

Changing the Worksite Through Living Well Alabama

Satellite Conference and Live Webcast
Wednesday, June 26, 2013
10:00 a.m. – 12:00 p.m. Central Time

Produced by the Alabama Department of Public Health
Video Communications and Distance Learning Division

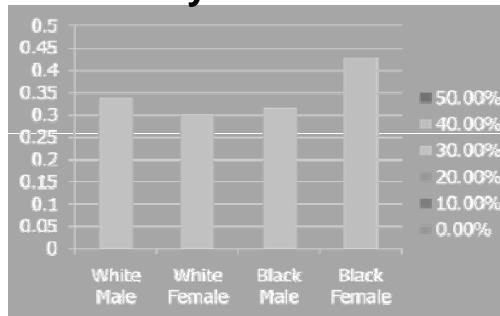
Faculty

Melanie Rightmyer, DNP, RN
Cardiovascular Unit
Chronic Disease Programs Branch
Alabama Department of Public Health

Incidence of Heart Disease

- 63% of deaths have no signs or symptoms
- 80% are preventable

Diagnosed Hypertension in Alabama by Race and Gender



Diabetes and Death from Heart Disease

- At least 65% of people with diabetes mellitus die of some form of heart disease or stroke

Macon County

- Cardiovascular Disease Mortality 416.8
- Heart Disease Mortality Rate 334.1

— CDC Wonder 2006

Proposal

- Create a wellness policy that includes attending “Living Well Alabama” workshops during work hours as part of the worksite’s wellness program
- Develop a Wellness Committee

Living Well Alabama

- An evidence-based Health Promotion Program developed at Stanford University on topics such as:
 - Hypertension
 - Cardiovascular Disease
 - Diabetes
 - Obesity

Living Well Alabama

- Supported by self-efficacy learning / motivational and social cognitive behavioral theories
- Teaches self-management techniques to participants through six innovative and highly participatory workshops
 - Weekly, 1½ - 2 hours

Training for Lay Leaders

- Cost is FREE
- Four full days of training
- Must attend all training days
- Program is designed with available CEUs

Training for Lay Leaders

- After training will be prepared to go into the community or worksite and teach workshops
 - A series of six workshops completes the CDSMP course
- Classes are co-led, must teach with another trained leader

Types of Leaders for CDSMP

- T-Trainer
 - Trains master trainers
 - Receives training at Stanford University
- Master Trainer
 - ADPH partners with you
 - Trains lay leaders

Types of Leaders for CDSMP

- **Twelve Lay Leaders**
 - Teaches workshops in the community or worksite
- **Participant / Patient**
 - Attends the six weekly series of workshops

Living Well Alabama Workshop Overview

- **Making an action plan**
 - Short-term goals
- **Brainstorming for problem-solving**
- **Identifying barriers to healthy choices and lifestyles**

Living Well Alabama Workshop Overview

- **Dealing with difficult emotions and depression**
- **Working with your health care professional**

Weekly Action Plans

- **Something YOU want to do**
- **Achievable goal (realistic)**
- **What YOU want to do**
- **When . . .**
- **Where . . . how often**
- **Confidence level 1 through 10**

Weekly Action Plans

- **Problem solving skills for confidence < 7**
- **Set weekly action plans (GOALS)**

Demographics

- **Male – 34**
- **Female – 4**
- **Black – 36**
- **White – 1**
- **American Indian – 1**

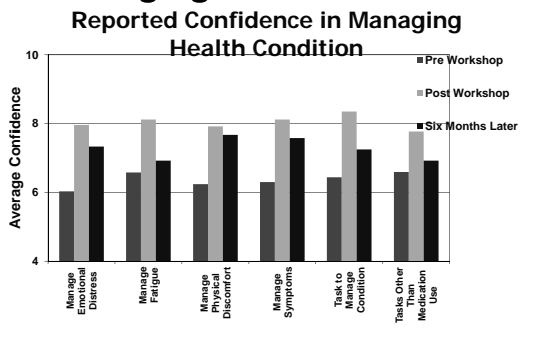
Healthy Behaviors Evaluated

- Table 2: Healthy Behaviors Evaluated
 - How many days a week breakfast was eaten
 - Number of fruits and vegetables eaten on a daily basis
 - Frequency and duration of exercise

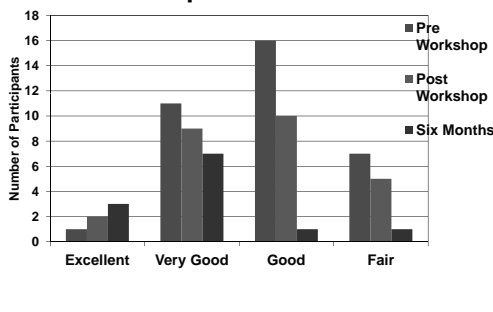
Healthy Behaviors Evaluated

- Type of exercise
- Writing a list of questions before seeing a healthcare provider
- Asking the healthcare provider questions about their treatment
- Discussing personal problems with the healthcare provider

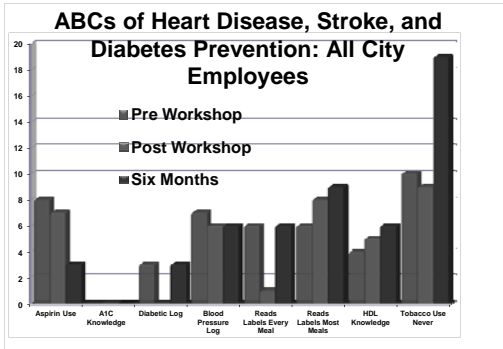
Tuskegee Increases Confidence in Managing Chronic Conditions



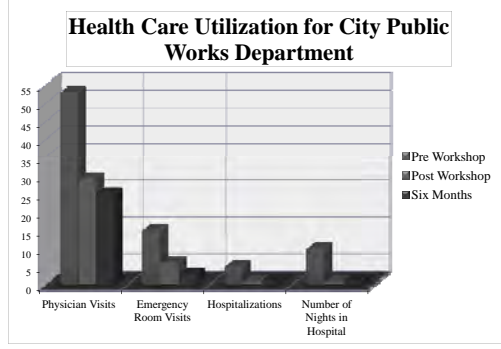
Significance of Self-Reported Health Status



Evaluating the ABCS



Significant Cost Savings



**Tuskegee City Employee
Project Results**

Questions?

Melanie Rightmyer, DNP, RN
Melanie.rightmyer@adph.state.al.us
334 – 206 – 3977