California Healthier Living Coalition
Annual In-Person Meeting

Wednesday, November 14, 2012
10:00 am to 4:00 pm

Sheraton Los Angeles Downtown Hotel
Room California A (Ballroom Level)
711 South Hope Street, Los Angeles, CA 90017
Welcome!

& Introductions
Meeting Agenda

- CA Department of Aging & Department of Public Health Partnership
- New AoA Grant
- Introducing the www.cahealthierliving.org website
- Training Plan for CDSMP Updated Curriculum
- Healthier Living Alumni Community Project Advantages to Collaboration & Lessons Learned
- Focus Group Findings and Technical Assistance Update
- Healthier Living Coalition Visioning & Small Group Discussions/Report Out
- Closure & Evaluation
Overview of Aging & Public Health Partnership
California CDSMP

Since January 2010:
10,373 served
7,172 completed
Grant History

California Department of Aging
- U.S. Administration on Aging Evidence-Based Disease Prevention Initiative
- Communities Putting Prevention to Work: Chronic Disease Self-Management Program Initiative, (ARRA)

California Department of Public Health
- Centers for Disease Control and Prevention: State Public Health Approaches to Improving Arthritis Outcomes
- Community Transformation Grant (ACA)
- State Public Health Approaches to Improving Arthritis Outcomes Grant
California’s Organizational Structure

CDA

CDPH

Partners in Care Foundation

Healthier Living Coalition

Los Angeles
- AAA
- Public Health
- Other CBOs

San Diego
- AAA
- Public Health
- Other CBOs

Orange
- AAA
- Public Health
- Other CBOs

San Francisco
- AAA
- Public Health
- Other CBOs

Napa/Solano
- AAA
- Public Health
- Other CBOs

Sonoma
- AAA
- Public Health
- Other CBOs

Additional Counties
- AAA
- Public Health
- Other CBOs

Public Health Network
Expanded Future Collaboration

CDA Statewide Evidence-Based Program Steering Committee

CDPH Grantees

California Healthier Living Coalition

Will include:
All counties funded either by CDA or CDPH &
Other partners involved and committed to these programs
Coalition Mission

To support agencies planning or actively involved in implementing evidence-based programs for people with chronic disease
A new name in recognition of the Steering Committee’s expanding organizational membership and cross-departmental state leadership.

- Continuing Goals:
  - Identify & include other counties/organizations already involved in/seeking to establish CDSME programs;
  - Leverage limited grant resources most efficiently;
  - Effectively support counties;
  - Provide statewide leadership; and
  - Create a dynamic community of collaborative learning among CDSME organizations throughout the state

- New Work Groups to focus more strategically on sustainability, fidelity/quality assurance, & outreach to ethnically diverse communities
Health inequities due to social circumstances are reflected in differences in length or quality of life; rates of disease, disability, and death; and access to treatment or services that support health. For our purposes, this workgroup will focus on the health equity domain of access and increasing access to (or the reach of) evidence based programs that support health. This could include developing culturally appropriate outreach materials and promising practices to increase workshop accessibility and enrollment for adults who are ethnically diverse, low-income, have limited English or are non-English speaking.

This workgroup will focus on QA and Fidelity for CA. This includes an ongoing system for describing, measuring, and evaluating program delivery to ensure that participants receive effective, quality services and program goals are met. The ideal QA Plan addresses 1) continuous quality improvement and 2) program fidelity.

This workgroup will focus on a sustainability framework for evidence-based programs in CA that focuses on six components for sustainability- (1) Partnerships, (2) Infrastructure and Delivery System, (3) Financing, (4) Marketing, (5) Quality Assurance, and (6) Policy Action.
AoA 2012 Grant
The acronym, CDSME programs, is being used as an *umbrella term* that refers to the:

- Stanford model Chronic Disease Self-Management Program
- Other Stanford self-management programs, and
- Other non-Stanford evidence-based chronic disease self-management education programs.
Goals:

- Significantly increase the number of older/younger adults with disabilities participating in CDSME programs

- Strengthen and expand an integrated, sustainable CDSME program delivery system within California
Grant Outcomes

