

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

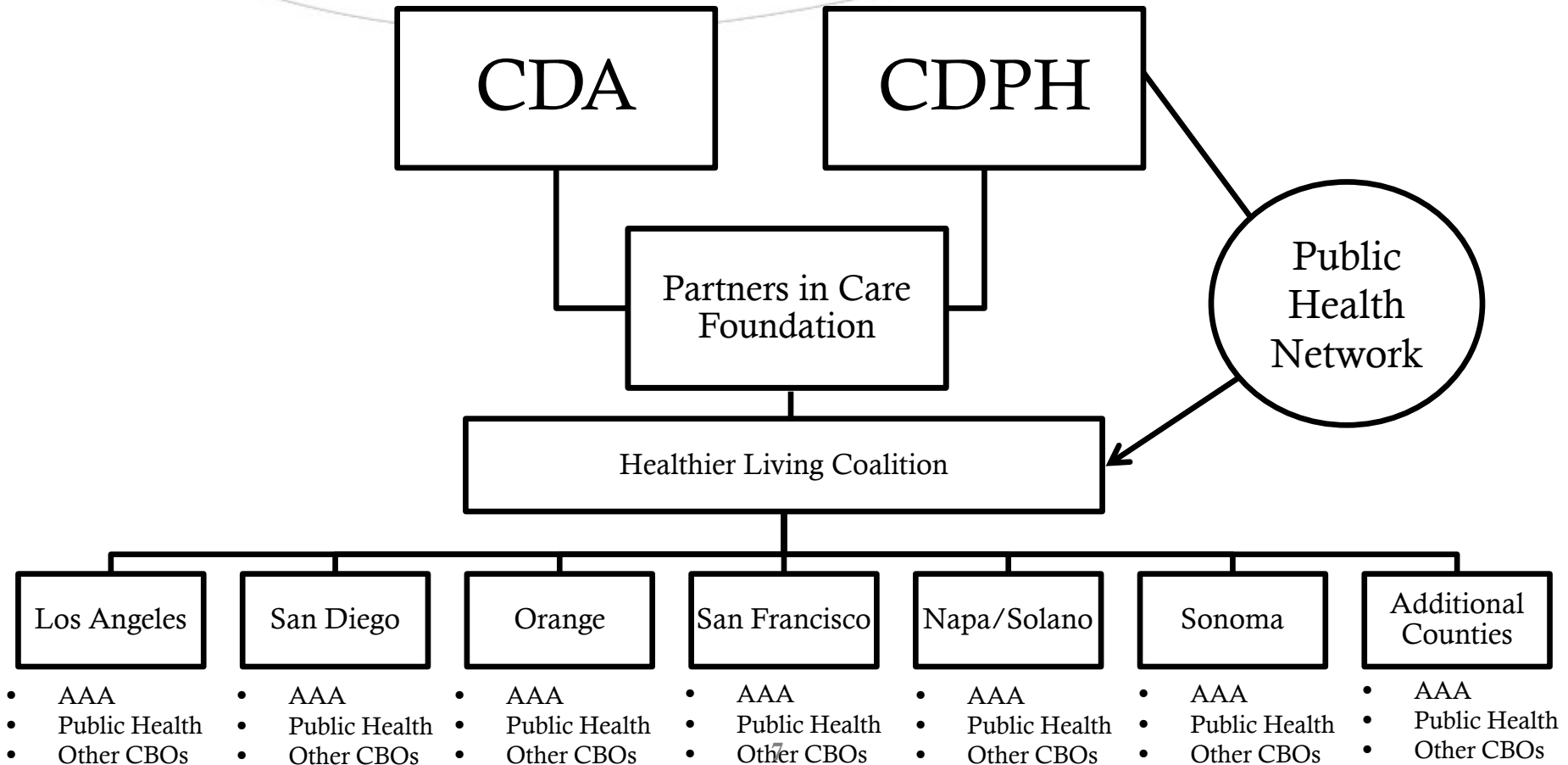
California Department of Aging

- ◆ 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

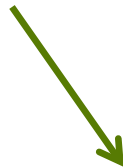
California's Organizational Structure



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



CA Healthier Living Coalition

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

CA Healthier Living Workgroups

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.

AoA 2012 Grant



Chronic Disease Self Management Education (CDSME)

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.

