



**Kaiser Permanente  
West Los Angeles Medical Center**

FAITH BASED PARTNERSHIPS FOR HEALTHIER COMMUNITIES

*Welcome!*





## Kaiser Permanente West Los Angeles Medical Center

FAITH BASED PARTNERSHIPS FOR HEALTHIER COMMUNITIES

**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 & 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





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## Eidence-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



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## 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
  - Six weeks, once a week.
  - Kaiser Permanente Center for Healthy Living provides flip charts, books and giveaways
  - WISE & Healthy Aging provides license and technical assistance for conducting workshops and reporting





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## 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



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### **Project Outcomes Since Inception:**

- 20 Faith-Based Organizations participated
- 38 Leaders trained
- 37 Workshops completed
- 325 Unduplicated individuals reached



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## 2018 Workshops (Data as of 12/31/2018)

- 10 organizations have completed their workshops in calendar 2018
- Two organizations completed two or more workshops in 2018
- Three new organizations joined the partnerships, of which one has already conducted a workshop
- 12 new Leaders were trained in 2018
- 100 people reached in 2018











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### **What Older Adults Say After Attending the Workshops:**

**I had a wonderful time learning about how much it helps me to write an action plan. When something is written you are more aware and hold yourself accountable for what is written. I loved that we not only dealt with our physical well being but also our mental well being.**

***-- participant, Holy Name of Jesus Catholic Church, April 2018***

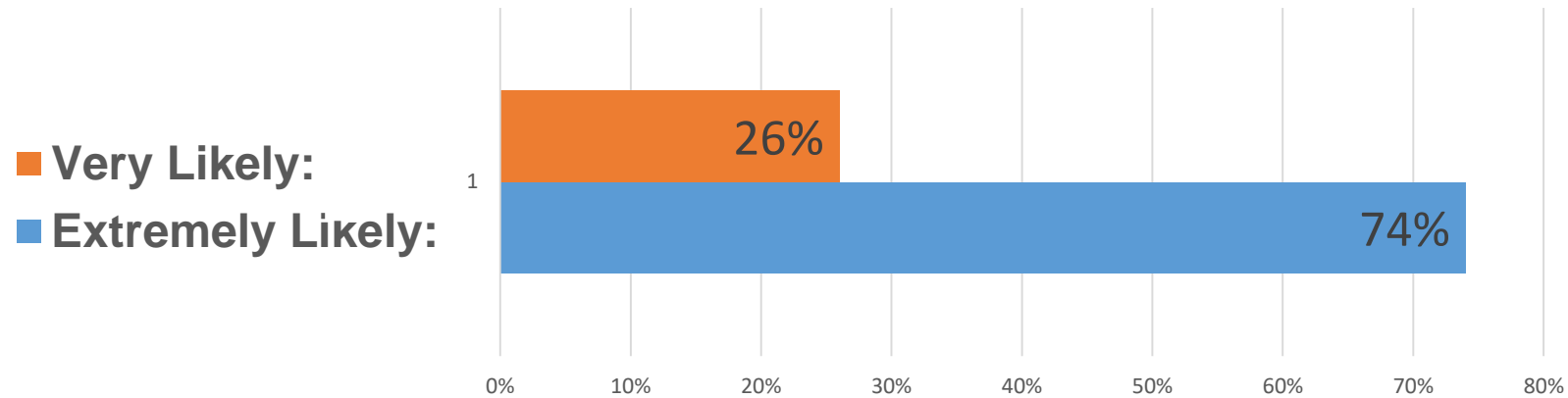


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## 2018 Workshops Survey Data

### How Likely Are You To Recommend This Workshop To Others?





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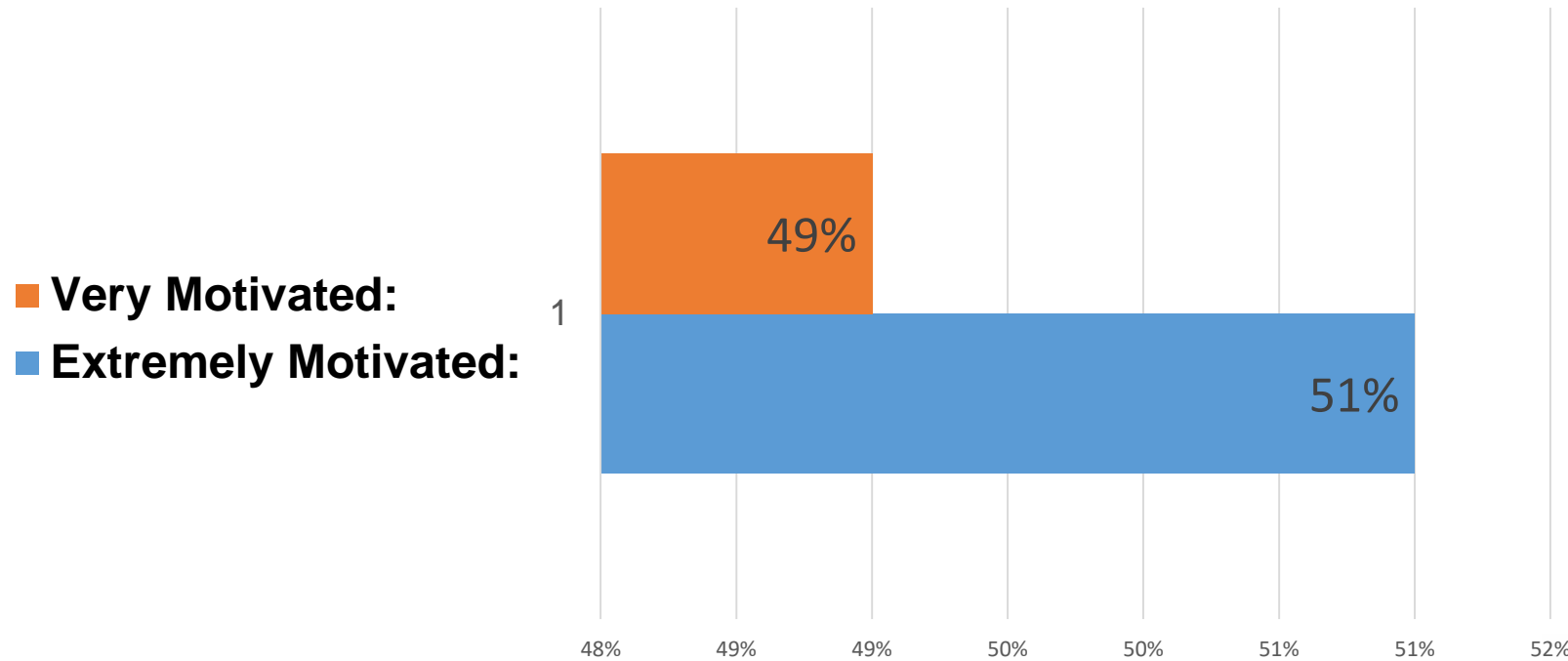
**100% of respondents indicated that they had learned something that will help them to improve their health**



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## How Motivated Are You To Take Some Action To Better Your Health?

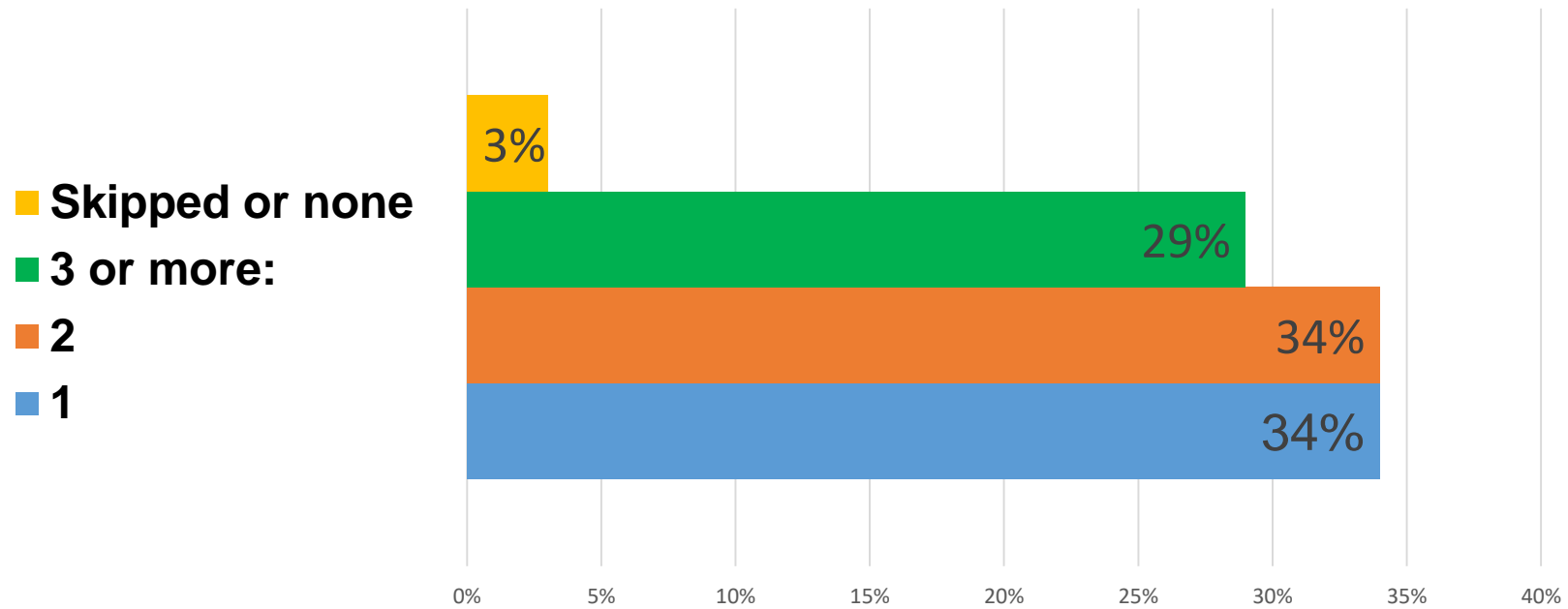




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## Number of Chronic Conditions Reported:



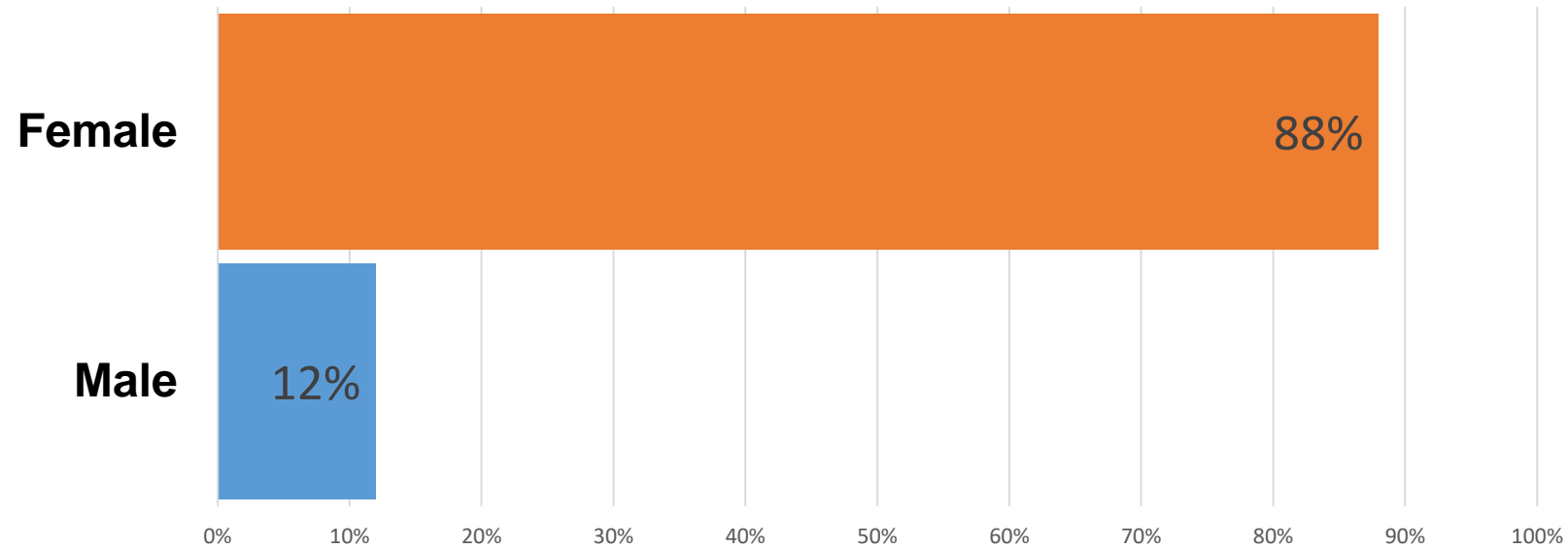




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## Gender:

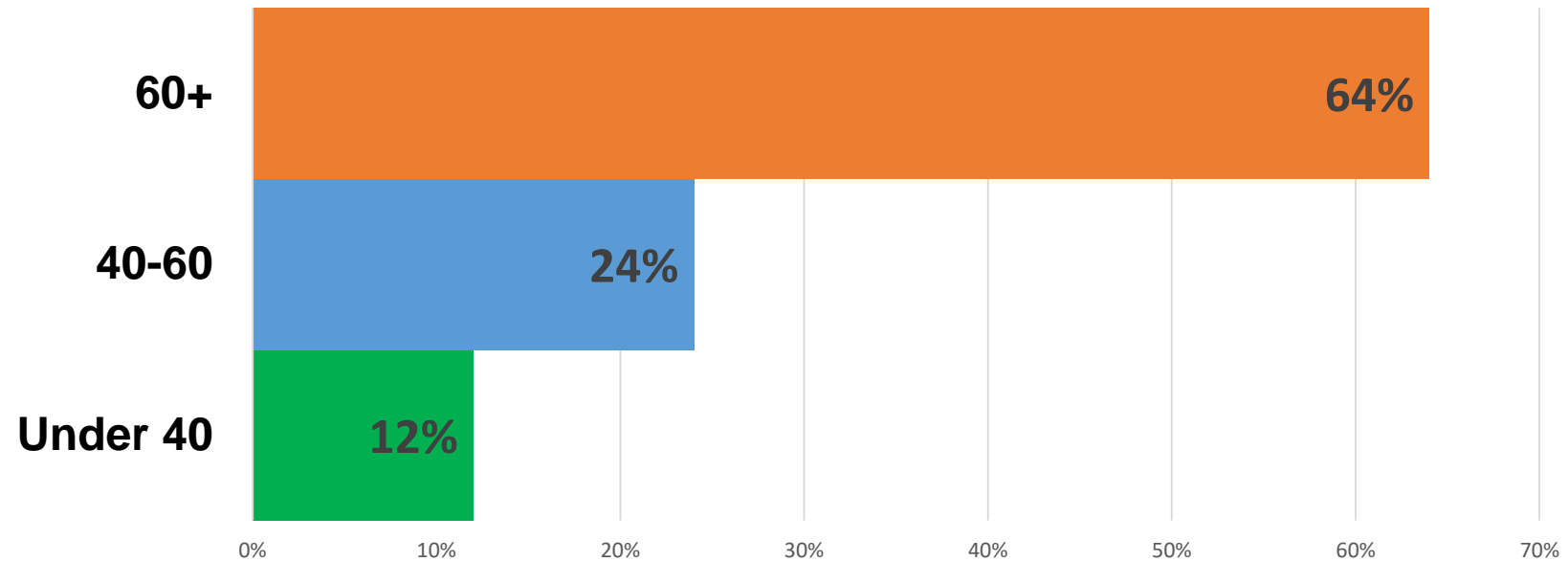




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## Age:

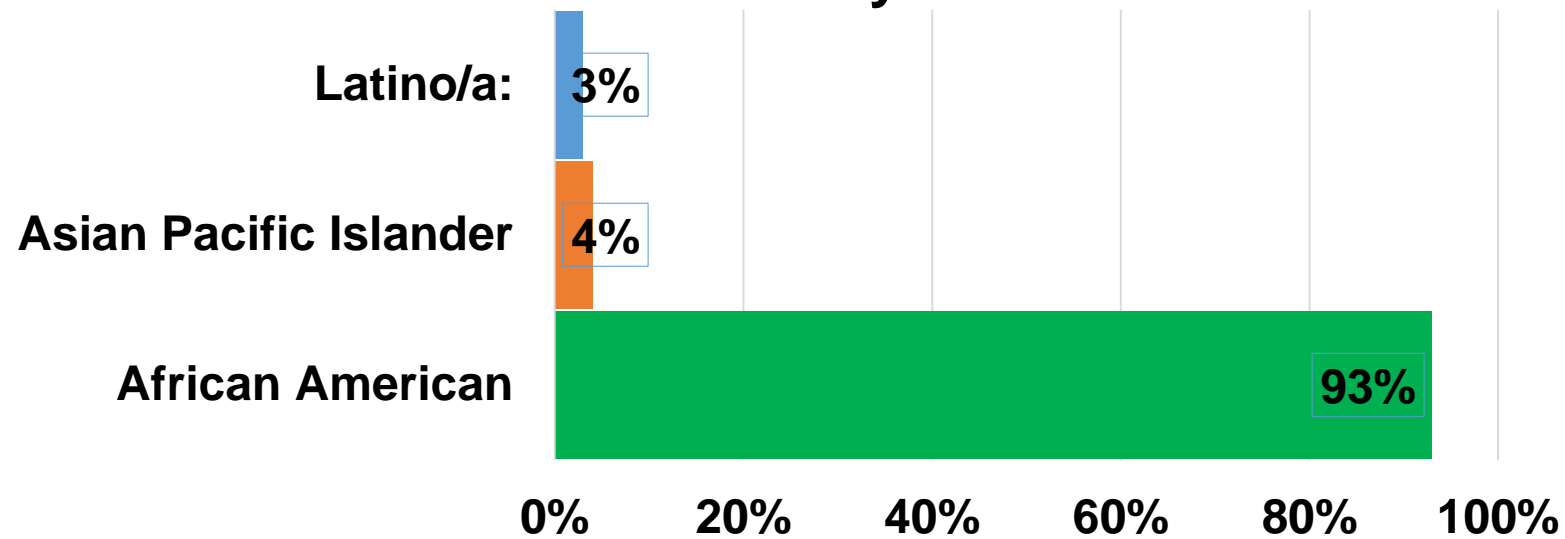




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## Ethnicity:





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## Future Directions: 2019

- Welcome to our new partners!
- Introducing: Los Angeles Oasis
- Next Leader Training: April 2-3 and 9-10, 2019 at Los Angeles Oasis Baldwin Hills
- One-day “Refresher” for veteran Leaders



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### Goals 2019:

- At least one Workshop for each organization (this is a minimum); more if possible
- Recruit at least five more organizations
- Expand our reach
- Option for other healthy living evidence-informed programs: Healthy Habits for Adults (LA Oasis)

*Thank you!*