

NCOA

Kaweah Health's Empowerment for Better Living Program

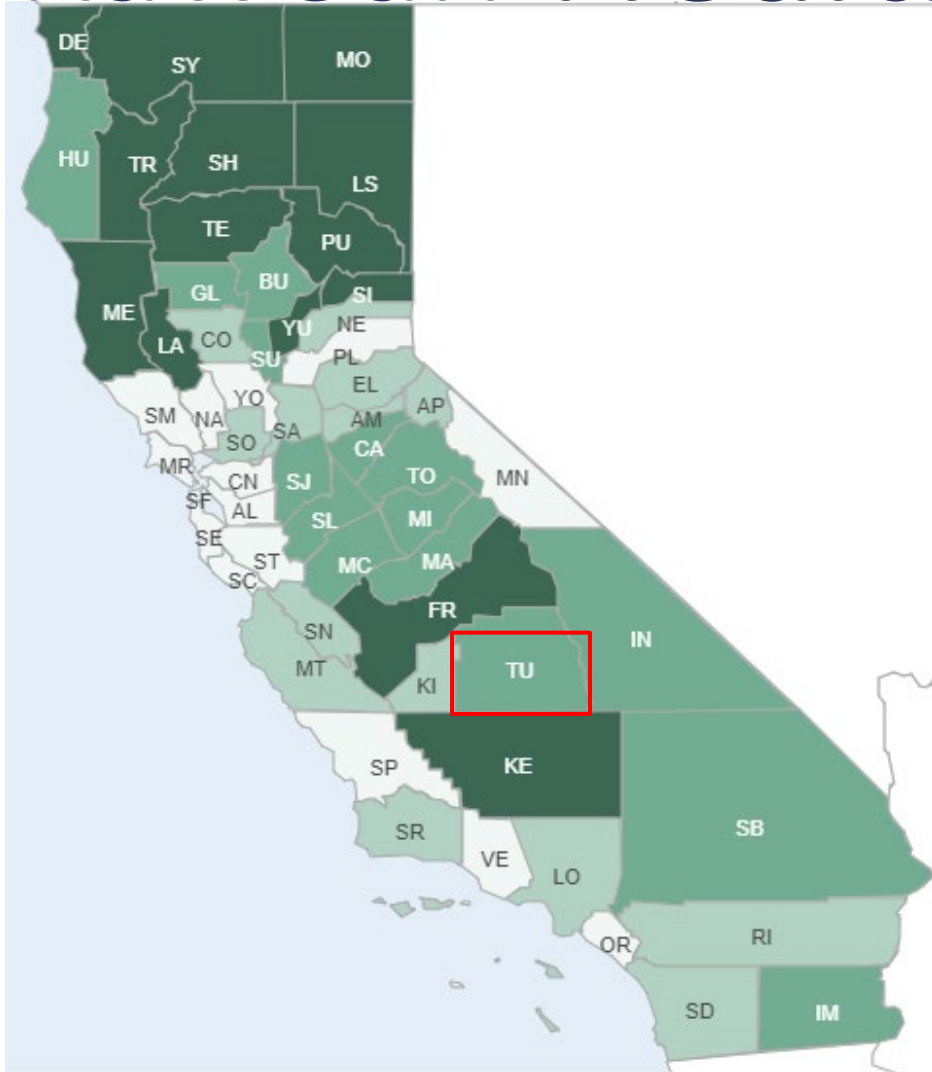
February 13, 2024



[kaweahhealth.org](https://www.kaweahhealth.org)



Kaweah Health



kaweahhealth.org



Countyhealthrankings.org

Our Mission

Health is our passion.

Excellence is our focus.

Compassion is our promise.



4,900



5 RHCs



65%
Medi-Cal



Kaweah Health

MORE THAN MEDICINE. LIFE.

