

Healthy Living Programs

Coordinated by the Chronic Disease Prevention & Control Program at the Nebraska Department of Health and Human Services.
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	Chronic Disease Programs			Falls Prevention Programs		
	Living Well (Chronic Disease Self- Management)	Health Coaches for Hypertension Control	Diabetes Prevention Program	Stepping On	Tai Chi for Arthritis & Falls Prevention	Bingocize
Target Audience	Adults with chronic physical or behavioral health conditions and their caregivers.	People diagnosed with hypertension or concerned about developing hypertension and their caregivers.	Individuals with pre-diabetes based on blood test or risk test results who have a BMI of 25 or higher.	Older adults who live in their own homes or apartments and do not rely on walker or wheelchair indoors.	Adults with arthritis, rheumatic diseases or related musculoskeletal conditions and/or adults who have a higher risk of falling.	Sedentary, older adults at all physical and mental ability levels.
Program Structure	6 Sessions One 2-2.5 hour workshop per week Small group 12-16 participants	8 Sessions 90-minute sessions weekly or twice weekly Small group 8-12 participants	26 Sessions over 1 year • First Phase: weekly 1 hour sessions for the first 16 weeks • Second Phase: monthly or bimonthly 1 hour sessions for the last 6 months Small group 8-12 participants	7 Sessions One 2 hour session per week Small group	20 Sessions Two 1 hour sessions per week Small group	20 Sessions Two 1 hour sessions per week Small group
Leaders	Workshop facilitated by at least 2 trained leaders	Sessions lead by 1 trained lay leader	Sessions lead by 1 trained lifestyle coach	Lead by 2 trained leaders or 1 trained leader and 1 peer leader	Lead by 1 or 2 trained instructors	Sessions lead by 1 trained lay leader
Virtual Option	Virtual training and delivery allowed	Virtual training and delivery allowed	Virtual training and delivery allowed	Virtual training and delivery allowed	Virtual training and delivery allowed	Virtual training and delivery allowed
Leader Training Requirements	4 day live leader training with optional cross-trainings for additional program versions.	21 hours of live training	12-16 hours of lifestyle coach training. Two hours of Advanced Coach Training yearly.	2-4 hour online basic training followed by 3 day live leader training.	20 hours self-paced online training followed by 1 day live leader training	2 hour self-paced online training
Additional Information	There are 4 versions of the Living Well program in Nebraska including: Living Well with Chronic Conditions, Living Well with Diabetes, Worksite Living Well, and Living Well with Chronic Pain.	Topics include high blood pressure, nutrition, tobacco cessation, physical activity, medication management, stress management, and action planning.	The program is designed to promote and support healthy behaviors. Through the program, people learn the skills they need to lose weight, be more physically active, and manage stress.	Guest Experts including a physical therapist, optometrist, pharmacist, and community safety professional help present the program information.	Program consists of six basic movements and six advanced movements.	Three separate 10-week units that focus on exercise-only, exercise and falls prevention, or exercise and nutrition.
Language	Various https://selfmanagementresource.com/programs/modes-of-delivery-and-languages/	English and Chinese	English and Spanish	English Spanish curriculum coming in January 2023	English	English
Link	https://www.ncoa.org/article/evidence-based-chronic-disease-self-management-education-programs	https://www.ncoa.org/article/evidence-based-program-health-coaches-for-hypertension-control	https://www.ncoa.org/article/evidence-based-program-cdc-diabetes-prevention-program-dpp	https://www.ncoa.org/article/evidence-based-program-stepping-on	https://www.ncoa.org/article/evidence-based-program-tai-chi-for-arthritis-and-falls-prevention	https://www.ncoa.org/article/evidence-based-program-bingocize