

# Better Choices Better Health (BCBH)

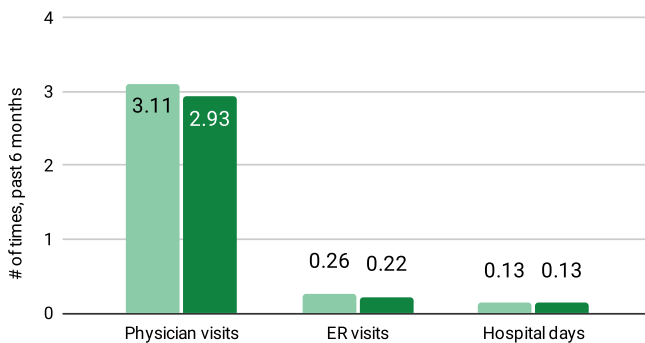


Better Choices Better Health (BCBH)—Ke Ola Pono, also known as Stanford’s Chronic Disease Self-Management Education, is a 6-week workshop developed and tested by Stanford University. Participants learn skills to manage their health conditions and interact with their healthcare providers. Diabetes- and cancer-specific programs are available. The workshop does not replace prescribed treatment; it complements and supports medical professionals’ recommended treatment plans. The BCBH has been scientifically proven to help participants improve their quality of life and save healthcare costs.

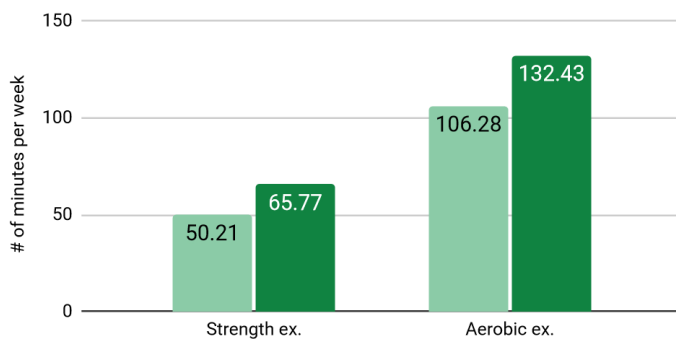
## Program Outcomes

Six months after the workshop, participants reported:

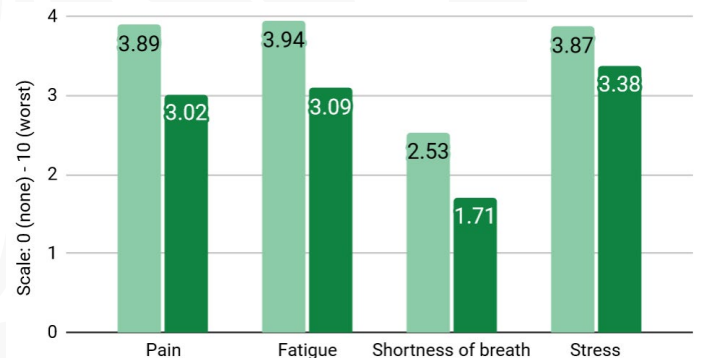
- Having fewer visits to physician offices and ERs



- Doing more strength and aerobic exercises



- Experiencing fewer chronic symptoms



Pre-workshop 6-month post-workshop (n=1,511)

### Cost Savings Analysis

Hawai'i's BCBH program estimated a net saving of \$654.81 per participant.\*

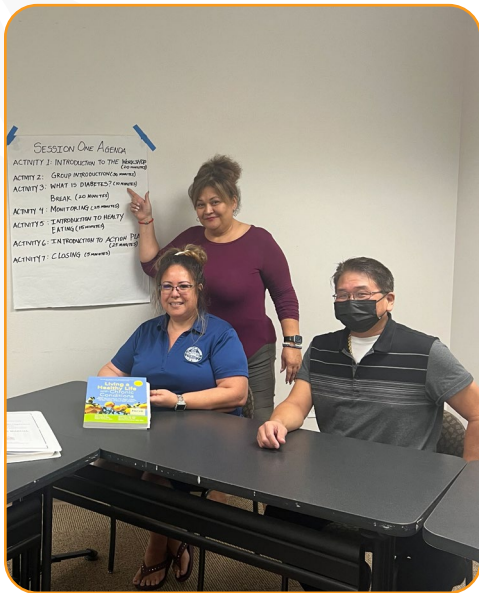
Healthcare savings: \$1,035.81	Program costs: \$381.00	= Net saving: \$654.81
--------------------------------	-------------------------	------------------------

\* Estimation was calculated based on program data (as of August 2022) using the Healthcare Cost Savings Estimator Tool: CDSMP (University of Memphis, School of Public Health).

## Program Participants

- 3,223 individuals served statewide
- Average age of program participants was 69 years
- Most common racial categories:
  - 25% Filipino
  - 24% White
  - 23% Hawaiian
  - 19% Japanese
- Most common chronic conditions:
  - 47% Hypertension
  - 40% Arthritis
  - 36% Diabetes
  - 12% Cancer

# Better Choices Better Health (BCBH)



## Who Can Participate?

Anyone with a chronic health condition can join the workshop regardless of racial background or ability to pay.

## Where Are the Workshops Held?

Workshops are offered through phone, virtual, and in-person meetings throughout the state. Check with the local Area Agency on Aging or Aging and Disability Resource Center for workshops in your area. Native Hawaiians may also contact ALU LIKE, Inc. for information.

## Why Join?

Chronic disease doesn't have to keep anyone from enjoying life. This workshop will show participants how to carry out their "doctor's orders."

## What Workshop Participants Have To Do?

Participants should attend as many meetings as possible to get the most out of the workshop. Most of all, have fun and apply things learned from the workshop.

## What Will Participants Learn?

Among other things, this workshop will help participants learn:

- Ways to deal with chronic pain
- Relaxation techniques
- Action planning
- At-home exercise



Better Choices Better Health is an evidence-based program implemented by Hawai'i Healthy Aging Partnership



For more information, contact the Hawai'i Aging and Disability Resource Center (808-643-ADRC) or visit our website [www.hawaiihealthyaging.org](http://www.hawaiihealthyaging.org). BCBH is currently offered by:

