

CALIFORNIA  
HEALTHIER LIVING

www.CAHealthierLiving.org

A Website for Evidence-Based Interventions

Questions?

[jacqueline.tompkins@cdph.ca.gov](mailto:jacqueline.tompkins@cdph.ca.gov)

[healthierliving@cdph.ca.gov](mailto:healthierliving@cdph.ca.gov)



# Webinar Objectives

## **LEARN:**

- ◆ How to navigate the [www.CAhealthierliving.org](http://www.CAhealthierliving.org) website
- ◆ How the [www.CAhealthierliving.org](http://www.CAhealthierliving.org) 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

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

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



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](#)

# Leader Trainings

*California Healthier Living*

## 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](mailto: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

**Language:** English

**Contact Information:** Jackie Tompkins – (916) 552-9993 or [Jacqueline.Tompkins@cdph.ca.gov](mailto: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)

**Location:** Calveras County

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[more](#)

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[more](#)

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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 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 

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*California Healthier Living*  
**Physical Activity Programs**

PROGRAMS FOR HEALTHIER LIVING



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[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](#)

# 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) 229-8431 or [mjohnson@co.shasta.ca.us](mailto:mjohnson@co.shasta.ca.us)

*Healthier Living Workshops*

**Shasta County Schedule**

FIND PROGRAMS 

TELL A FRIEND 

*California Healthier Living*

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PROGRAMS FOR HEALTHIER LIVING



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*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!

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 evidence-based 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 ½ hours once a week for 6 consecutive weeks. Workshops are facilitated by two trained leaders and are held in 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](http://www.OurPathways.org)

[www.AligningForcesHumboldt.org](http://www.AligningForcesHumboldt.org)

**Questions? For more information, contact:**

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

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

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



FIND PROGRAMS 

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California Healthier Living

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



# Customize Your County's Page and Upload Your Programs!

Sample #1  
Register Button – default setting

Sample #2  
No Register Button

*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](mailto:evasquez@picf.org)  
Language: English

register now!

map it

*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  
Email: [asu@accsv.org](mailto:asu@accsv.org)  
Language: English

map it



# 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](mailto:jacqueline.tompkins@cdph.ca.gov)

[healthierliving@cdph.ca.gov](mailto:healthierliving@cdph.ca.gov)