

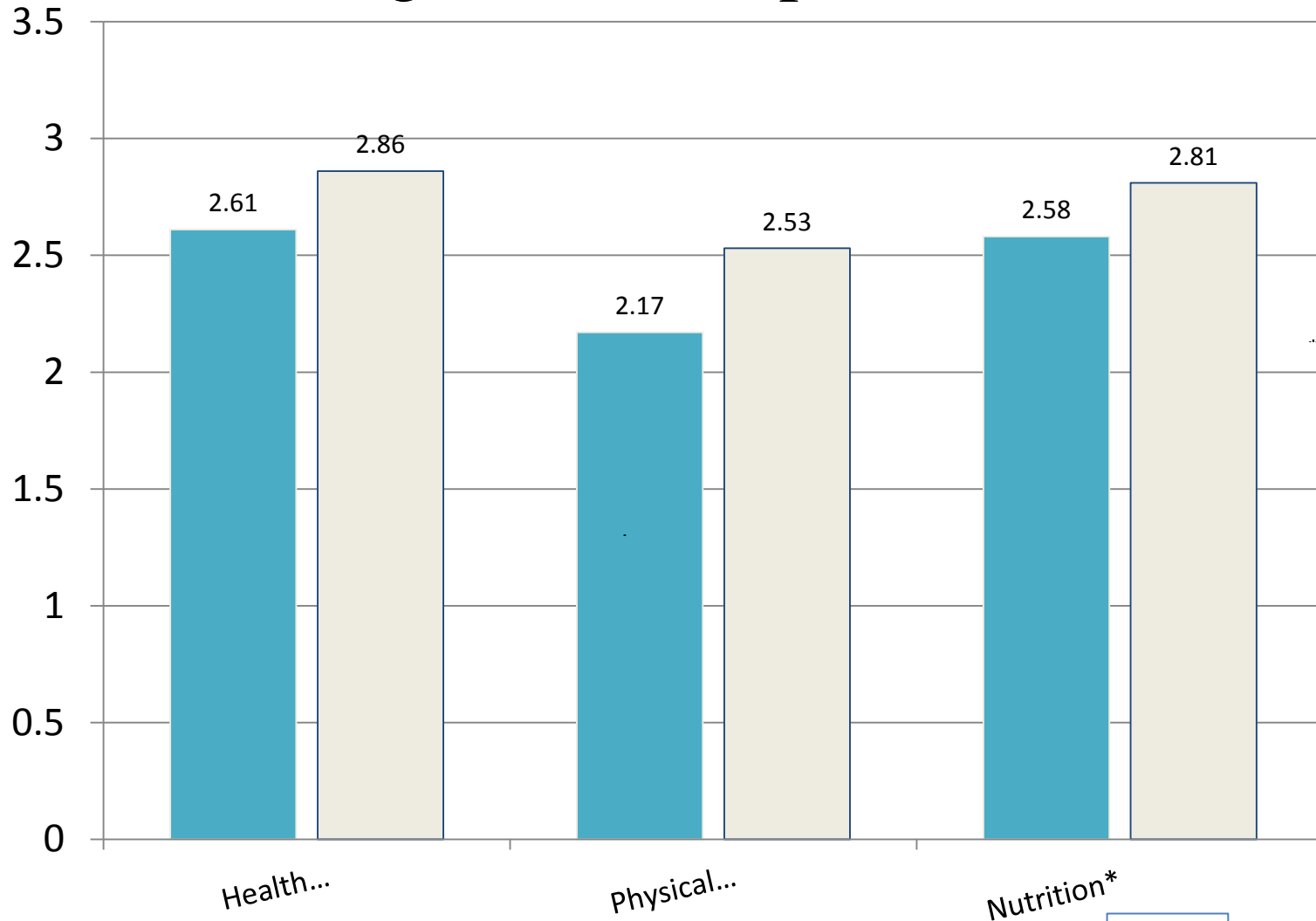
Lay-Facilitated Workplace Health Promotion Groups

- Can we adapt self-management, a successful chronic disease model, to be feasible for health promotion in the workplace?
- University of Missouri's wellness program studied 188 employees to learn whether lay-facilitated self-management classes improved health behaviors

