as a:
 - Certified BCBH® SD Lay Leader or Master Trainer
 - Sponsor for BCBH
 - Partner of BCBH

BCBH® SD Policy, Systems, and Environmental (PSE) change approaches go beyond programming and seek to reach populations, uncover strategies for impact that are sustainable, and integrate approaches into existing infrastructure.

Policy

- Send staff to leader training (Worksites)
- Have a policy to implement a rolling workshop/training for health improvements (Community)
- Implement Better Choices, Better Health® SD referrals (Healthcare)

Systems

- Schedule a rolling BCBH workshop for staff (Worksites)
- Offer incentive program for staff who attend BCBH workshop (Worksites)
- Minimum of 3 community members will attend leader training and co-lead workshops (Community)
- Minimum of 3 staff members will attend training and co-lead workshops (Healthcare)
- Setting up provider reminders for BCBH referrals generated in the EHR (Healthcare)

Environmental

- Bring a workshop to your community/organization (Worksites, Community, Healthcare)
- Increase knowledge and access to self-management programs (Healthcare)

Upcoming Trainings:

BCBH® SD Lay Leader: Spring / Summer / Fall – 2018. Dates and locations to be determined. *Waiting list.*

BCBH Diabetes Leader Cross-Training: Offered at select 2018 BCBH Lay Leader Trainings. *Waiting list.*

BCBH Worksites and BCBH Chronic Pain Leader Cross-Training: To be offered in 2018. *Waiting list.*

BCBH Information - Call Toll-free 1.888.484.380

Email: betterchoices.betterhealth@sdstate.edu

Website: www.betterchoicesbetterhealthsd.org

BCBH YouTube video: **Better Choices, Better Health® South Dakota**



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South Dakota's Chronic Disease Self-Management Education (CDSME) Suite of Programs

BCBH Workshops

- Community based resource
- Evidence-based programs
- Led by two trained leaders
- 6 weekly, group sessions (worksite program is twice weekly for 6 weeks)
- Offered in community settings (worksite program at the workplace only)
- Participants receive a book, relaxation cd, and certificate of completion

BCBH (CDSME) 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						✓

Better Choices, Better Health® SD Contacts

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South Dakota State University, South Dakota counties, and USDA cooperating, South Dakota State University adheres to AA/EEO guidelines in offering educational programs and services.



BETTER CHOICES
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GOOD & HEALTHY SOUTH DAKOTA COMMUNITIES