



FOR IMMEDIATE RELEASE

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Local Organizations Collaborate to Offer *Living Well* Workshops

Workshops Help Eau Claire County Residents Live Better with Chronic Health Conditions

Eau Claire, WI, Monday, May 19th – The Eau Claire City-County Health Department was one of 12 health departments nationwide to receive a grant from the National Association of County and City Health Officials (NACCHO) to provide *Living Well with Chronic Conditions* workshops in Eau Claire County. The Health Department’s project partners are the Eau Claire Healthy Communities Chronic Disease Prevention Action Team, the Aging & Disability Resource Center of Eau Claire County (ADRC), Mayo Clinic Health System, and the Eau Claire YMCA. The ADRC has been offering *Living Well* workshops and due to the high demand has asked the Health Department to partner with them in expanding the program throughout the county. The Health Department is committed to expanding program offerings to reach residents in rural areas and the adult workforce.

The *Living Well* with Chronic Disease workshop, which was developed by Stanford University, is shown to decrease hospitalizations, emergency department visits, and falls among program participants. The workshop engages participants in self-managing their condition to maintain a better quality of life. It is a great resource to offer the many Eau Claire County residents who have chronic health conditions, such as asthma, arthritis, fibromyalgia, diabetes, or another health condition that threatens to affect their well-being.

Chronic diseases are the most common, costly and preventable of all U.S. health problems and are the leading causes of death and disability. Through the recent Eau Claire County Community Health Assessment process, local residents selected Chronic Disease Prevention as one of the top three community health concerns.

- 28% of Eau Claire County adults report their weight for height falls in the obese range, which increases the risks of many chronic diseases.
- One quarter of the county’s adult population has pre-diabetes, which indicates an increased risk of developing type 2 diabetes, heart disease and stroke.
- Falls are the leading cause of county emergency department visits for injury in residents of all ages.

“We are excited to partner with our local organizations to add more classes for our community residents,” says Lieske Giese, Director/Health Officer of the Eau Claire City-County Health Department. “For people with chronic health conditions, good medical care is just half of the equation. Equally important is their ability to make healthy decisions, follow their doctor’s recommendations, and take care of their condition. The *Living Well* workshop supports taking these important steps for health.”

The next *Living Well* workshop will meet on six Thursdays, starting June 19th through July 31st, from 3:30-6:00 pm at the Augusta Senior & Community Center, located at 601 Main Street in Augusta. The workshops are open to adults of all ages who have chronic conditions and their caregivers. There is no cost to participate. To register for this workshop or to get information on the workshops, call the ADRC at 715-839-4735.

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