California's CDSME Grant 2012-2015

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**

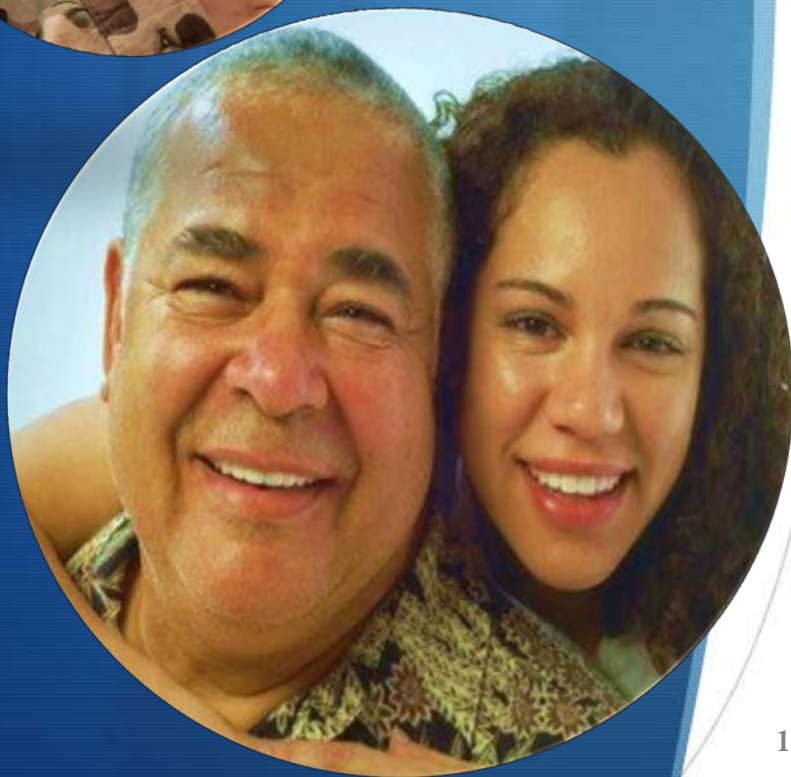
Grant Objectives

- ◆ 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



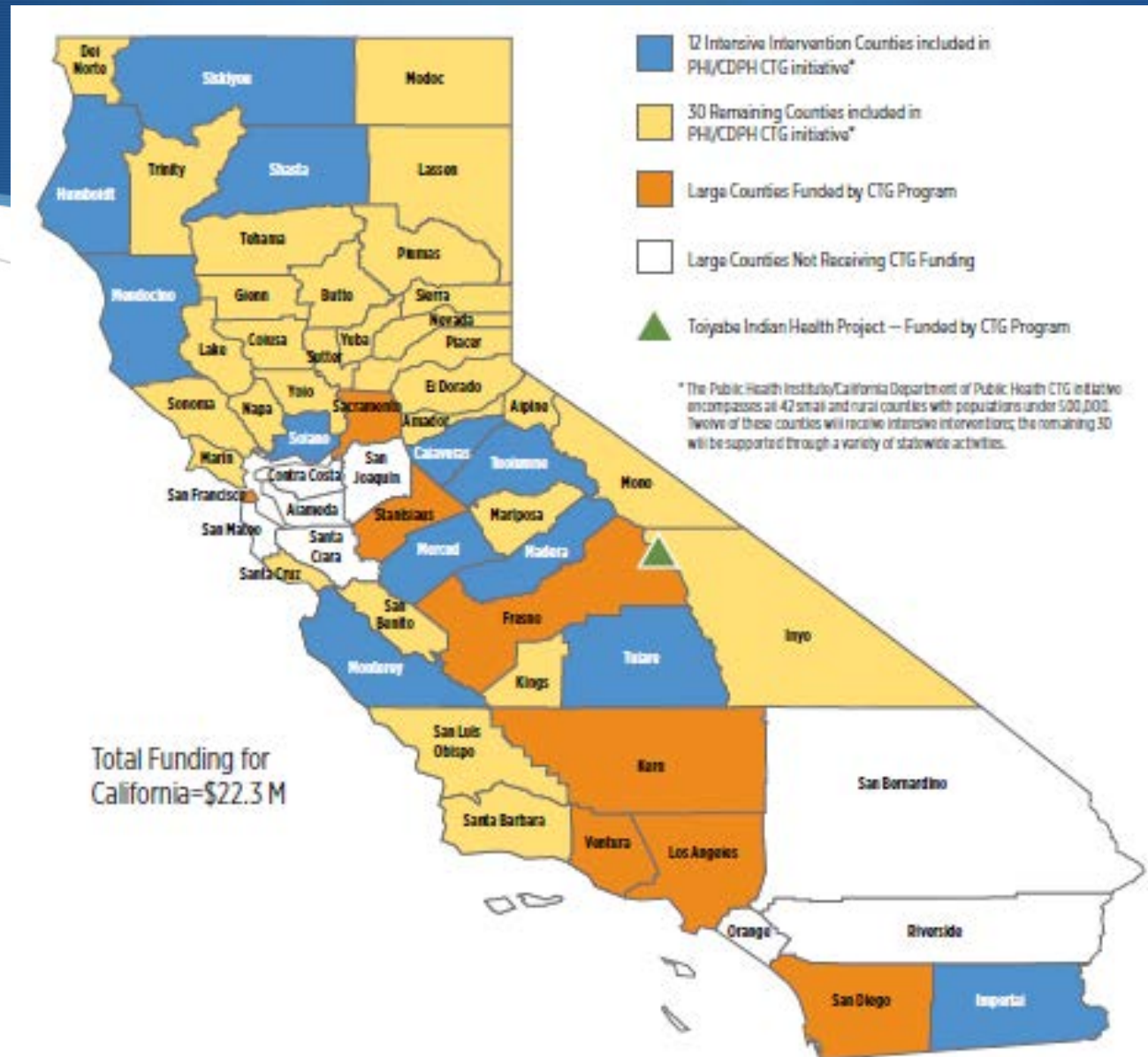
Four Public Health Domains

- ◆ **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