• Implement/expand the CDSMP programs availability in rural areas while achieving deeper penetration in densely populated counties

• Sustain the statewide infrastructure to adequately support program expansion into more areas, while maintaining program fidelity

• Conduct outreach activities to ensure 9,189 completers
Grant Objectives

- Implement/expand CDSMP workshops in 10 counties that are home to over 48% (3.6 million) of the state’s seniors and younger adults with disabilities
- Provide TA to these counties, as well as organizational networks adopting the CDSME programs
- Monitor and evaluate the process and outcomes to ensure program fidelity
- Share resources, lessons learned and promising practices with these counties and networks
- Disseminate findings to influence statewide program adoption
Target Population

Older and younger adults with disabilities who are:

- Low income
- Ethnically diverse
- Limited/non-English speaking
- Medi-Cal eligible
- Native Americans
- Veterans
Building Program Synergy
CDSMP + Physical Activity Programs

CDA & CDPH join to endorse and promote Healthier Living and physical activity programs!

Encouraging:

- Strong local adoption & partnerships
- Pilot project with Arthritis Foundation (AF)
- AF and AAAs now making cross referrals
- CTG funded counties encouraged to collaborate locally
- CDA & CDPH grant requirements emphasize local cross referrals
- Expanded local offerings of evidence-based programs
Funded Counties

Solano
Sonoma
San Francisco
San Diego
Orange
Napa
Los Angeles

Three Mini-Grantees in smaller, rural counties
(to be identified)
Questions?
Public Health Update
Four Public Health Domains

- Domain 1: Epidemiology and Surveillance
- Domain 2: Environmental approaches to support and reinforce healthful behaviors
- Domain 3: Health system interventions to improve the effective delivery and use of clinical and other preventive services
- Domain 4: Strategies to improve community-clinical linkages
PH Funding for Evidence Based Programs

- California Heart Disease and Stroke Prevention Program
  - Through June 30, 2012 (awaiting an FOA)

- California Arthritis Partnership Program
  - June 30, 2012 – June 28, 2017

- Community Transformation Grant
Community Transformation Grant

Total Funding for California = $22.3 M
Questions?
www.CAHealthierLiving.org
A Website for Evidence-Based Interventions
CA Evidence-Based Programs

**Self-Management Programs**
- Healthier Living (CDSMP)
- Tomando Control de su Salud
- Diabetes Self-Management Program
- Tome Control de su Diabetes
- Arthritis Self-Management Program
- Programa de Manejo Personal de la Artritis

**Physical Activity Programs**
- Arthritis Foundation Walk With Ease – Group
- Arthritis Foundation Walk With Ease – Self Directed
- Arthritis Foundation Exercise Program
- Arthritis Foundation Aquatic Program
- EnhanceFitness

**Fall Prevention and Other Support Programs**
- Matter of Balance
- Savvy Caregiver
- Cuidando Con Respeto
- Powerful Tools for Caregivers

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Self-Management Programs

Living your best life means not letting arthritis, diabetes, high blood pressure, high cholesterol, or smoking hold you back. Self-management program workshops help you learn techniques and strategies on how to manage your chronic health condition everyday. Available in English and Spanish.

Developed by Stanford University, evidence-based self-management programs meet 2 ½ hours once a week for 6 weeks. Program workshops are facilitated by two trained leaders and held in a variety of community settings. Program workshops are highly interactive and focus on support, sharing, skill development, and building confidence to manage a chronic health condition. Programs will not conflict with existing programs or treatment. For self-management resources, such as journal articles, fact sheets, video clips, and issue briefs please see below.

- Healthier Living – Chronic Disease Self-Management Program (CDSMP)
- Tomando Control de su Salud (Spanish CDSMP)
- Diabetes Self-Management Program (DSMP)
- Tome Control de su Diabetes (Spanish DSMP)
- Arthritis Self-Management Program (ASMP)
- Programa de Manejo Personal de la Artritis (Spanish ASMP)

Program availability varies by County. Please visit your County’s page for program offerings and schedule.
California Healthier Living

Physical Activity Programs

Physical activity programs provide support, information, and resources to help you succeed in making physical activity a part of your everyday life and improve your overall health. If you prefer doing physical activity on your own, there is a self-led walking program to help. For physical activity resources, such as journal articles, fact sheets, video clips, and participant success stories, please see below.

