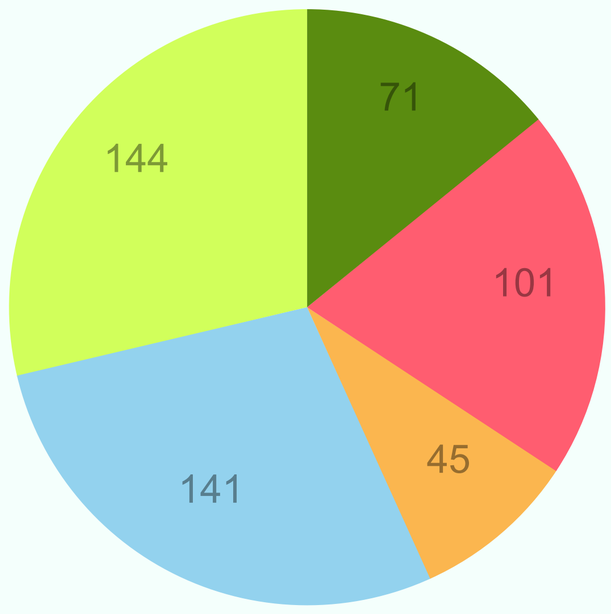
Peer Wellness Services

Cherokee Health Systems, Frontier Health, Helen Ross McNabb, Ridgeview Behavioral Health

Semi-annual report: July - December 2015

Demographics

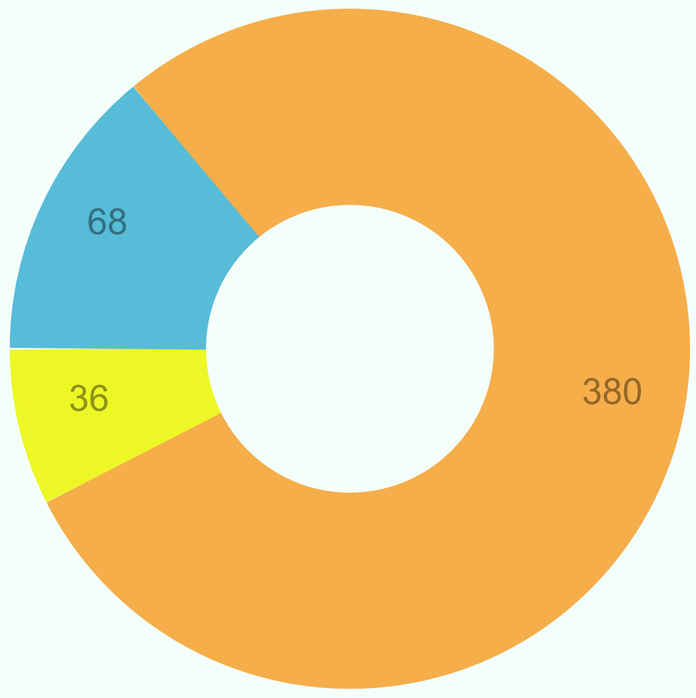
Number of participants by program



- Chronic Disease Self-Management Program (14%)
- Diabetes Self-Management Program (20%)
- Tobacco Free Program (9%)
- Well Body Program (28%)
- Peer Wellness Coaching (29%)

Percentage of participants by gender

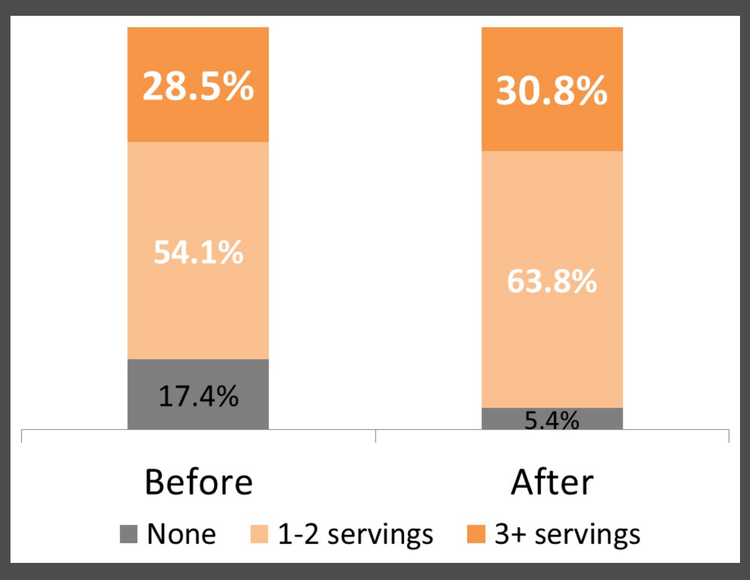
Race



- Black or African American (14%)
- White (79%)
- Other (7%)

