



CHW in Community Wellness:

Engaging and Empowering Positive Community Health Outcomes

What is an Evidence-Based Program?

Evidence-based health promotion programs are tested programs proven to work effectively. They provide practical models that community organizations can use. Experts have carefully reviewed how these programs are evaluated and agree on the results regarding their impact. When you use an evidence-based program, you can be sure that you are offering a program that effectively improves the health of your community

What is Community Health Network?

The mission of the Community Health Network (CHN) is to empower Rhode Islanders to take charge of their health. They do this by connecting individuals to evidence-based prevention and lifestyle change programs to enhance their quality of life. These programs offer the tools necessary for managing health conditions, along with support and guidance in areas such as physical activity, nutrition, and emotional well-being.

**All images and videos are hyperlinked:
Click each to access more information.**





Tai Ji Quan: Moving for Better Balance® (TJQMBB) is a program for older adults at risk of falling and those with balance issues. It was created by Dr. Fuzhong Li from the Oregon Research Institute.

While based on a modern 24-form Tai Ji Quan routine, TJQMBB focuses on promoting health rather than being just a martial art. It addresses common balance problems.



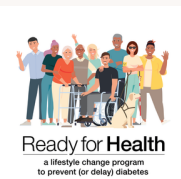
A Matter of Balance (MOB) program helps older adults reduce their fear of falling and increase activity levels. It includes eight two-hour classes with 8 to 12 participants and is led by trained coaches.

Participants learn that falls can be controlled, set goals to be more active, and discover ways to make their homes safer. The program includes exercises to improve strength and balance. Activities include group discussions, problem-solving, role-playing, exercise training, and how to get up and down safely.



Healthy Heart Ambassadors (HHA) support the National Healthy Heart Ambassador Blood Pressure Self-Monitoring Program (HHA-BPSM) for adults with high blood pressure or those taking medication.

Over four months, HHAs educate and encourage participants on how to measure and track their blood pressure at home. They offer personal office hours and group nutrition sessions to aid in blood pressure management.



The program has three main parts to help you make lasting lifestyle changes.

First, you'll follow a proven curriculum with lessons and resources to support healthier choices. Second, a trained Lifestyle Coach will help you set realistic goals and stay motivated. Finally, you'll join a supportive group of individuals with similar goals to share ideas and celebrate successes.

The program lasts one year. You will meet weekly for the first six months, then once or twice a month for the next six months.



The Community Health Network connects participants with programs for managing chronic diseases and preventing health issues. It offers a one-stop shop for referrals to free and low-cost health programs at RIPIN. The network provides tools for participants to take charge of their health and helps them improve their diets, increase physical activity, and change behaviors. It also selects effective and affordable programs for those with chronic conditions.