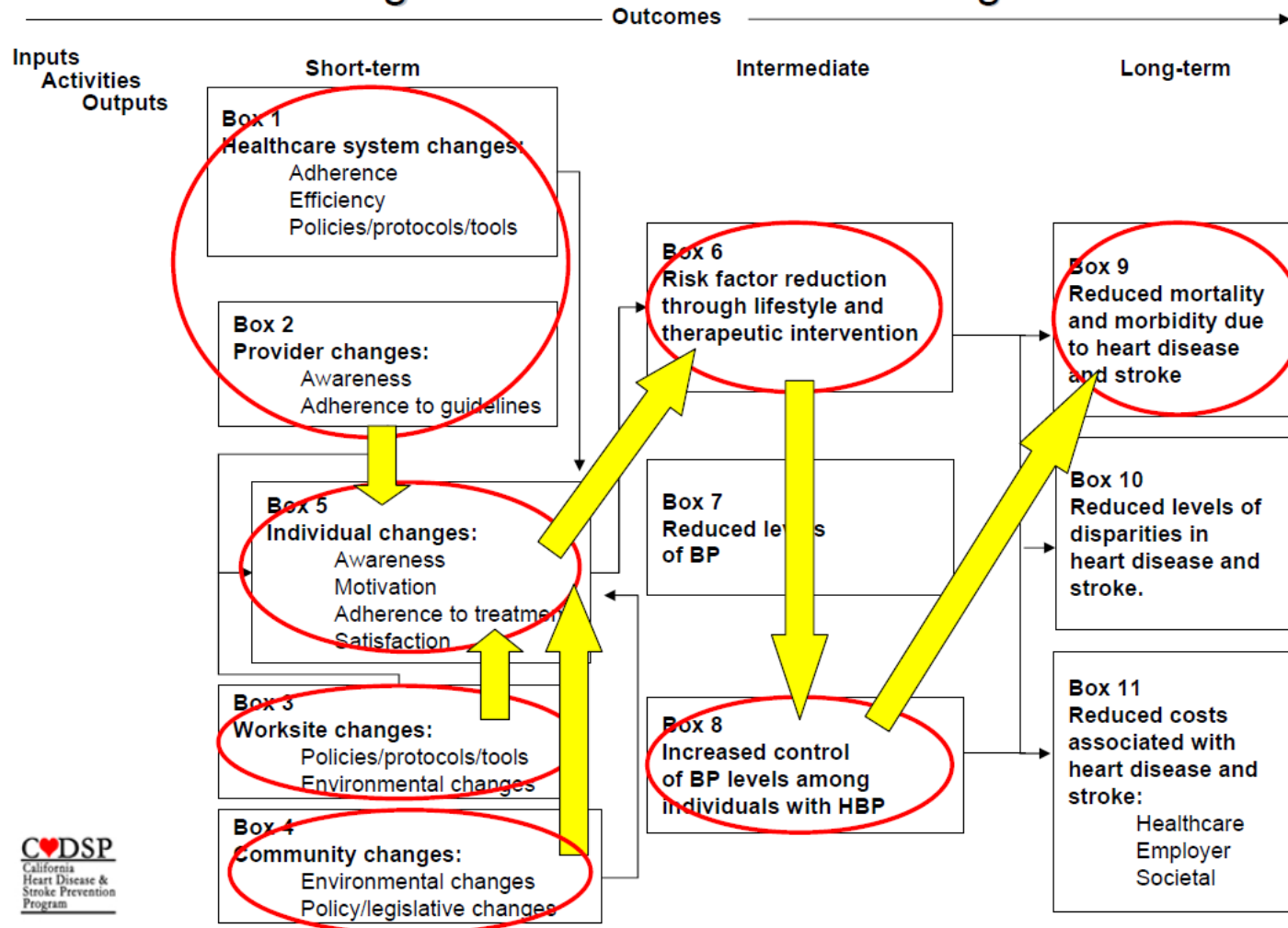
- ◆ California Heart Disease and Stroke Prevention Program
 - ◆ Through June 30, 2012 (*awaiting an FOA*)
- ◆ California Arthritis Partnership Program
 - ◆ June 30, 2012 – June 28, 2017
- ◆ Community Transformation Grant
 - ◆ September 30, 2011 – September 29, 2016

