

# Better Choices, Better Health® (Online CDSMP)



UTAH DEPARTMENT OF  
**HEALTH**  
[www.livingwell.utah.gov](http://www.livingwell.utah.gov)

## PROGRAM DESCRIPTION

Better Choices, Better Health® (BCBH), the online Chronic Disease Self-Management Program (CDSMP), originally developed at Stanford University, is a six-week workshop offered online. Classes consist of approximately 25 persons per workshop. BCBH does not require real time attendance (i.e., there are bulletin boards rather than chat rooms).

## PROGRAM BENEFITS

Participants' self-reported measures, one year after completing the workshop, indicate reductions in health distress, pain and disability; an increase in health behaviors, including:

- Aerobic and strength exercises
- Self-efficacy and communication with physician; and
- Reductions in health care utilization, including physician visits, emergency room visits and days spent in hospital.

## WHAT IS PROVIDED TO PARTICIPANTS

Two trained peer facilitators moderate each workshop. Each week, participants are asked to log on at least three times for a total of about two hours. The Learning Center contains the primary content of the workshop, and is where participants learn self-management techniques.

Each week, new content will be made available and past weeks' content will also remain available. The Learning Center is self-directed in that participants can control the speed and timing of their progress. In addition, it includes the following:

- Interactive discussion center
- Tools area for journals, exercise logs, etc.
- Post office for communicating with other class members
- Help area
- *Living a Health Life with Long-Term Conditions* book

## RESOURCES

Visit [www.livingwell.utah.gov](http://www.livingwell.utah.gov) for more information.

## FOR MORE INFORMATION ON THIS PROGRAM

[livingwell@utah.gov](mailto:livingwell@utah.gov)  
1-888-222-2542



## SOURCES

1. National Council on Aging (NCOA), [www.ncoa.org/healthy-aging/chronic-disease/better-choices-better-health](http://www.ncoa.org/healthy-aging/chronic-disease/better-choices-better-health)
2. Self-Management Resource Center (SMRC), [www.selfmanagementresource.com](http://www.selfmanagementresource.com)

## WHY IS THIS IMPORTANT?

- BCBH has undergone several randomized controlled trials to prove its efficacy.
- Published research on the program indicates that the online workshop achieves similar health outcome improvements as the in-person program.
- Participants who attend the 6-week online Better Choices, Better Health® (online CDSMP) program are given a 1-year membership once they complete class. This provides access to all of the program benefits they had access to during the class.

## INFORMATION

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