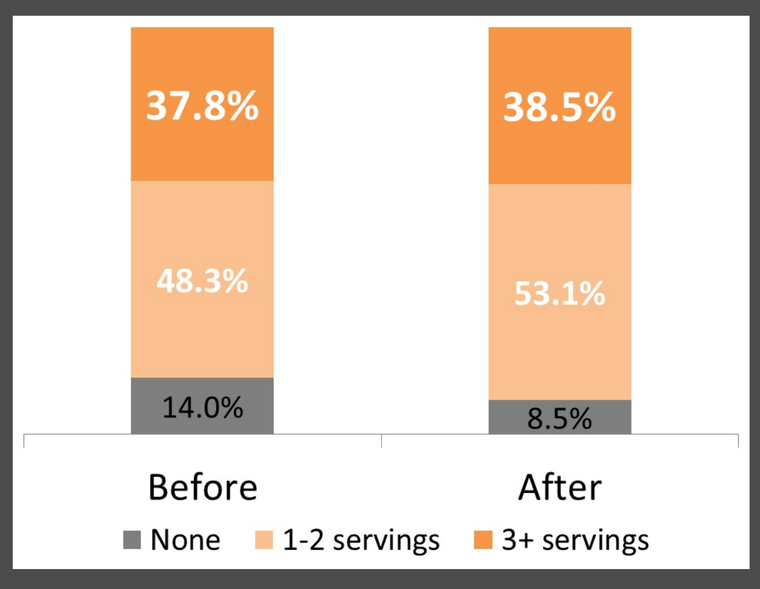
Eating habits

Servings of fruit per day



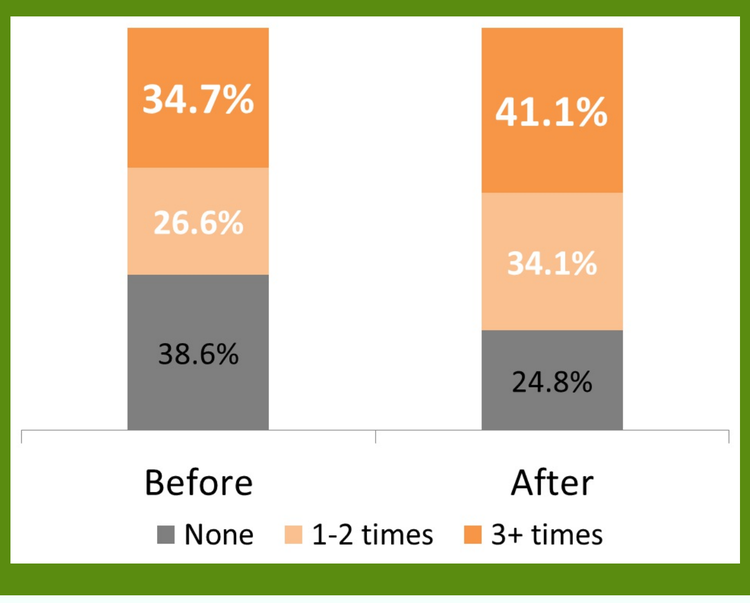
After participating in Peer Wellness Services, participants ate significantly more servings of fruit and vegetables per day.

Servings of vegetables per day



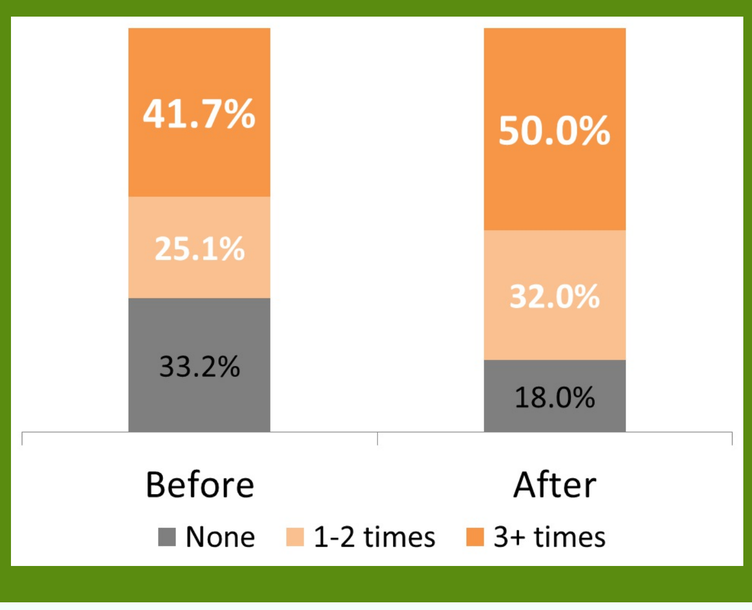
Physical activities per week

Flexibility activities

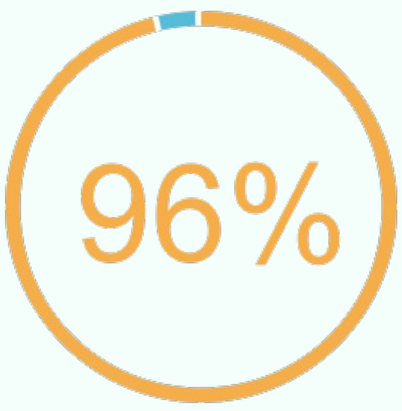


Participants reported significantly more physical activities after participating in Peer Wellness Services.

Endurance activities



After participating in Peer Wellness Services...



96% of all participants said that they have a desire to succeed.

95% of all participants said that they have goals in life they want to reach.

91% of all participants said they are hopeful about the future.

TN Department of Mental Health & Substance Abuse Services

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