Welcome!
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
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: 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
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
- 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
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
2018 Workshops Survey Data

How Likely Are You To Recommend This Workshop To Others?

- Very Likely: 26%
- Extremely Likely: 74%
100% of respondents indicated that they had learned something that will help them to improve their health
How Motivated Are You To Take Some Action To Better Your Health?

- Very Motivated: 49%
- Extremely Motivated: 51%
Number of Chronic Conditions Reported:

- Skipped or none: 3%
- 3 or more: 29%
- 2: 34%
- 1: 34%
Gender:

- Female: 88%
- Male: 12%
Age:

- 60+: 64%
- 40-60: 24%
- Under 40: 12%
### Ethnicity:

<table>
<thead>
<tr>
<th>Ethnicity</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>African American</td>
<td>93%</td>
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<tr>
<td>Asian Pacific Islander</td>
<td>4%</td>
</tr>
<tr>
<td>Latino/a:</td>
<td>3%</td>
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</tbody>
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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
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!