- Walk With Ease: Group
- Walk With Ease: Self – Led
- EnhanceFitness
- Arthritis Foundation Exercise Program
- Arthritis Foundation Aquatic Program

Program availability varies by County. Please visit your County's page for program offerings and schedule.

Walk with Ease – Group Program

*Walk with Ease*, a program of the Arthritis Foundation, is designed for people with arthritis and also those without arthritis that would like to begin a regular walk program. *Walk with Ease* is a multi-component program that includes walking, health education, stretching and strengthening exercises, and motivational strategies. *Walk with Ease* meets 3 times a week for 6 weeks and is led by a trained leader. *Walk with Ease* benefits include increased physical activity, increased walking distance and speed, decreased pain, and decreased depression. Learn more at [www.arthritis.org/wwe](http://www.arthritis.org/wwe).
California Healthier Living

Self-Management Programs

Resources

Journal Articles
- Patient Self-Management of Chronic Disease in Primary Care
- Chronic Disease Self-Management Program: 2-Year Health Status and Health Care Utilization Outcomes
- Hispanic Chronic Disease Self-Management: A Randomized Community-Based Outcome Trial
- CDC: Self-Management Programs – Sorting Through the Evidence (Executive Summary)

CDC Issue Briefs
- Benefits to offering Self-Management Programs
- Health Care Sector – Encourage Participation in Self-Management Programs

Fact Sheets
- Fact Sheet – Arthritis and Self-Management

Video Clips
- Program Overview
- Empowering Participants to Improve Health
- Fostering Communication and Changing Lives
- Health Recovery
- Making Positive Changes
Search for Local Programs by County

Search

Living your best life means not letting arthritis, diabetes, high blood pressure, or smoking hold you back. Learn tips on how to manage your health conditions by attending a FREE Healthier Living workshop. Healthier Living workshops, developed by Stanford University, are designed to empower you to take small steps to make big life changes.

Search for Local Programs by County
Customize Your County’s Page and Upload Your Programs!

California Healthier Living
Shasta County

Welcome. Shasta County is pleased to offer programs for a Healthier Living. These programs are designed to help you take small steps to make big life changes.

Local program partners include:
- Mercy Medical Center, Dignity Health
- Shasta Community Health Clinic, FQHC
- Redding Rancheria Indian Health Clinic
- Redding Recreation

Select and register for a local program that best fits your interest and schedule. You may register for a program online now or you may call and email your local program coordinator at the contact information provided below.

Questions? For more information, contact:
Megan Johnson at (530) 223-5431 or mjjohnson@co.shasta.ca.us

Healthier Living Workshops
Shasta County Schedule
Customize Your County’s Page and Upload Your Programs!

## Healthier Living Workshops

### Shasta County Schedule

**Healthier Living - Shasta Community Health Center Anderson**

<table>
<thead>
<tr>
<th>Date</th>
<th>October 26, 2012 - November 28, 2012</th>
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</thead>
<tbody>
<tr>
<td>Time</td>
<td>1:00 PM - 3:30 PM</td>
</tr>
<tr>
<td>Location</td>
<td>Shasta</td>
</tr>
<tr>
<td>Notes</td>
<td>To register call Delcie at 246-5953 or Theresa at 246-5806</td>
</tr>
<tr>
<td>Address</td>
<td>Shasta Community Health Center Anderson – 2801 Silver Street</td>
</tr>
<tr>
<td>City</td>
<td>Anderson</td>
</tr>
<tr>
<td>State</td>
<td>CA</td>
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<tr>
<td>Zip code</td>
<td>96007</td>
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<tr>
<td>Contact</td>
<td>246-5953 or 246-5806</td>
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<tr>
<td>Email</td>
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<tr>
<td>Language</td>
<td>English</td>
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</tbody>
</table>

[register now!](#)  [map it](#)
User Experience

CONSUMER PROCESS

Registering for an Event

1. Consumers will choose the “register now!” button underneath the event they are registering for.
2. The form below will pop up for them to fill out.

