

# HealthForMe

Self-Management Classes

Glenda Redeemer, RN, MSN



Keisha Leatherman, MS, CHES

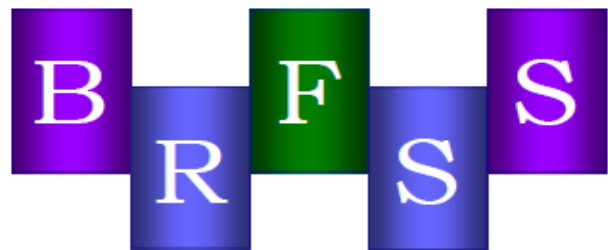


Tarrant County  
Public Health

Updated:15 July 2019



# TARRANT COUNTY



Behavioral Risk Factor  
Surveillance System  
2009/2010

*Turning Information into Health*



Tarrant County Public Health  
*Safeguarding our community's health*

# TARRANT COUNTY



Behavioral Risk Factor  
Surveillance System  
**DATA BOOK 2015**

Tarrant County Public Health  
Accountability. Quality. Innovation.



A healthier community through leadership in health strategy

TABLE 1.1 SUMMARY OF RISK FACTORS, TARRANT COUNTY, 2009/2010

TARRANT COUNTY RESIDENTS	
RISK FACTORS	WEIGHTED PERCENTAGE*
<b>Health Status</b>	
Fair or poor health	11.7
Physical health not good	17.0
Mental health not good	18.8
Activities limited by health impairment	10.8
<b>Health Care Access</b>	
No health insurance	23.5
Could not see a doctor due to cost	17.8
<b>Overweight and Obesity</b>	
Overweight (BMI = 25.0-29.9)	37.5
Obese (BMI > 30.0)	28.2
Overweight and obese (BMI ≥ 25.0)	65.7
<b>Physical Activity</b>	
Met recommendations for physical activity	47.4
Sufficient aerobic physical activity	63.1
<b>Fruits and Vegetables</b>	
Consume ≥5 times per day	25.7
<b>Tobacco and Alcohol Use</b>	
Current smoker	18.5
Heavy alcohol consumption	4.1
Binge drinking	13.3
<b>Arthritis</b>	
Diagnosed with some form of arthritis	19.3
Activities limited due to arthritis	45.3
<b>Women's Health</b>	
Mammogram within past year	58.6
Mammogram within past two years	79.5
Pap test within past three years	77.1
<b>Cancer Screening</b>	
PSA test within past two years	53.0
DRE screening within past five years	66.9
Fecal occult blood test within past year	12.9
Sigmoidoscopy within past five years OR colonoscopy within past ten years	58.7
Met colorectal cancer screening guidelines	8.5
<b>Immunizations</b>	
Adult influenza vaccination	40.6
Pneumococcal vaccination	72.4
Child influenza vaccination	44.9
<b>Cardiovascular Health</b>	
High blood pressure	27.4
High blood cholesterol	37.7
Diagnosed with heart disease	4.6
Heart attack	3.0
Stroke	2.1
<b>Diabetes</b>	
Diagnosed with diabetes	8.5
<b>Asthma</b>	
Adult asthma	9.2
Child asthma	7.2

\*Estimates weighted to population characteristics; see page x for age inclusion criteria

TABLE 1.2 SUMMARY OF RISK FACTORS BY SUB-COUNTY AREA, TARRANT COUNTY, 2009/2010

RISK FACTORS	WEIGHTED PERCENTAGE BY SUB-COUNTY AREA*				
	NORTH-EAST	SOUTH-EAST	CENTRAL	SOUTH-WEST	NORTH-WEST
<b>Health Status</b>					
Fair or poor health	7.3	9.3	19.8	13.9	12.7
Physical health not good	16.6	15.8	17.4	17.1	18.5
Mental health not good	16.3	20.5	18.9	20.2	16.8
Activities limited by health impairment	11.8	10.6	12.1	10.3	10.6
<b>Health Care Access</b>					
No health insurance	17.2	25.3	37.6	21.1	22.2
Could not see a doctor due to cost	12.9	18.0	23.4	19.1	17.4
<b>Overweight and Obesity</b>					
Overweight (BMI = 25.0-29.9)	38.4	40.8	27.8	36.5	37.3
Obese (BMI > 30.0)	29.8	23.4	39.7	26.3	30.6
Overweight and obese (BMI ≥ 25.0)	68.2	64.2	67.5	62.7	67.9
<b>Physical Activity</b>					
Met recommendations for physical activity	48.3	47.0	43.4	49.6	47.0
Sufficient aerobic physical activity	69.6	61.9	59.4	64.7	60.4
<b>Fruits and Vegetables</b>					
Consume ≥5 times per day	25.0	23.5	27.2	28.7	25.9
<b>Tobacco and Alcohol Use</b>					
Current smoker	18.6	19.3	22.4	14.0	19.7
Heavy alcohol consumption	6.6	3.1	7.1	4.5	2.7
Binge drinking	21.1	9.5	17.1	11.1	13.7
<b>Arthritis</b>					
Diagnosed with some form of arthritis	18.6	16.1	22.1	21.7	21.0
Activities limited due to arthritis	38.3	42.5	43.9	47.0	50.8
<b>Women's Health</b>					
Mammogram within past year	69.1	58.2	62.4	57.8	53.3
Mammogram within past two years	86.7	80.7	82.4	82.2	70.8
Pap test within past three years	88.0	76.1	74.0	75.8	74.0
<b>Cancer Screening</b>					
PSA test within past two years	56.7	53.1	45.9	53.8	52.7
DRE screening within past five years	77.9	68.9	53.3	66.5	63.9
Fecal occult blood test within past year	15.6	12.9	14.4	14.2	9.9
Sigmoidoscopy within past five years OR colonoscopy within past ten years	67.6	56.3	51.8	60.9	57.0
Met colorectal cancer screening guidelines	11.6	10.4	9.1	7.1	5.9
<b>Immunizations</b>					
Adult influenza vaccination	43.7	38.2	34.1	44.0	41.3
Pneumococcal vaccination	80.0	69.3	68.8	76.6	67.2
Child influenza vaccination	49.1	47.0	38.8	41.3	41.9
<b>Cardiovascular Health</b>					
High blood pressure	23.0	25.4	31.6	29.0	29.8
High blood cholesterol	37.9	33.2	41.6	40.2	39.7
Diagnosed with heart disease	3.4	4.3	5.6	5.6	4.3
Heart attack	2.6	2.8	3.9	3.6	2.9
Stroke	2.1	1.6	2.1	2.8	2.1
<b>Diabetes</b>					
Diagnosed with diabetes	6.1	7.4	10.8	8.0	10.9
<b>Asthma</b>					
Adult asthma	9.3	10.4	8.6	9.4	7.8
Child asthma	7.7	5.5	7.1	8.5	8.6

\*Estimates weighted to population characteristics; see page x for age inclusion criteria

# Chronic Disease Self-Management



- 3 Master Trainers
- 13 Trained Lay Leaders
- Collaboration:
  - Sixty and Better
  - Texas Health Resources

# HealthForMe

## Self-Management Classes

- Overview of self-management
- Becoming an active self-manager
- Finding resources
- Understanding symptoms
- Using your mind to manage symptoms
- Exercising for fun and fitness
- Exercising for strength and flexibility
- Exercising for endurance
- Communicating
- Healthy eating
- Managing medicine

# HealthForMe

## Self-Management Classes

Insurance Type	Overall		Complete		Incomplete	
	n	%	n	%	n	%
Medicare	274	29.6	172	32.3	98	25.9
No Health Insurance	258	27.8	135	25.4	122	32.2
Private Insurance	165	17.8	81	15.2	79	20.8
Medicare & Private	91	9.8	61	11.5	27	7.1
Medicaid	55	5.9	34	6.4	20	5.3
Medicaid & Medicare	41	4.4	21	3.9	19	5.0
Medicare & VA	24	2.6	16	3.0	8	2.1
VA	8	0.9	5	0.9	3	0.8
Medicaid, Medicare, & Private	8	0.9	4	0.8	3	0.8
Medicare, Private, & VA	2	0.2	2	0.4	-	-
Medicaid, Medicare, & VA	1	0.1	1	0.2	-	-
Missing	20	2.1	13	2.4	7	1.8

*n*=total number of respondents; %=percentage

# HealthForMe

## Self-Management Classes

### Health-Related Quality of Life Indicators (HRQOL)

- The proportion of respondents who reported their **general health as excellent/very good/good increased significantly** from pre-survey (75.7%) to 90 day follow-up (84.6%) (p-value < 0.05)
- The proportion of respondents who reported their **physical health as not good** for five or more days during the past 30 days **decreased significantly** from pre-survey (30.6%) to 90 day follow-up (22.0%) (p-value < 0.05)
- The proportion of respondents who reported their **mental health as not good** for fourteen or more days during the past 30 days **decreased significantly** from pre-survey (42.1%) to 90 day follow-up (21.4%) (p-value < 0.05)
- The proportion of respondents who reported **activity limitation** due to poor physical or mental health for fourteen or more days during the past 30 days **decreased significantly** from pre-survey (32.5%) to 90 day follow-up (23.5%) (p-value < 0.05)

# HealthForMe

## Self-Management Classes

How confident you are in doing certain activities?

