

A community based effort to affect long term health behavior change, empowerment and knowledge among residents of Orange county

Project description and Goals

Schweitzer Fellow Kira Mengistu improved the health of low income individuals with diabetes and hypertension by leading chronic disease self-management workshops offering patient-centered, participatory and culturally appropriate health education. Using a curriculum based upon the Stanford Chronic Disease Self-Management Program, Kira developed a "Living Healthy" workshop series at UNC Family Medicine and Carrboro Piedmont Health Services.

Project Overview



- Kira led four workshops series throughout the year.
- Each session was 2 ½ hours long for six weeks.
- Each session was co- led by a trained volunteer.
- Five to ten individuals attended each workshop.

Acknowledgements

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Results

Overall, 24 individuals successfully graduated from the six-week workshop. An additional 16 people attended one or more sessions.

Impact was measured by:

- 1) Completion of weekly health oriented action plans
 - **19 graduates completed or partially completed every weekly personalized action plan**
- 2) Patient Activation Measure surveys (pre- and post-workshop)
 - **All 24 graduates reported an increase in one of the following: self-care behavior, information seeking, positive lifestyle behaviors**
- 3) 6-week follow-up on long-term behavior changes
 - **16 graduates have maintained their personalized diet or exercise plans six weeks after the end of the workshop series**

Sustainability

Living Healthy classes will continue to offered. There are now a dozen trained Living Healthy leaders in the area and a new partnership between UNC Family Medicine and the Piedmont Health Services sites. Additionally, Living Healthy is trying to create more of a social media presence to make these classes more publicized and create awareness focusing on chronic disease self-management. A website and Facebook page are under development.