CONSUMER PROCESS

Registering for an Event cont’d

3. After they choose submit, they will receive the message below in the image on the left and you will receive their info in an email like the image on the right.
County Website Support

Website Tutorial AVAILABLE!

CAHealthierLiving.org
County Manager Admin Doc
Need Website Assistance?

Contact:

Jackie Tompkins
CDPH/California Arthritis Partnership Program
(916) 552 – 9993
jacqueline.tompkins@cdph.ca.gov
CDSMP 2012 Update
Training & Eligibility
Current Status & What to Expect
## Qualifications for Update Trainings

### Active Leaders
(1-Day Update Training)

“Active” means:

- Has facilitated at least one workshop in the previous 12 months; or
- Has taken a refresher training in the previous 12 months

### Active Master Trainers
(Webinar)

“Active” means:

- Co-facilitated a workshop or a Leader training within the past 12 months; or
- Trained as a Master Trainer within the past 12 months

Learn more and Sign-up at:
### Active Leaders
(1-Day Update Training)

**One Day, In-person training**
- 7 hours of instruction
- 9:00 – 5:00pm (w/ breaks and lunch)
- May be divided into 2 half-day trainings, if needed

**Must Bring:**
- Copy of CDSMP License Agreement
- Food Diary (1 weekday, 1 weekend day)
- Two Food Labels
- A “decision” to share & problem solve

**During the Training:**
- Complete one Practice Teaching (assignment provided via email before training)
- Participate in at least one scenario
- Facilitate at least one brainstorm

### Active Master Trainers
(Webinar)

**Three hour webinar**
- Through Stanford ONLY
- $250 Fee (MT Scholarships available through PICF in 2013, based on availability)

**Mandatory Pre-Webinar Homework and Self-Study**
- Self-paced, 2 ½ hours
- Watch videos
- Fill out an observation form
- Turn in at least 2 business days before the webinar session
- Follow email instructions provided by Stanford

*Turning homework in on time is one criterion for successful completion of the update training.*
Who needs to take a NEW Full 4-day Leader Training?

Who?

- CDSMP Leader candidates who have not been trained in CDSMP 2006; or
- Inactive CDSMP Leaders who want to regain active Leader status; or
- Active CDSMP 2006 Leaders who are deemed to need retraining (performance / fidelity issues)
### Stanford Guidelines for Obtaining Certification

#### Active Leaders

**Training:**
- Successful completion of the 4-day Leader Training – or –
- Successful completion of 1-day Update Training for Active Leaders

**Practice:**
- Facilitating one 6-week workshop within 12 months from Training Date (last day of training). Better if this happens within 6 months of Training Date.

#### Active Master Trainers

**Training:**
- Successful completion of the 4.5-day Master Training – or –
- Successful completion of Update Webinar Training for Active MTs

**Practice:**
- Facilitating two 6-week workshop within 12 months from Training Date (last day of training). Return this to Stanford & wait for Certification Notice.
Stanford Guidelines for Retaining Certification

Active Leaders

- Facilitate one 6-week (all six sessions) workshop every year from date 6-week workshop ends. This applies to each program for which Leader is certified.

  Alternative Option:

  - Attend a refresher course (if available locally). *The option of a refresher course should not be used more than once every 2 years.*

Active Master Trainers

- Conduct the first 4-day Leader Training within 18 months of original training

- Every 12 months from certification date, conduct either a 4-day Leader Training or a 6-week series of community workshops. This applies to each program the MT is certified in. Every two years MT must conduct one full Leader Training in one (any) program for which the MT is certified.

