



Health Homes Sharing Meetings

- September 6 - Watertown
- September 7 - Sioux Falls
- September 20 - Rapid City
- September 28 - Pierre

BCBH-SD INFORMATION

- Who we are & what it is
- Who it's for & how to attend
- Why refer
- Research & Implementation
- Resources
- What are we working on and what are your needs

Make
feeling good
your top
priority



A WELLNESS
CLASS FOR EVERYONE



BETTER CHOICES, BETTER HEALTH SOUTH DAKOTA TEAM

STAFF	TITLE	LOCATION
Lori Oster	Program Director, BCBH-SD	Sioux Falls
Megan Jacobson	Health Promotion Specialist	Mitchell
Nikki Prosch	Physical Activity Coordinator	Brookings
Marcy Harder	Community Service & Volunteer Coordinator	Aberdeen
Samantha Schlaffman	BCBH-SD Community Health Educator	Winner
Macy Heinz	BCBH-SD Community Health Educator	Sioux Falls
Sage Gabriel	BCBH-SD Community Health Educator	Martin
Diane Yeadon	BCBH-SD Community Health Educator	Aberdeen
Rachel Greiner	BCBH Intern	Sioux Falls
Vacant	Bilingual Community Educator	TBD
Michelle Tjeerdsma	Food & Families Director	Brookings

3600 Participants

355 Workshops

234 in-person

121 virtual

63 SD counties



**Certified BCBH
Leader Workforce**

Master Trainers (6)

Lay Leaders (29)

33 *BCBH Advisory Council Members*

Discipline specific stakeholders that provide non-binding strategic advice on outreach and implementation ideas to inform and sustain the BCBH program.

BCBH-SD Vision, Mission, & Values



OUR VISION

Individuals: Empower South Dakotans to achieve optimal wellbeing.

Partners: Establish a synergetic network that provides access and opportunity for improved health.

OUR MISSION

Collectively inspiring people to live their best life.

OUR PURPOSE

Challenge and elevate people to think differently about their health.

MAKE FEELING GOOD YOUR TOP PRIORITY





Better Choices, Better Health-SD workshops are FREE for all South Dakotan adults! Workshop participants living with a variety of health conditions such as arthritis, depression, fatigue and more learn how healthier choices improve quality of life & inspire positive lifestyle changes.

Self-Management Education

CHRONIC CONDITIONS | PAIN
DIABETES | CANCER

- Action Planning
- Managing Difficult Emotions
- Communication Skills
- Making Informed Decisions
- Relaxation Skills
- Nutrition & Physical Activity

PHYSICAL ACTIVITY

WALK WITH EASE | FIT & STRONG!

- Reducing Pain & Discomfort
- Walking Safely
- Preventing Falls
- Strength, Stamina & Stretching

Ways to Join:
In Person | Virtual | Self-Guided

Call 1-888-484-3800 or visit www.betterchoicesbetterhealthsd.org



Self-Management Education

Living with chronic conditions may keep you from doing things in life that you love. Better Choices, Better Health® SD offers chronic disease self-management education workshops designed to bring adults living with different physical and/or mental health conditions and caregivers together to learn new ways to problem solve, create action plans, and manage their health conditions. Workshops are held virtually over Zoom and consist of six weekly sessions; each session is 2 ½ hours.

- **Chronic Conditions.** Designed to help adults and caregivers manage their health and improve their quality of life.
- **Diabetes.** Designed for adults living with pre-diabetes, type-2 diabetes, a family history of diabetes, and caregivers.
- **Pain.** Designed for adults living with everyday pain that impacts daily living and caregivers.
- **Cancer.** Designed for adults living with a cancer diagnosis, whether newly diagnosed or in recovery or remission, and caregivers.

Physical Activity

Physical activity has many health benefits. Even a small amount of regular exercise has preventative and therapeutic benefits and can improve health and mood significantly. The Better Choices, Better Health Physical Activity programs have been designed specifically for older adults with arthritis, but all ages and ability levels are welcome to participate and can find success in programs.

Walk With Ease. Community-based, 6-week walking program designed to engage participants to maintain a successful walking program. Workshops include health education, stretching, and group or self-guided walking. Workshops are offered in separate delivery formats: in-person, self-guided or enhanced self-guided workshop types.

Fit & Strong! designed for adults who want to begin or maintain an active lifestyle. Participants will learn good body mechanics, how to exercise safely, focus on lower-extremity strength, and learn how to improve strength and fitness. Workshops are offered in two separate formats: self-guided delivery and in-person for 8 or 12-weeks.



**Make
feeling good
your top
priority**



A WELLNESS
CLASS FOR



EVERYONE

99% of decisions regarding personal care and health management are made by you

Participants Learn-

1. Self-efficacy
2. Toolbox of Skills
3. Self-Management Tasks
 - ✓ Take care of your health
 - ✓ Carry out normal activities
 - ✓ Manage symptoms

- ✓ 15% improvement in unhealthy physical days
- ✓ 12% improvement in unhealthy mental days
- ✓ 6% improvement on quality of life

Workshop Details

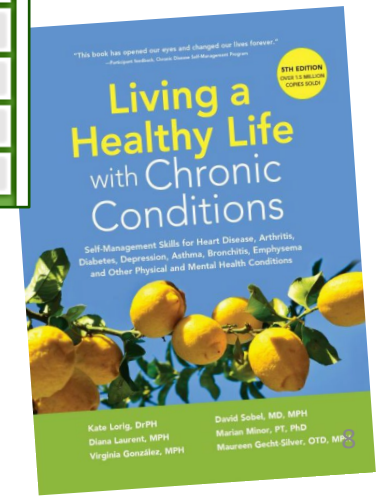
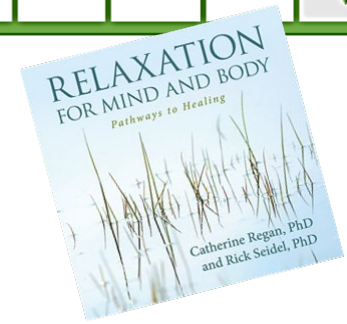
- For adults
- Co-facilitated by 2 trained BCBH-SD leaders
- Small group – 6 weekly 2 ½ hour sessions
- Registration required; referrals encouraged
- For caregivers too

Example: Chronic Disease - Workshop Components Overview	Week					
	1	2	3	4	5	6
Review of self-management and chronic conditions	✓					
Making an action plan	✓	✓	✓	✓	✓	✓
Using your mind to manage symptoms	✓		✓		✓	✓
Feedback / problem solving		✓	✓	✓	✓	✓
Getting a good night's sleep	✓					
Difficult emotions		✓				
Preventing falls		✓				
Fitness / exercise		✓	✓			
Making decisions			✓			
Pain			✓			
Fatigue			✓			
Better breathing				✓		
Communication				✓		
Nutrition				✓	✓	
Medications					✓	
Making informed treatment decisions					✓	
Depression					✓	
Weight management						✓
Working with your health care professionals						✓
Working with your health care system						✓
Future plans						✓

More BCBH-SD Details

- Evidence-based program
- Compliments other health programs
- Medicaid reimbursable
- Companion materials
- May attend more than one/once

To learn more, go to www.betterchoicesbetterhealthsd.org



RESEARCH & IMPLEMENTATION

BETTER CHOICES, BETTER HEALTH SOUTH DAKOTA

A national randomized study shows that participants in CDSME evidence-based workshops experienced improvements in the following goals:

- **BETTER HEALTH:** Improving the health of population (41% improvement in time doing physical activity and 21% improvement in depression symptoms)
- **BETTER CARE:** Improving the individual experience of care (12% improvement in medication compliance and 9% improvement in communication with providers)
- **LOWER HEALTHCARE COSTS:** Reducing the per capita costs of healthcare for populations (\$714 annual savings on health care costs for participants in programs like BCBH-SD)

- ✓ Promote workshops within service area
- ✓ Include referrals as part of routine clinical care
- ✓ Include as a CHNA implementation strategy
- ✓ Train staff/volunteers as workshop leaders
- ✓ Host a workshop in your community



BETTER CHOICES
better health[®]
GOOD & HEALTHY SOUTH DAKOTA COMMUNITIES

Proudest MOMENT!

Kate Lorig at 2017 BCBH SD Conference



“... one of the most special things is what an incredible job this state has done in using all kinds of resources from EXTENSION and the health department and tribal communities. Putting together a truly statewide program- we kind of expect that from bigger states. But you’re doing it so much better... you’re really quite amazing.”

Dr. Kate Lorig, October 5, 2017

SMRC Partner and Developer



BETTER CHOICES

better health[®]

GOOD & HEALTHY SOUTH DAKOTA **COMMUNITIES**

BCBH-SD workshops

provide a proven framework and curriculum, but workshop leaders and participants can choose the format and the skills or activities the group feels will best help them be healthier.

Here are a few personal reflections from some who have attended our workshops:

Steve
DIABETES WORKSHOP
"I lost a daughter to diabetes recently, so I share the diabetes information, like the plate method. I am so impressed with the program and the book. I have shared with community members too."

Dawn
CANCER WORKSHOP
"Five-week action plan: making a ribbon scarf for my niece's graduation."

Deanna
CANCER WORKSHOP
"I really enjoyed the class, it was very fun and very knowledgeable."

Real Results from Indian Country

80% of Diabetes workshop participants reported better quality of life.

80% reported they are encouraging healthy habits and sharing information with family and friends.

100% reported implementing learned skills:

- MORE PHYSICAL ACTIVITY
- FEELING LESS STRESS
- BETTER MANAGEMENT OF DIABETES



goodandhealthysd.org/bcbh/modify-for-native-culture

Register for a workshop today!
1-888-484-3800



Come Together. WORKSHOPS
by BETTER CHOICES, better health™



Find Wicozani
In Native culture, health is defined as a balance of physical, mental, spiritual, and emotional aspects.

Ask about BCBH-SD

promo items!!



Better Choices, Better Health® SD offers a suite of **FREE EVIDENCE-BASED WORKSHOPS** for adults and their caregivers. These weekly small group sessions are available in-person and online.

BCBH-SD workshops can help you better manage:

- Arthritis
- Cancer
- Diabetes
- Heart disease
- High blood pressure
- Multiple sclerosis
- Stroke
- Osteoporosis
- Breathing problems
- Weight concerns
- Depression
- Anxiety
- Early dementia
- Fibromyalgia
- Lupus
- Fatigue



For the Better Choices, Better Health® South Dakota program, we adhere to AA/EEO guidelines in offering educational programs and services.

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Order Free Materials in the DOH Education Materials Catalog

How can BCBH-SD support your organization or community?

- BCBH-SD Strategic Plan development
- Communications & Marketing plan
- Collaboration with CHW programs
- Cross-training with SNAP/FNEP
- Continue to develop Spanish programs for Hispanic/Latino communities
- Expand tribal outreach
- Increase community outreach efforts

BCBH-SD PARTICIPANT QUOTE:

“This workshop and leaders reinforced the necessity and value of making and taking steps to achieve specific goals, helping workshop participants learn to plan, articulate, and achieve them. I think everyone who attends would likely lead healthier lifestyles and have better outcomes and would save healthcare dollars.”

-2022 CDSME participant

BCBH-SD is licensed and managed by SDSU Extension and supported through collaborative partnerships with the SD Department of Health and SD Department of Human Services.

Like us at FACEBOOK - [BCBHSD](#)

CONTACT US - 888.804.1719 or betterchoices.betterhealth@sdstate.edu

REGISTER/REFER - 888.484.3800

To learn more - www.betterchoicesbetterhealthsd.org



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