Kaiser Permanente West Los Angeles (KP West LA) Faith-Based Partnerships for Healthier Communities program seeks to improve the health of our communities by educating and empowering faith-based community support networks. KP West LA partners with WISE and Healthy Aging to implement this program.

This program includes:

- Training health leaders to conduct evidence-based programs
  - Healthier Living with Chronic Conditions workshops
- Responding to requests for:
  - Health dialogue sessions with expert speakers
  - Distribution of health education materials at no cost
  - Supporting Health Ministry activities
• Healthier Living: Managing Ongoing Health Conditions
  ➢ Evidence-based program
    • Rigorously evaluated through empirical studies by Stanford University
  ➢ Training two health leaders per congregation to conduct workshops
  ➢ Workshops
    • 6 weeks, once a week.
    • KP Center for Healthy Living provides flip charts, books and giveaways.
    • WISE and Healthy Aging provides license and technical assistance for conducting workshops and reporting.
2019 Active Community Partners

16 organizations:

- Apostolic Faith Home Assembly
- Black Women for Wellness
- B’nai David Judea Congregation
- Center of Hope
- Crusade Christian Faith Center
- Holman United Methodist Church
- Holy Name of Jesus Catholic Church
- Ismaili Jamatkhana and Center
- Lincoln Memorial Congregational Church
- Los Angeles Metropolitan Churches
- New Mount Calvary Baptist Church
- New Life Los Angeles
- Normandie Avenue SDA Church
- Phillips Temple CME Church
- Southside Church of Christ
- Women of Color
Project Outcomes Since Inception:

- 20 Faith Based Organizations participated
- 38 Leaders trained
- 37 Workshops completed
- 325 Unduplicated individuals reached
2018 Workshops (Data as of 12/31/2018)

- 10 organizations have completed their workshops in calendar 2018
- 2 organizations completed two or more workshops in 2018
- 3 new organizations joined the partnerships, of which 1 has already conducted a workshop
- 12 new Health Leaders were trained in 2018
- 100 people reached in 2018
What are Evidence-based Programs?
Evidence-Based Programs (EBPs)

- Proven ways to promote health and prevent disease among older adults
- Based on rigorous studies of outcomes of specific interventions, across multiple populations
- Facilitators are trained to deliver the program the *same* way *every* time
- Program materials are included
Healthier Living: Chronic Disease Self-Management Outcomes

Improvements in:

- Exercise
- Communication with physicians
- Self-reported general health
- Symptom management
- Fatigue
- Disability
Other Outcomes Include:

- Fewer days in the hospital
- Fewer Emergency Room visits
- Fewer outpatient visits
What Older Adults Say After Attending The Workshops:

- “I was tired. My pain was my boss. It was telling me what I could and couldn’t do. Healthier Living workshops put me back in charge.”

- “Now I have the energy to do the things that matter. I am calmer and more confident about my health. I got relief from my pain.”

- “I put life back in my life.”
2017 Workshops Survey Data

Q4 How likely are you to recommend this workshop to others?

- Extremely likely: 70% Answered, 0% Skipped
- Very likely: 20% Answered
- Moderately likely: 0% Answered
- Slightly likely: 0% Answered
- Not at all likely: 0% Answered
Q5 Did you learn something that will help you to improve your health?

Answered: 64  Skipped: 1

Yes  No

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%
Q6 After participating in this workshop, how motivated are you to take some action to better your health?

[Bar chart showing responses]

Answered: 65  Skipped: 0
Q7 Do you suffer from any of the following chronic health conditions? Please mark all that apply.
**Kaiser Permanente**
**West Los Angeles Medical Center**

**FAITH BASED PARTNERSHIPS FOR HEALTHIER COMMUNITIES**

---

**Q8 Gender:**

- **Male:** 15.38%
- **Female:** 84.62%

Answered: 65  Skipped: 0
Q9 What is your age?

- Under 40 years of age: 1.54%
- Between 40 and 60 years of age: 29.23%
- Over 60 years of age: 69.23%

Answered: 65  Skipped: 0
Q10 What is your ethnicity?

- African American: 88.89%
- Asian/Pacific Islander: 7.94%
- Latino: 1.59%
- White: 1.59%
- Other (please specify): 1.59%

Answered: 63, Skipped: 2
How can this be implemented in our communities?

Program Requirements:

- Clergy support
- License (supplied by Kaiser Permanente/WISE & Healthy Aging)
- At least two lay Leaders/volunteers
- Space and time (quiet room, seven weeks)
- At least 10 participants, but not more than 18
- Snacks for participants
For More Information
CONTACT:
Miriam Caiden, MSG PhD
Training and Education
WISE & Healthy Aging
1527 4th Street, 2nd Floor
Santa Monica, CA 90401
(310) 394-9871, ext. 264
mcaiden@wiseandhealthyaging.org
www.wiseandhealthyaging.org