



Community Services

Evidence-Based Health Promotion Training

Presented By:
Multnomah County

ADVSD, Community Services

Today's Agenda

Intro

Welcome
Introductions

Training

Training

- **Overview**
- **Programs**
- **Standards and Program Requirements**
- **Data Collection and Reporting**

Q&A

Questions and Answers



Welcome

Please take a moment to introduce yourself in the chat.

- Your Name
- Your Pronouns
- Your Organization



Good Afternoon

Evidence Based Health Course Planning

Course Selection

Instructor

Outreach

Support



Evidence-Based Health Promotion

Health promotion is the process of enabling people to increase control over, and to improve, their own health.

Goals of Health Promotion:

- Prevent occurrence of disease.
- Stop progress and reduce consequences of disease once established.
- Improve the quality of life
- Reduce healthcare expenses
- Empower older adults and people with disabilities



Stanford Chronic Disease Self Management Program

This workshop provides support for normal daily activities and dealing with the emotions that chronic conditions may bring about.

Goal:

Provide tools for living a healthy life with chronic health conditions, including:

- ★ Diabetes
- ★ Arthritis
- ★ Asthma
- ★ Heart Disease

Duration:

Living Well with Chronic Conditions (LWCC)

- ★ Six (6) Week Workshop
- ★ One session per week



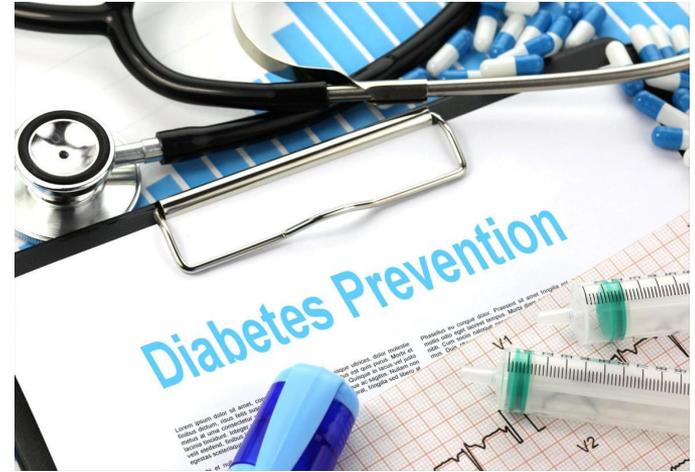
Diabetes Prevention Program

Goal:

- Provides education and tools for lifestyle changes in people with prediabetes, to reduce their chances of developing Type 2 Diabetes

Duration:

- One (1) year
- Several in-person sessions that discuss food and lifestyle changes.
- 16 weekly sessions plus
- 6 monthly post-core sessions



Tai ji Quan: Moving for Better Balance and Arthritis Tai Chi

Common Benefits:

- increased strength & flexibility; improved balance;
- fewer falls; less stress

Duration:

- Classes meet 2-3 times per week throughout the year

Outcome:

- Decreased falls
- Decreased fear of falling



Arthritis Foundation: Walk with Ease

The Walk with Ease course was specifically developed for adults with arthritis who want to be more physically active, but is also appropriate for people without arthritis, particularly those with diabetes, heart disease and other chronic conditions, who want to get more active.

Sessions Include:

- Socialization time
- Health education
- Warm up and
- 10-35 minute walking period
- Cool down

Duration:

- 12-15 people
- Six (6) week program
- One (1) hour sessions held three (3) days a week



Arthritis Foundation Exercise

This program was developed by physical therapists specifically for people with arthritis or related conditions, although are also appropriate for other frail or deconditioned older adults.

Goal:

- Offer low-impact exercises that can be done sitting or standing to help relieve stiffness and pain.
- Build strength and stamina

Duration:

- Classes offered 2-3 times per week for sixteen (16) weeks.



Powerful Tools for Caregivers

This program was developed by Legacy Caregiver Services and focuses on the needs of the caregiver, and is for family and friends who are caring for older adults suffering from stroke, Alzheimer's, Parkinson's disease or similar long-term conditions.

Goal:

- Provide participants with skills and confidence to better care for themselves while caring for others.

Duration:

- Six (6) week education program
- 90 minutes per week



Savvy Caregiver

Developed at the University of Minnesota, the program focuses on helping caregivers think about their situation objectively and providing them with the knowledge, skills, and attitudes they need to manage stress and carry out the caregiving role effectively.

Duration:

- 12-hour training program
- Two (2) hours sessions over a six (6) week period.



Program Requirements

Standards and Program Requirements

- | | | |
|---|---|--|
| ★ Programs provided must be recognized as Tier I or II Evidence Based Programs. | ★ Participant attendance must be recorded and tracked | ★ Partners must have a system to conduct fidelity checks |
| ★ Instructors must be qualified, trained, certified, or experienced, and able to pass a Criminal Background Check | ★ Participant progress and/or outcomes must be recorded and tracked | ★ Provide in-kind support |
| | | ★ Conduct marketing to promote health promotion programs |



Data Collection and Reporting

Staff will track and record the following information in the State's Compass Database System:

<https://www.compasshp.org/about>

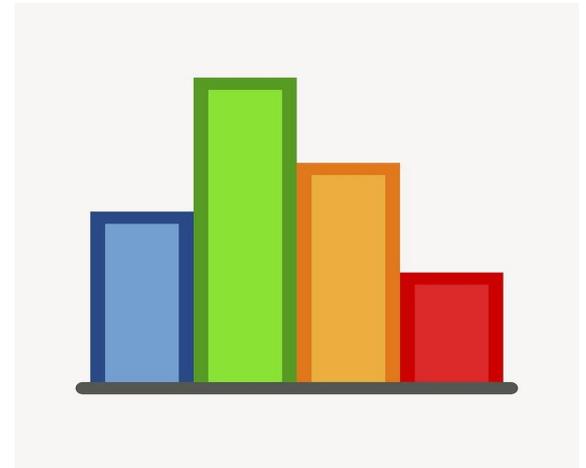
Contact: Tscholl@comagine.com

County contacts: joanne.oconnell@multco.us and fern.dalton@multco.us

DATA

- Courses
- Attendance records
- Progress and Outcomes

Any data not captured in Compass **must** be sent monthly to ADVSD via an Excel Spreadsheet





Questions?

