

Better Choices, Better Health® (BCBH®)

BCBH® is a free, evidence-informed, self-management workshop that supports adults with chronic conditions to better manage their symptoms and daily lives.

How can BCBH® help your patients?

Patient Thinking



BCBH® Values

- Translate knowledge into action
- Strengthen intention and commitment
- Self-efficacy
- Solution-finding
- Peer support, conversation and encouragement
- Activate patient

Behaviour Change



What can you do?

- Refer your adult patients to BCBH®
- Innovate with us to build self-management supports into patient visits
- Train to be a BCBH® leader



54% of participants were referred by a healthcare provider



In-person workshops

Offered in most community centers (2.5 hours per week for 6 weeks)

How to register?

Ask your patients to visit:
www.ahs.ca/bcbh

Or call:
[1-866-408-LINK \(5465\)](tel:1-866-408-LINK)

2015-2018 Provincial Evaluation Results

What did we find?*



* Statistically significant (p < 0.05)



"You use your action plan and it motivates you to go out and do something."

"Before I started doing the program I couldn't go up the stairs and now I can"

96% of participants reported that they intend to use course content to make positive changes to their lifestyle, such as:

- Eating healthy
- Dealing with physical symptoms
- Physical activity

Who were our participants?

With over 775 participants, an average age of 57 years and a range of chronic illness, the top five reported chronic conditions included:

Chronic pain	Diabetes	Weight	Mental Health	Fibromyalgia
48%	23%	21%	18%	15%