Community Transformation Grant



California Collaborative for Chronic Disease Prevention

CHDSP High Blood Pressure Control Logic Model



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

Home Page

CALIFORNIA
HEALTHIER LIVING

Home Programs Counties Partners About Us

Connect Online   

Living Your Best Life...

What does it mean to you? Live your life to its fullest and sign-up for a self-management program today! Program workshops are designed to empower you to take small steps to make big life changes. [more>>>](#)

FIND PROGRAMS 

TELL A FRIEND 



WORKSHOPS FOR HEALTHIER LIVING
Self-Management

California Healthier Living
Physical Activity Programs
PROGRAMS FOR HEALTHIER LIVING



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. [more](#)

California Healthier Living
Self-Management Programs
WORKSHOPS FOR HEALTHIER LIVING



Self-management program workshops help you learn techniques and strategies on how to manage your chronic health condition every day. Available in English and Spanish. [more](#)

California Healthier Living
Falls Prevention Programs
PROGRAMS FOR HEALTHIER LIVING



Learn more about proven programs for falls prevention and to reduce the fear of falling. [more](#)

Interior Program Pages

California Healthier Living

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 every day. 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.

FIND PROGRAMS 

TELL A FRIEND 

California Healthier Living

Physical Activity Programs

PROGRAMS FOR HEALTHIER LIVING



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.

[more](#)

California Healthier Living

About Us

LIVING YOUR BEST LIFE



Supporting and enhancing statewide access to evidence-based programs for adults with chronic health conditions and disabilities.

[more](#)

California Healthier Living

Fall Prevention Programs

PROGRAMS FOR HEALTHIER LIVING

Interior Program Pages

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.

FIND PROGRAMS 

TELL A FRIEND 

California Healthier Living

About Us

LIVING YOUR BEST LIFE



Supporting and enhancing statewide access to evidence-based programs for adults with chronic health conditions and disabilities.

[more](#)

California Healthier Living

Self-Management Programs

WORKSHOPS FOR HEALTHIER LIVING



Self-management program workshops help you learn techniques and strategies on how to manage your chronic health condition every day. Available in English and Spanish.

[more](#)

California Healthier Living

Falls Prevention Programs

PROGRAMS FOR HEALTHIER LIVING

Interior Program Pages

California Healthier Living

Self-Management Programs

Resources

Journal Articles

- Patient Self-Management of Chronic Disease in Primary Care
- ChronicDisease 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

Healthier Living

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.