Act Healthy: Self-Management for Health Promotion

- Act Healthy cuts leader training time from 4 days to 4 hours
- Act Healthy cuts weekly meeting time from 2 hours to 50 minutes
- Act Healthy lets participants individualize their weekly Action Plan
- 6 weekly sessions at work, focused on action planning and iterative progress on health goals
- Confidence level for action plans must be 8 of 10

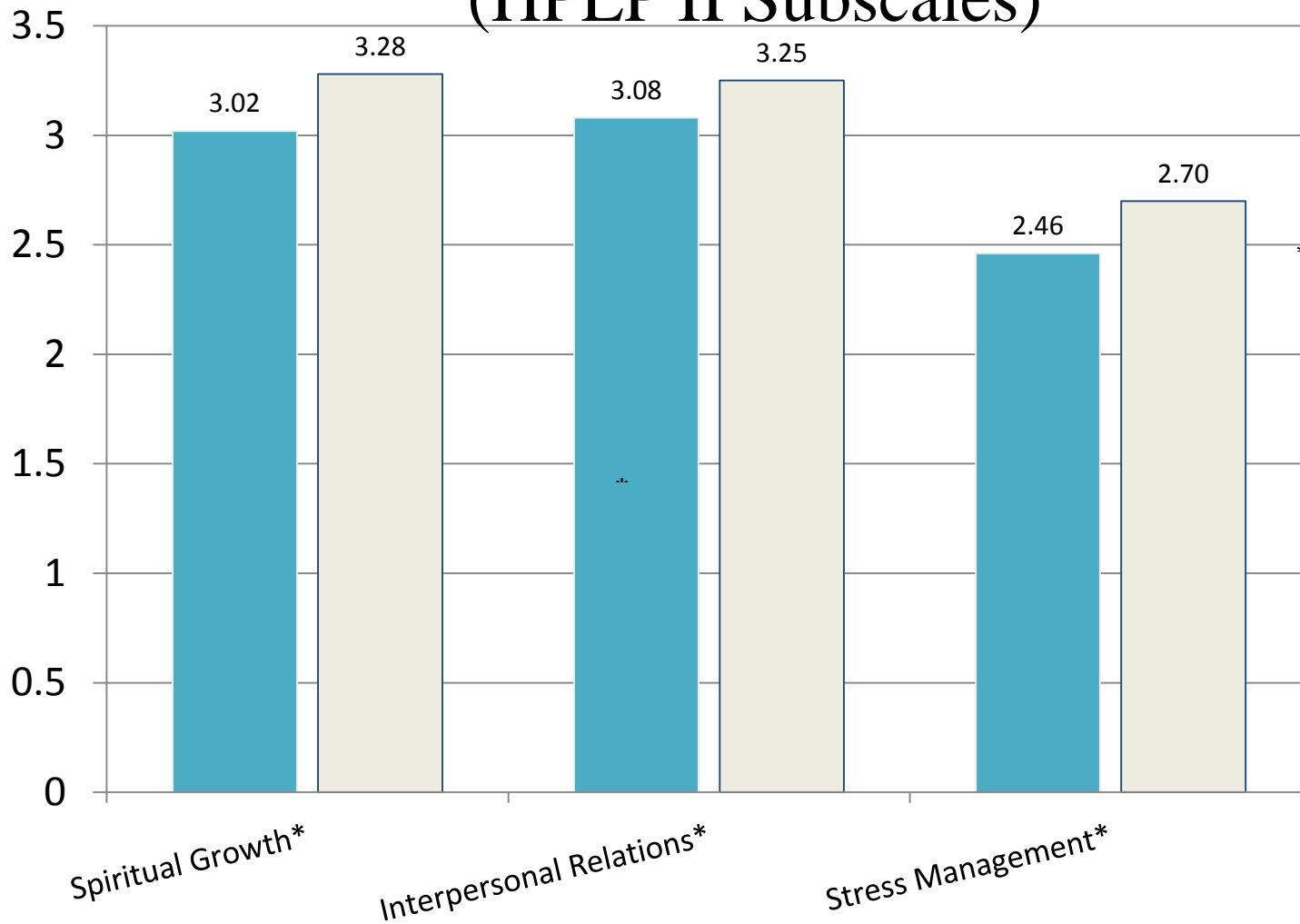
Health Behavior Pre-Post Differences for Self-Management Groups (HPLP II Subscales)



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Health Behavior Pre-Post Differences for Self-Management Groups (cont'd)

(HPLP II Subscales)



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