



**Healthy Living
for ME**


**Improving Patient Activation through
Evidence Based Self-Management Programs**

Presented by Kristin Overton, MBA & Nate Miller, LMSW

www.healthylivingforme.org


Overview


- Health status review
- Determinants of health
- Evidence-based programs and health outcomes
- How Healthy Living for ME promotes evidence-based programs




Presentation Outline

- Goals/objectives
 - Increase understanding of our health status
 - Understand determinants of health
 - Learn about evidence-based and self-management programs
 - Learn how Healthy Living for ME promotes evidence-based programs
- Next steps/contact






Healthy Living for ME




spectrum generations



SeniorsPlus


• Healthy Living for ME is a collaboration between SeniorsPlus and Spectrum Generations. This presentation was supported in part by cooperative agreements, No. 90CS0064-01-00 & No. 90FP0022-01-00, from the Administration on Aging (AoA), Administration for Community Living (ACL), U. S. Department of Health and Human Services (DHHS). Grantees carrying out projects under government sponsorship are encouraged to express freely their findings and conclusions. Therefore, points of view or opinions do not necessarily represent official AoA, ACL, or DHHS policy.



Health

Age as a number is not nearly as important as health. You can be in poor health and be pretty miserable at 40 or 50. If you're in good health, you can enjoy things into your 80's.

-Bob Barker



U.S. Health Care Ranks Last Among Wealthy Countries

Overall Health Care Ranking



Country	Ranking (Low to High)
U.K.	1
SWITZERLAND	2
SWEDEN	3
AUSTRALIA	4
GERMANY	5
THE NETHERLANDS	6
NEW ZEALAND	7
NORWAY	8
FRANCE	9
CANADA	10
U.S.	11



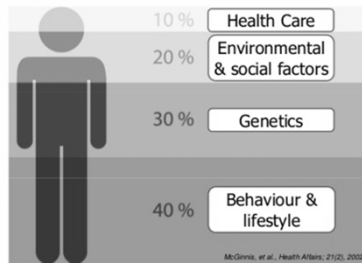
America's Health Rankings

■ 1 to 10 ■ 11 to 20 ■ 21 to 30 ■ 31 to 40 ■ 41 to 50 □ not ranked



Healthy Living
for All

What Effects our Health?



McDonnell, et al., Health Affairs, 27(12), 2008

Healthy Living
for All

How Can We Improve Health?

- Despite worse performance on health indicators, the United States is one of the highest spenders on health care, largely medical care.
- The United States also stands out from other countries by spending less on social services (including education).
- Decades of research emphasize the importance of social services on health outcomes.

Healthy Living
for All

Why Education?

- Substantial evidence shows that education is a causal factor on determinants of health like preventative activities and health behaviors.
- Education is often thought of as linear, expensive and traditional.
- Evidence-Based Education is researched and proven to meet the specific health improvement goals that it addresses.



Evidence Based Self-Management Programs


- **What is an evidence-based health & wellness program (EBP)?**
 - Based on rigorous study & research
 - Proven reliable and consistent health outcomes
 - Tested models translated into effective programs
- **Community-based programs**
 - Peer leaders
 - Results fidelity
 - Meet the participant where they are
 - Community partnerships

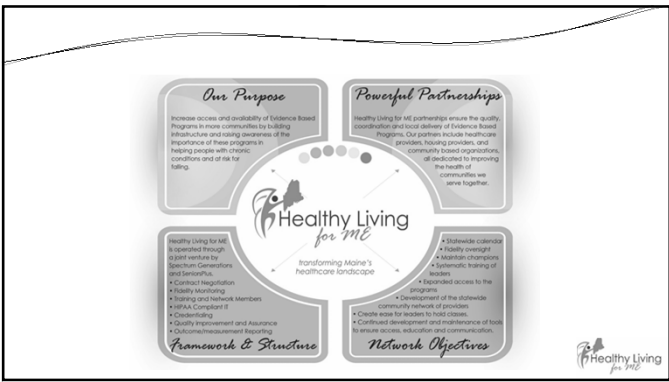




Evidence-Based Programs

- Chronic Disease:
 - Chronic Disease Self-Management Program
 - Living Well for Better Health
 - Chronic Pain Self-Management Program
 - Living Well with Chronic Pain
- Diabetes:
 - Diabetes Self-Management Program
 - Living Well with Diabetes
 - National Diabetes Prevention Program
- Falls Prevention:
 - Matter of Balance
 - Tai Chi for Arthritis
 - Tai Chi for Health & Balance
 - Enhance@Fitness
- Caregiving and Planning:
 - Savvy Caregiver
 - Respecting Choices®





Essential Functions

Sales and Marketing


Contract Negotiation

Billing

Pricing

Accreditation

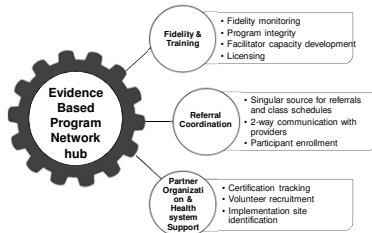
Licensed Oversight



Essential Functions Continued



A Coordinated State-Wide Network



Offering a **centralized resource** connecting course leaders and participants through a network showcasing all evidence-based programs offered **throughout Maine**



More Information

- WWW.HEALTHYLIVINGFORME.ORG
- info@healthylivingforme.org
- Toll Free: 1-800-620-6036



[illegible]