Santa Clara

Santa Barbara

San Mateo

San Luis Obispo

San Francisco

San Diego

San Bernardino

Kern (Español)

Sacramento



USER FRIENDLY!

Search for Local Programs by County

Customize Your County's Page and Upload Your Programs!

CALIFORNIA
HEALTHIER LIVING

[Home](#) [Programs](#) [Counties](#) [Partners](#) [About Us](#)

Connect Online   

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) 229-8431 or mjohnson@co.shasta.ca.us

Healthier Living Workshops

Shasta County Schedule

[FIND PROGRAMS](#) 

[TELL A FRIEND](#) 

California Healthier Living

Physical Activity Programs

PROGRAMS FOR HEALTHIER LIVING



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. [more](#)

California Healthier Living

Walk with Ease

A PROGRAM OF THE ARTHRITIS FOUNDATION



Shasta County is pleased to offer Walk with Ease programs to community members. This evidence-based, 6-week walking program provides tools to develop a walking plan, stay motivated, manage pain, and learn how to exercise safely and comfortably. Check out these local stories. [more](#)

Customize Your County's Page and Upload Your Programs!

Healthier Living Workshops

Shasta County Schedule

Healthier Living - Shasta Community Health Center Anderson

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

[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.

Healthier Living Workshop - NEW Redding Location! Shasta Family YMCA

Date: October 9, 2012 - November 13, 2012
Time: 9:30 AM - 12:00 PM
Location: Shasta
Notes: Sign up here online or call 229-8431
Address: Shasta Family YMCA/Conference Room
1155 N. Court Street
City: Redding
State: CA
Zip code: 96001
Contact: 229-8431
Email:
Language: English

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

Healthier Living Workshop - NEW Redding Location! Shasta Family YMCA

Name:
Email:
Contact No:
Message:

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 e-mail like the image on the right.

Thank you for contacting us. We will get back to you soon.

Event Name: Healthier Living Workshop - NEW Redding Location! Shasta Family YMCA
Email from: jone doe
Message:
Thanks
CALIFORNIA HEALTHIER LIVING

[Click here to Reply or Forward](#)

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:

<http://patienteducation.stanford.edu/updatetraining/>

Preparing for Update Trainings

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

Reaching Diverse Populations

- Physician Referrals
- Partnerships with healthcare sector
- Leveraging community partnerships

Leader Recruitment

- Annual Appreciation Events
- Sharing information among leaders
- Challenging to keep Leaders excited and engaged between workshops

Most Helpful TA

- Phone support & Problem solving
- Learning from other counties
- Resources & Materials
- Encouragement & Moral support
- Request for Webinars

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

Rural

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

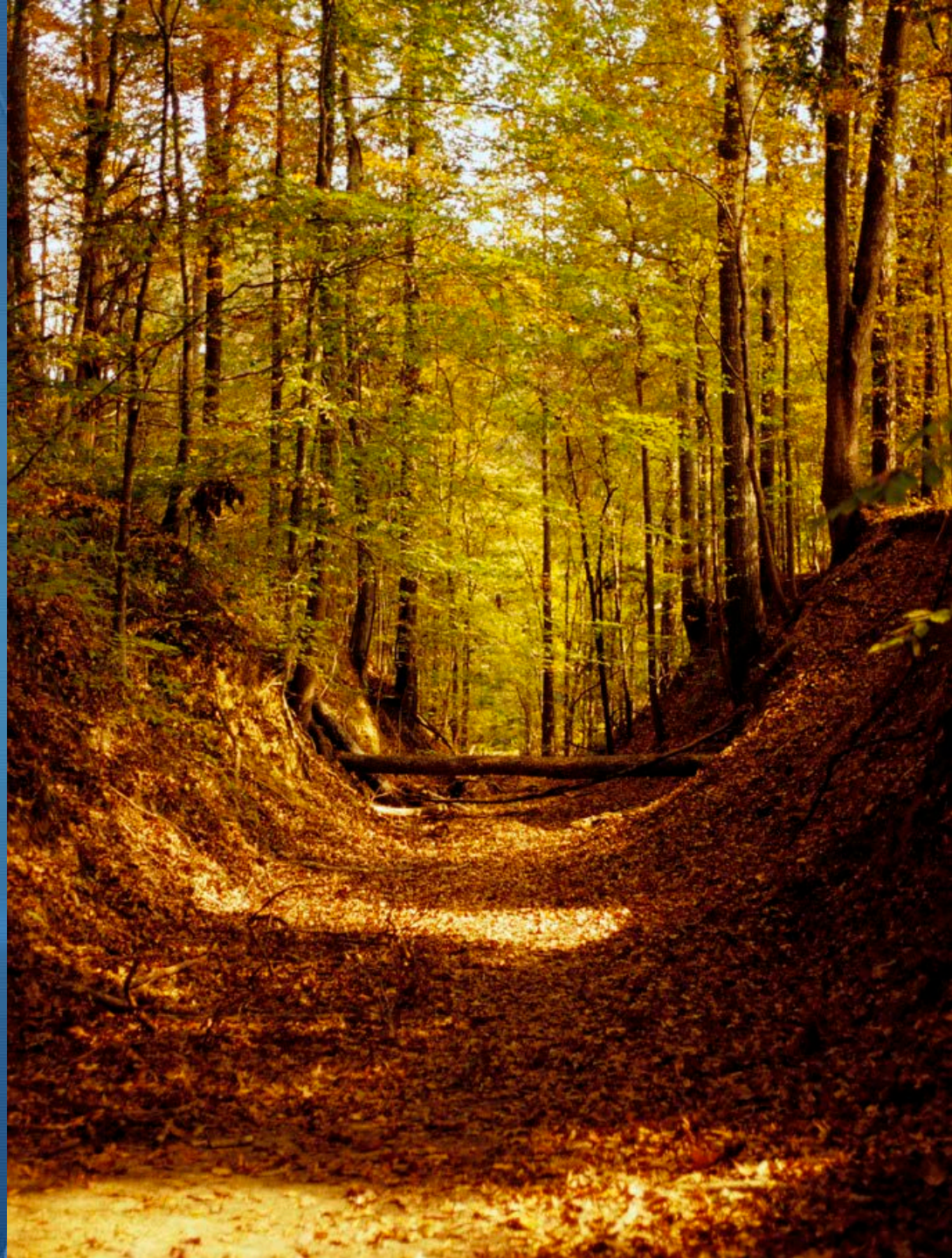
Incorporating into Technical Assistance

www.CAHealthierLiving.org	Leader Recruitment & Retention	Fidelity
<ul style="list-style-type: none"> • Online sign-up for workshops • Statewide training calendar • Customizable Community pages 	<ul style="list-style-type: none"> • Refresher Course Curriculum • Webinars: <ul style="list-style-type: none"> • <i>Data Forms Training</i> • <i>Healthier Living Volunteer Orientation*</i> • <i>Keeping to Fidelity*</i> • Volunteer Coordination Toolkit <ul style="list-style-type: none"> • Varied roles for Leaders • Leader Database Template • Best Practices & Leader Acknowledgement 	<ul style="list-style-type: none"> • Standardized: <ul style="list-style-type: none"> • Fidelity check form • Training Application • Fidelity Handout • Leader Agreement • Quality Assurance Plan

Incorporating into Technical Assistance

Outreach	Regional & Individualized TA
<ul style="list-style-type: none">• Enhanced Session Zero• Session Zero for Tomando Control de su Salud• Workgroup for culturally appropriate outreach materials & promising practices• Press Release Templates• www.CAHealthierLiving.org & customizable County webpage	<ul style="list-style-type: none">• Regular Phone Support & Check-ins• Regional Info-Sharing Calls• Webinars: (Examples)<ul style="list-style-type: none">• <i>2012 CDSMP Curriculum changes</i>• <i>Outreach to ethnically diverse populations*</i>• <i>Health Care Sector Collaboration & Physician Referrals*</i>• <i>Collaborating with the VA*</i> <p style="text-align: right;"><i>*Examples</i></p>

Questions?



Healthier Living Coalition

Visioning



California Healthier Living Coalition Visioning Activity

(218) 844-3366 passcode – 061 619 42

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?

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:

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



Small Group Break Out Sessions

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

Health Disparities

Quality Assurance
& Fidelity

Sustainability

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?

Small Group Presentations, Discussion & Feedback

Health Disparities,
Quality Assurance & Fidelity,
& Sustainability



Closure & Evaluation

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