

Better Choices, Better Health[®] (Online LWCC)



PROGRAM DESCRIPTION

Better Choices, Better Health[®] (BCBH), the online Living Well with Chronic Conditions (LWCC), 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.
- Help area
- *Living a Health Life with Long-Term Conditions* book

RESOURCES

VISIT WWW.LIVINGWELL.UTAH.GOV FOR MORE INFORMATION.

FOR MORE INFORMATION ON THIS PROGRAM

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
2. Self-Management Resource Center (SMRC), 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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Page 12