  Alternative Option:

  - If inactive in any program for a period of 12 months (no workshops or trainings), MT’s need to be re-trained
The Plan
Statewide Training Calendar

Available online at
www.CAHealthierLiving.org
1-Day & 4-Day Leader Trainings

in collaboration with CDA, CDPH, Partners in Care Foundation
Dignity Health and Kaiser Permanente Southern California
Healthier Living Alumni Community Project Overview

A collaboration between NCOA and DAAS, funded by Broadband Technology Opportunities Program
Focus Group Findings & Technical Assistance Update
Who Participated

Rural Counties
July 23, 2012
- Marin County
- Napa/Solano County
- Sonoma County
- Ventura County

Urban Counties
July 24, 2012
- Alameda County
- Orange County
- San Diego County
- San Francisco County
Urban and Rural Counties

What Characteristics Do They Share in Spreading *Healthier Living*?
## Key Commonalities

<table>
<thead>
<tr>
<th>Reaching Diverse Populations</th>
<th>Leader Recruitment</th>
<th>Most Helpful TA</th>
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<tbody>
<tr>
<td>• Physician Referrals</td>
<td>• Annual Appreciation Events</td>
<td>• Phone support &amp; Problem solving</td>
</tr>
<tr>
<td>• Partnerships with healthcare sector</td>
<td>• Sharing information among leaders</td>
<td>• Learning from other counties</td>
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<tr>
<td>• Leveraging community partnerships</td>
<td>• Challenging to keep Leaders excited and engaged between workshops</td>
<td>• Resources &amp; Materials</td>
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<td></td>
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<td>• Encouragement &amp; Moral support</td>
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<td>• Request for Webinars</td>
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Key Commonalities: Continued

Most Successful Elements of Statewide Initiative

- Coalition meetings, in person & by phone
- Sharing with other counties
- Supporting one another

Elements in QA Plan that would Support Local Efforts

- Standard Fidelity Check system across the state
- Leader Certification & Monitoring process
## Identified Issues and Needs

### Issues
- Participant recruitment & commitment to 2 ½ hours
- Reaching Spanish population
- Community understanding
- Getting data turned in; completed correctly
- Aligning the Process – Leaders Trained; Keep Leaders excited; Recruit enough participants; Refresher training

### Needs
- Local publicity in newspapers
- Information session for Leaders – what we expect from them, what they can expect from us
- Leader Agreement – Leaders are not aware of commitment after training
- Newsletters
- Expansion of Session 0
- On-line sign-up for workshops
Urban

Identified Issues and Needs

**Issues**
- Improved referrals to CDSMP workshops by physician groups
- Translation of manuals
- Insurance coverage for CDSMP
- Leader retention/keeping Leaders busy and interested between classes

**Needs**
- Listserv for Leaders to ask questions and make comments
- Statewide publicity for CDSMP
- Offer trainings regionally; with a calendar listing statewide
- Refresher courses/webinars to help educate Leaders;
- “Duals”/Health plan adoption – sustainability
## Incorporating into Technical Assistance

<table>
<thead>
<tr>
<th><a href="http://www.CAHealthierLiving.org">www.CAHealthierLiving.org</a></th>
<th>Leader Recruitment &amp; Retention</th>
<th>Fidelity</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Online sign-up for workshops</td>
<td>• Refresher Course Curriculum</td>
<td>• Standardized:</td>
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<tr>
<td>• Statewide training calendar</td>
<td>• Webinars:</td>
<td>• Fidelity check form</td>
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<td>• Customizable Community pages</td>
<td>•  <em>Data Forms Training</em></td>
<td>• Training Application</td>
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<td>•  <em>Healthier Living Volunteer Orientation</em></td>
<td>• Fidelity Handout</td>
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<td>•  <em>Keeping to Fidelity</em></td>
<td>• Leader Agreement</td>
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<td></td>
<td>• Volunteer Coordination Toolkit</td>
<td>• Quality Assurance Plan</td>
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<td></td>
<td>• Varied roles for Leaders</td>
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<td></td>
<td>• Leader Database Template</td>
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<td></td>
<td>• Best Practices &amp; Leader Acknowledgement</td>
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*Examples*
## Incorporating into Technical Assistance

<table>
<thead>
<tr>
<th>Outreach</th>
<th>Regional &amp; Individualized TA</th>
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<tbody>
<tr>
<td>• Enhanced Session Zero</td>
<td>• Regular Phone Support &amp; Check-ins</td>
</tr>
<tr>
<td>• Session Zero for Tomando Control de su Salud</td>
<td>• Regional Info-Sharing Calls</td>
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<tr>
<td>• Workgroup for culturally appropriate outreach materials &amp; promising practices</td>
<td>• Webinars: (Examples)</td>
</tr>
<tr>
<td>• Press Release Templates</td>
<td>• 2012 CDSMP Curriculum changes</td>
</tr>
<tr>
<td>• <a href="https://www.CAHealthierLiving.org">www.CAHealthierLiving.org</a> &amp; customizable County webpage</td>
<td>• Outreach to ethnically diverse populations*</td>
</tr>
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<td></td>
<td>• Health Care Sector Collaboration &amp; Physician Referrals*</td>
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<td>• Collaborating with the VA*</td>
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*Examples
Questions?
Healthier Living Coalition
Visioning
1. Get into groups of 4-6 people
2. Select someone to report out for the group
3. Select someone to take notes on the handout (full-page) provided
   *We will collect this paper at the end so please write clearly*
4. Discuss and answer the following:

   **How should the leadership of the coalition be structured?**
   **How should the coalition leadership communicate internally with coalition members and externally?**
1. Get into groups of 4-6 people
2. Select someone to report out for the group
3. Select someone to take notes on the handout (full-page) provided
   *We will collect this paper at the end so please write clearly*
4. Discuss and answer the following:

   How could a Healthier Living Coalition add value to the work you already do?
California Healthier Living Coalition Visioning Activity

1. Get into groups of 4-6 people
2. Select someone to report out for the group
3. Select someone to take notes on the handout (full-page) provided
   *We will collect this paper at the end so please write clearly*
4. Discuss and answer the following:

What three objectives should the coalition achieve in the first year?
Report Out
Health Disparities

Health inequities due to social circumstances are reflected in differences in length or quality of life; rates of disease, disability, and death; and access to treatment or services that support health. For our purposes, this workgroup will focus on the health equity domain of access and increasing access to (or the reach of) evidence based programs that support health. This could include developing culturally appropriate outreach materials and promising practices to increase workshop accessibility and enrollment for adults who are ethnically diverse, low-income, have limited English or are non-English speaking.

Quality Assurance & Fidelity

This workgroup will focus on QA and Fidelity for CA. This includes an ongoing system for describing, measuring, and evaluating program delivery to ensure that participants receive effective, quality services and program goals are met. The ideal QA Plan addresses 1) continuous quality improvement and 2) program fidelity.

Sustainability

This workgroup will focus on a sustainability framework for evidence-based programs in CA that focuses on six components for sustainability- (1) Partnerships, (2) Infrastructure and Delivery System, (3) Financing, (4) Marketing, (5) Quality Assurance, and (6) Policy Action.
Small Group Break Out Sessions
(218) 844-3366 passcode – 061 619 42

Small Group Discussion Topics

1. Where are we now?
2. Where do we want to be?
3. How will we get there?
4. How will we know we are getting there?

Health Disparities

Quality Assurance & Fidelity

Sustainability
Small Group Presentations, Discussion & Feedback

Health Disparities, Quality Assurance & Fidelity, & Sustainability
Take a few moments to reflect on the Coalition Meeting & share with group what you thought of the experience today.

What did you think of the meeting?

How do you feel?

Favorite moment of the meeting?
Thank you!
Contact Info

California Department of Aging
Lora Connolly, MSG
Director, CA Department of Aging
Lora.Connolly@aging.ca.gov
(916) 419-7500

California Department of Public Health
Pamela Ford-Keach, MS
Program Manager
California Arthritis Partnership Program
Pamela.ford@cdph.ca.gov
(916) 552-9916

Jackie Tompkins, MPH, MCHES
Arthritis Coordinator
California Arthritis Partnership Program
Jacqueline.tompkins@cdph.ca.gov
(916) 552-9993

Partners in Care Foundation
Natalie Zappella, MSW, MUP
Director, Health Innovation Programs
nzappella@picf.org
(818) 837-3775 x159

Kathryn Keogh, MPH
Project Manager, Health Innovation Programs
kkeogh@picf.org
(818) 837-3775 x117

Bertha Sandoval
Project Associate, Health Innovation Programs
bsandoval@picf.org
(818) 837-3775 x134