*How confident are you that you can do the different tasks and activities needed to manage your health condition so as to reduce your need to see a doctor?*

Time period	Range	Mean	Median
Pre-Survey	0-10	7.58	8
Post-Survey	1-10	8.13	9

*n=total number of respondents; %=percentage*

*How confident are you that you can do things other than just taking medication to reduce how much your illness affects your everyday life?*

Time period	Range	Mean	Median
Pre-Survey	1-10	7.70	8
Post-Survey	1-10	8.30	9

*n=total number of respondents; %=percentage*



# HealthForMe

## Self-Management Classes

### Areas of Improvement

- 71% enrollees are Female
- 65% enrollees are White
- 45% enrollees are 64+

### Positive Outcomes

- 4100 enrollees to date
- 59% graduation rate
- Consistently improving in HRQOL
- Reduction in hospitalizations
- Improvement in confidence levels



---

# PROGRAM OVERVIEW



**Tarrant County Public Health**  
*Safeguarding Our Community's Health*

# GOAL

- Reduce the number of individuals within Tarrant County who identify themselves as tobacco users.



# THE CHALLENGE



- In 2009/2010, 18.5% of adults in the county identified themselves as current smokers, well above the Healthy People 2020 target of 12%.  
(Source: Tarrant County Behavioral Risk Factor Surveillance System 2009/2010)
- In 2015, 17.6% of adults identified themselves as current smokers and 6.5% as an Electronic Nicotine Delivery System user.

# CURRICULUM SELECTION

**Live Tobacco Free program is based on the American Lung Association's Freedom From Smoking program.**

- Best-practice curriculum.
- 30+ years of success.
- Step-by-step, individualized plan for quitting.
- **FREE** four-week series that addresses four key issues:
  - Managing stress
  - Nicotine withdrawal
  - Weight control
  - Long-term strategies for maintaining cessation
- English, Spanish and Vietnamese courses available.



# QUIT KITS PROVIDED TO PARTICIPANTS



# PROGRAM FACILITATION

- Each course facilitated by a Tarrant County Public Health staff member trained and certified by the American Lung Association.
- Flexible locations and times.
- Current open enrollment classes:
  - Tarrant County Public Health (Ft. Worth) on Tuesdays, 6-8pm
  - Green Oaks WIC Clinic in Arlington on Thursdays, 6:15-8pm
- **We can also bring the program to your organization or business.**



# WHO DO WE SERVE?

- Adults (18 years of age and older)
- Work or live in Tarrant County
- Use **any** form of nicotine

Organizations that refer participants include:

- Hospitals / Clinics / Providers
- Treatment Centers
- Transitional Homes
- Community Centers
- Businesses/Worksites (i.e. Wellness Programs)





# BENEFITS TO PARTICIPANTS

- Experience immediate and significant health benefits.
- Save money by not purchasing tobacco products.
- Learn to address the physical, mental and social aspects of tobacco addiction (the “three-link chain” of addiction).
- Learn coping strategies to help maintain cessation.
- ***Six times*** more likely to be tobacco free one year later than people who try quitting on their own.



# PROGRAM SUCCESS

- More than 6,000 tobacco users in Tarrant County reached since November 2013.
- **Average quit rate of 28-30% (vs. national average of 23%).**  
(Source: American Lung Association Freedom From Smoking)
- Current follow-up cessation checks are conducted at:
  - 30 days
  - 90 days



**WANT TO LEARN MORE?**

**FOR MORE INFORMATION, CONTACT US AT:  
1-844-X-SMOKER**

**SMOKEFREE@TARRANTCOUNTY.COM**



**Tarrant County Public Health**  
*Safeguarding Our Community's Health*



## Main Address:

1101 S. Main Street  
Fort Worth, TX 76104

## Phone:

817-321-4700

## Website:

[health.tarrantcounty.com](http://health.tarrantcounty.com)

## Social Media:

