

Better Choices, Better Health



More Information

For more information or to inquire about the availability of community-based workshops in your area, contact:



AN EVIDENCE-BASED CHRONIC DISEASE SELF-MANAGEMENT PROGRAM

Chronic diseases and conditions disproportionately affect older Iowans. The situation is becoming ever more critical as the huge Baby Boomer generation ages. Fortunately, a large body of scientific evidence exists demonstrating the effectiveness of low-cost self-care programs that can reduce older adults' risk of disease, disability, and injury. These evidence-based programs empower adults to take more control of their own health through lifestyle and behavior changes.

Better Choices, Better Health workshops will not conflict with existing programs or treatments. They are designed to enhance regular treatment and disease-specific education. The program increases participant's skills to coordinate all the things needed to manage their health, as well as to help keep them active.

www.idph.iowa.gov/BetterChoicesBetterHealth