



**Better Choices Better Health – Ke Ola Pono**  
**The Stanford’s Chronic Disease Self-Management Program**  
**(BCBH)**



Better Choices Better Health – *Ke Ola Pono*, also known nationwide as the Chronic Disease Self Management Program is an evidence-based program where individuals with chronic conditions can learn how to better manage their health conditions to improve their quality-of-life.

**About Better Choices Better Health**

Better Choices Better Health is a 6-week self-management workshop that was developed and tested by the Stanford University. The workshop does NOT replace prescribed treatment. Instead, the workshop augments and supports medical professional-recommended treatment plans. People learn skills to help them manage their health conditions and interact with their health care providers.

***Who can participate?***

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

***Where and When are classes offered?***

Better Choices Better Health workshop are offered at sites throughout the state. Check with your local Area Agency on Aging for workshops in your area. Native Hawaiians may also contact ALU LIKE, Inc. for more information.

***Why Join?***

Chronic disease doesn’t have to keep you from enjoying life. This workshop will show you how to carry out your “doctor’s orders” to live healthier and manage your condition.



***What Will Class Participants Have To Do?***

To get the most out of the class, you should attend as many classes as possible. Most of all, have fun and try to apply the things you’re learning.



***What Will I Learn?***

Among other things, this workshop will help you learn:

- Ways to deal with chronic pain
- Action planning
- Relaxation techniques
- Exercises for home use
- And more!

**Fast Facts About Better Choices Better Health in Hawai`i**

- Over **1,483** individuals across the state have participated in Better Choices Better Health.
- In Hawaii, the average age of participants is **70** years old.
- **30%** Hawaiian, **25%** Filipino, **25%** Japanese, and **29%** White
- Many participants have chronic conditions: **53%** have high blood pressure, **43%** have arthritis, and **32%** have diabetes.
- Diabetes or Arthritis specific programs are available.

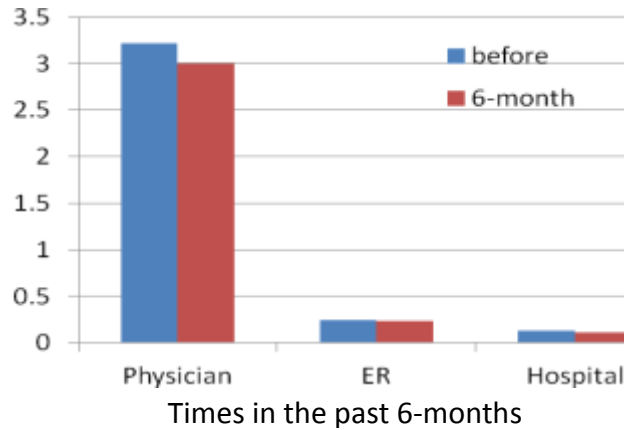


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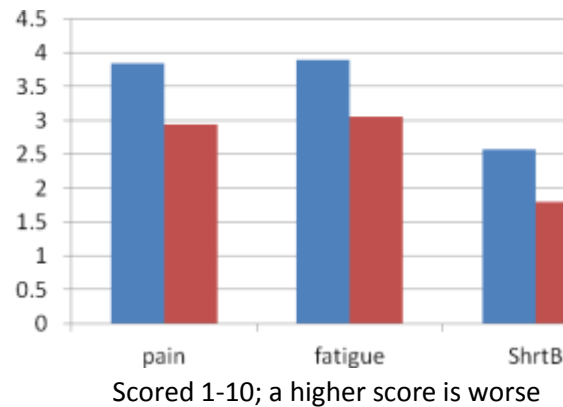
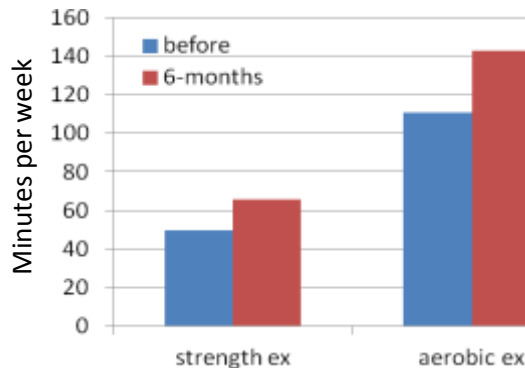


### Preliminary Outcome Data From Hawai'i

- Comparison of pre-post data showed a decreased number of visits to physicians offices, ER, and hospitals (*N=709*).



- At 6-month follow up, participants reported exercising more (*N=709*).
- Participants also reported experiencing fewer symptoms (*N=709*).



For more information on Better Choices Better Health – *Ke Ola Pono*, the Chronic Disease Self-Management Program, please contact the Hawaii State Executive Office on Aging (586-0100), Department of Health Chronic Disease Management and Control Branch, the local Area Agency on Aging or ALU LIKE, Inc.

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