CALIFORNIA HEALTHIER LIVING

www.CAHealthierLiving.org

A Website for Evidence-Based Interventions

Questions?
jacqueline.tompkins@cdph.ca.gov
healthierliving@cdph.ca.gov

Webinar Objectives

LEARN:

- ♦ How to navigate the <u>www.CAhealthierliving.org</u> website
- How the <u>www.CAhealthierliving.org</u> website can support local evidence-based program efforts
 - How to customize your County webpage
 - How to upload your County's evidence-based program schedule/offerings

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**

Partners

About Us

Leader Trainings

Connect Online 📳 🛜 📉







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





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.

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.

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.

Leader Trainings

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Leader Trainings

Make a difference! Be a Program Leader!

You can help people in your community better manage their chronic health condition and disability by leading evidence-based physical activity, self-management, falls prevention, and caregiver support programs.

Opportunities exist to become program leaders in the various healthier living programs. Please see the leader training schedule below. For additional information, please email us at: healthierliving@cdph.ca.gov

Program: Healthier Living (Chronic Disease Self-Management Program)

Date: May 13, 14 & May 20, 21 2013 (full 4-day training)

Location: Siskiyou County

Type: New Leader Training

Location: Calveras County

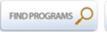
Language: English

Contact Information: Jackie Tompkins - (916) 552-9993 or Jacqueline.Tompkins@cdph.ca.gov

Program: Healthier Living (Chronic Disease Self-Management Program)

Date: May 16, 17 & May 22, 23 2013 (full 4-day training)

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California Healthier Living

Physical Activity Programs

PROGRAMS FOR HEALTHIER LIVING



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Falls Prevention Programs

Internal Program Pages

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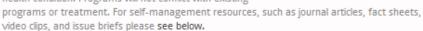




Self-Management Programs

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 every day. Available in English and Spanish.

Developed by Stanford University, evidence-based selfmanagement programs meet 2 1/2 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



- 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

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 vour overall health.

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.

Customize Your County's Page and Upload Your Programs!

CALIFORNIA **HEALTHIER LIVING**

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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:

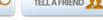
Megan Johnson at (530) 229-8431 or mljohnson@co.shasta.ca.us

Healthier Living Workshops

Shasta County Schedule



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.

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 evidencebased, 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



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California Healthier Living

Humboldt County

Welcome. Humboldt County is pleased to offer the chronic disease self-management workshops. locally called Our Pathways to Health. These workshops are designed to help you take small steps to make big life changes.

Developed by Stanford University, these evidencebased self-management workshops are a mixture of health education and peer support that have been implemented around the world for over 20 years. The workshops meet 2 1/2 hours once a week for 6 consecutive weeks. Workshops are facilitated by two trained leaders and are held in a various locations around Humboldt County. They are highly interactive and focus on support, sharing, skill development, and building confidence to manage a chronic health condition.

Please visit our websites listed below. There you can see the upcoming schedule, register for an Our Pathways to Health workshop, and be connected to other resources.

www.OurPathways.org

www.AligningForcesHumboldt.org

Questions? For more information, contact:

Michelle Comeau at (707) 445-2806 extension 4 michelle@aligningforceshumboldt.org



Aligning Forces | Improving Health & Health Care in for Quality | Communities Across Humboldt County

An initiative of the California Center for Rural Policy and the Robert Wood Johnson Foundation.







California Healthier Living

Physical Activity Programs

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Learn more about proven programs for falls prevention and to reduce the fear of



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Sample #1 Register Button – default setting

Healthier Living Workshops

Los Angeles County Schedule

2013 - Healthier Living (East Rancho Dominguez Park)

Date: May 21, 2013 - June 25, 2013

Time: 1:00 PM - 3:30 PM
Location: Los Angeles

Notes: Workshop meets Tuesdays (5/21, 5/28, 6/4, 6/11, 6/18 & 6/25)

Address: East Rancho Dominguez Park - 15116 S. Atlantic Bl

City: Compton State: CA Zip code: 90221

Contact: Ejay Vasquez, Partners In Care Foundation

Email: evasquez@picf.org

Language: English

Sample #2
No Register Button

Healthier Living Workshops

Sacramento County Schedule

Healthier Living - Asian Community Center (4/18/13 - 5/30/13)

Date: April 18, 2013 - May 30, 2013

Time: 9:30 AM - 12:00 PM

Location: Sacramento

Notes: FREE! A six-session workshop series: 4/18, 4/25, 5/7, 5/16, 5/23 & 5/30.

Call or email to pre-register.

Address: Asian Community Center – 7375 Park City Drive

City: Sacramento

State: CA Zip code: 95831

Contact: Anna Su: (916) 393-9026 x330

map it

Email: asu@accsv.org

Language: English

register now!

map it

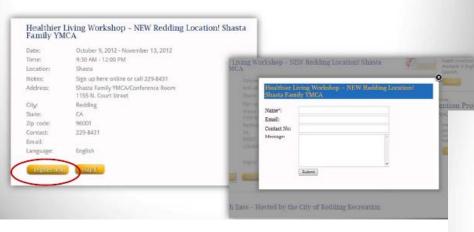
User Experience

CONSUMER PROCESS

Registering for an Event



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



STEP #1 Name and Phone Number required

CONSUMER PROCESS

Registering for an Event cont'd



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.

STEP #2

Workshop Coordinator will an email with name, phone number, and workshop name.

County Website Support

Website Tutorial AVAILABLE!



CAHealthierLiving.org

County Manager Admin Doc

Need Website Assistance?

Contact:

Jackie Tompkins, MPH, MCHES

CDPH/California Arthritis Partnership Program

(916) 552 - 9993

jacqueline.tompkins@cdph.ca.gov

healthierliving@cdph.ca.gov