

PATH

Personal Action Toward Health
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What is PATH?

PATH is a six week, 2.5 hour evidence-based workshop that has been studied and found to help participants **better self-manage** their chronic condition through a variety of skills and tools.

The program was designed by Stanford University and is lead by **two certified leaders** who one or both have a **chronic disease themselves**.

More than **5,400 people** have participated in over **470 PATH classes** between **2008 and 2019** through the National Kidney Foundation of Michigan. **70%** of those who enroll complete PATH.

How do participants feel after the workshop?

Participants feel more **confident** about taking care of their health



93% Would **recommend** PATH to others

Do you want to take charge of your health and better understand your chronic condition? Then you are ready to take **Personal Action Towards your Health**.

What skills and tools do participants continue to use?



79% said **Healthy Eating**



46% said **Using your mind**



76% said **Physical Activity**



44% said **Proper Use of Medication**



63% said **Action Planning**



48% said **Problem Solving**



59% said **Weight Management**



46% said **Communication**

What types of conditions do participants have?

- High Blood Pressure (**63%**)
- Diabetes (**50%**)
- Disability (**42%**)
- High Cholesterol (**41%**)
- Arthritis (**45%**)
- Obesity (**32%**)
- Depression/Anxiety (**22%**)
- Cancer (**13%**)
- Chronic Kidney Disease (**10%**)

Anyone with a **chronic condition** or their **caregiver** may attend.



MICHIGAN Partners on the **PATH**



REGION IV **Area Agency On Aging**
Offering Choices for Independent Lives



NATIONAL KIDNEY FOUNDATION®
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For P.A.T.H Class Dates and Registration visit campusforcreativeaging.org/path-personal-action-toward-health