Community Health Workers in Action



kaweahhealth.org



Kaweah's Evidence Based Programs

- Providing Evidence Based Programs since 2015
- Provide both Chronic Disease Self-Management and Falls Prevention Workshops
- History of providing services for seniors via diabetes management and support groups
- Developed trust with senior serving community organizations
- Support of our Administration
- Community Health Workers (CHWs) deliver the workshops



Effective Outreach Strategies in Latino Community

- Outreach by CHWs – boots on the ground
- Relationship Building
- Cultural Sensitivity
 - Humility
 - Culturally appropriate Education
 - Culturally Appropriate Media Outreach
- Advocacy and Linking members to services
- Answering the “What’s Next?” Question
- Involving them not only as participants but volunteers and partners

The Power of Partnerships

Our Partners

- Senior Centers
- Senior living facilities
- Memory Care Facilities
- Mental Health Wellness Centers
- Churches
- Health and Wellness Clubs
- Family Resource Centers
- Community Based Organizations



The Power of Partnerships

Strengthen Partnerships:

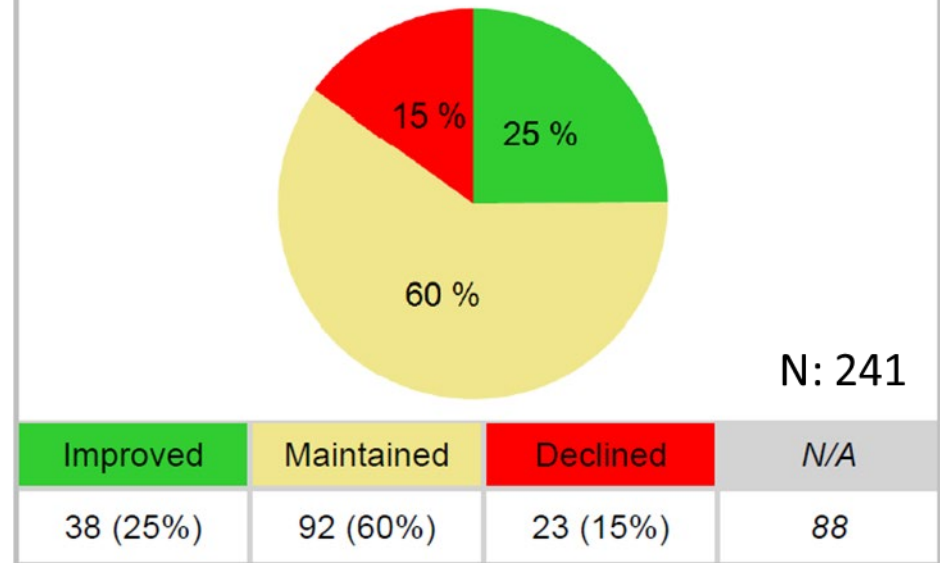
- Find the common goals
- Develop MOUs and reimbursement agreements
- Sharing space/Recruitment Assistance
- Extend staff the invitation to participate in the trainings
- Collaborate on outreach events
- Support Each other's programs/efforts
- Follow Through on agreements/promises

Program Outcomes - Falls Prevention

Cumulative 2020-2023	
Falls Prevention	
Participants	801
Completers	490
Yearly Completer Average	163
Completer Rate	61%

1/1/2022 – 12/31/22

How fearful of falling



65% of participants are Hispanic/Latino

Program Outcomes: CDSME Programs

Cumulative 2020-2023	
CDSMP	
Participants	278
Completers	253
Yearly Completer Average	93
Completer Rate	91%

SELF RATED HEALTH %
CHANGE
37.33%
National Average 37.34%

SELF MANAGEMENT
CONFIDENCE SCORE CHANGE
2.18
National Average: 2.19

SELF MANAGEMENT
CONFIDENCE % CHANGE
35.80%
National Average: 35.8%

AVERAGE AGE
61

MINIMUM AGE
20

MAXIMUM AGE
97

Contact Information

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The pursuit of healthiness



Kaweah Health
MORE THAN MEDICINE. LIFE.