



Illinois Pathways to Health  
by AgeOptions

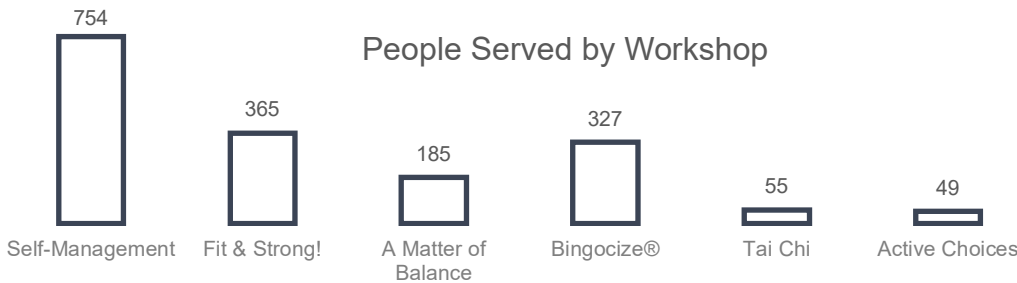
# FY24 Programs Report

## Illinois Pathways to Health Initiative

Illinois Pathways to Health (ILPTH), developed by AgeOptions, is a community care hub designed to connect individuals seeking to improve their health and well-being with programs proven to achieve those goals.

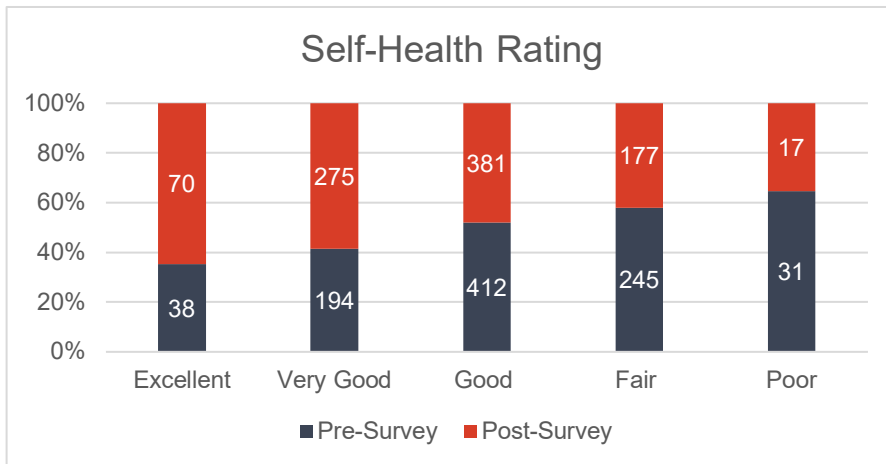
### Key Facts

- In FY24, over 1,700 individuals participated in ILPTH programs, both in-person and online.
- More than 170 workshops were held across 22 counties in Illinois.
- Six evidence-based programs were offered.



## ILPTH Programs Deliver Results

Following the workshops, there was an overall 8.85% improvement in self-reported health. Additionally, 79% of survey respondents rated their health as “Excellent,” “Very Good” or “Good” post-workshop.



Note: Data reflects only participants who completed the survey.

1735

Total Participants

1121

Total Completers

174

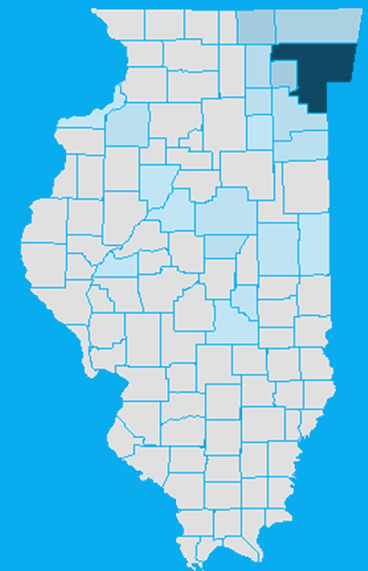
Total Workshops

268

Participants attended Spanish Workshops

151

Participants attended workshops in Arabic, Chinese, Hindi, and Korean

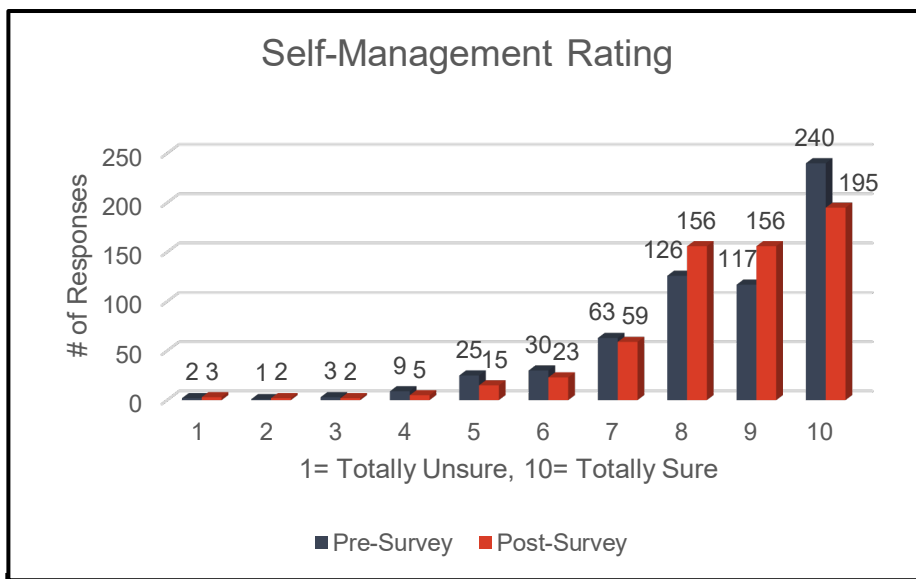


\*Additional falls prevention workshops were implemented statewide; however, data was not reported.

# Self-Management Program Results

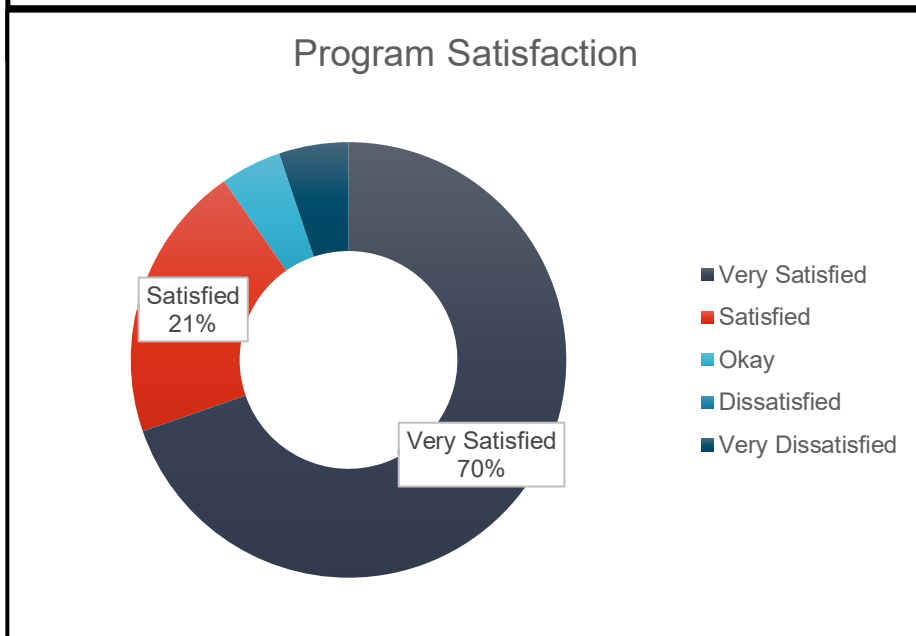
Participants completed surveys for our Self-Management and Self-Management support programs. The Self-Management programs included our *Take Charge* workshops, which empower individuals with chronic conditions such as chronic pain, cancer, and diabetes. The Self-Management support programs included *Fit and Strong!*, which helps participants improve physical activity, strength, and symptom management.

78% of survey respondents reported high confidence (rated 8 or above) in self-management before the workshop, which increased to 82% after the workshop. This represents a 4% overall increase in confidence in managing chronic conditions.



9

Average rating on a scale of 1-10 for confidence in managing chronic conditions after the workshop.



91%

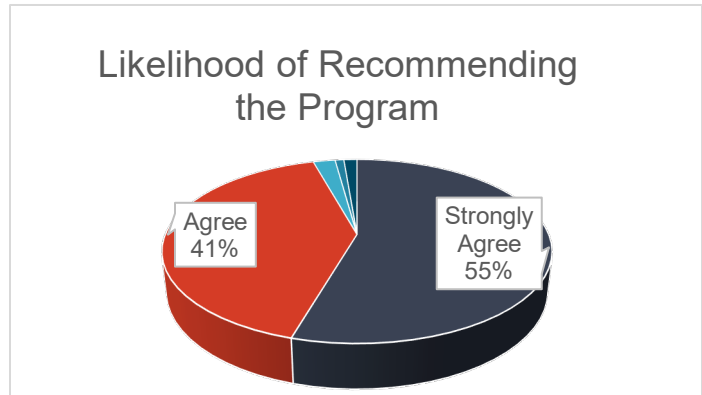
91% of respondents expressed satisfaction or high satisfaction with the program.

The net promoter score for recommendations, on a scale of 0-10, was 80.4.

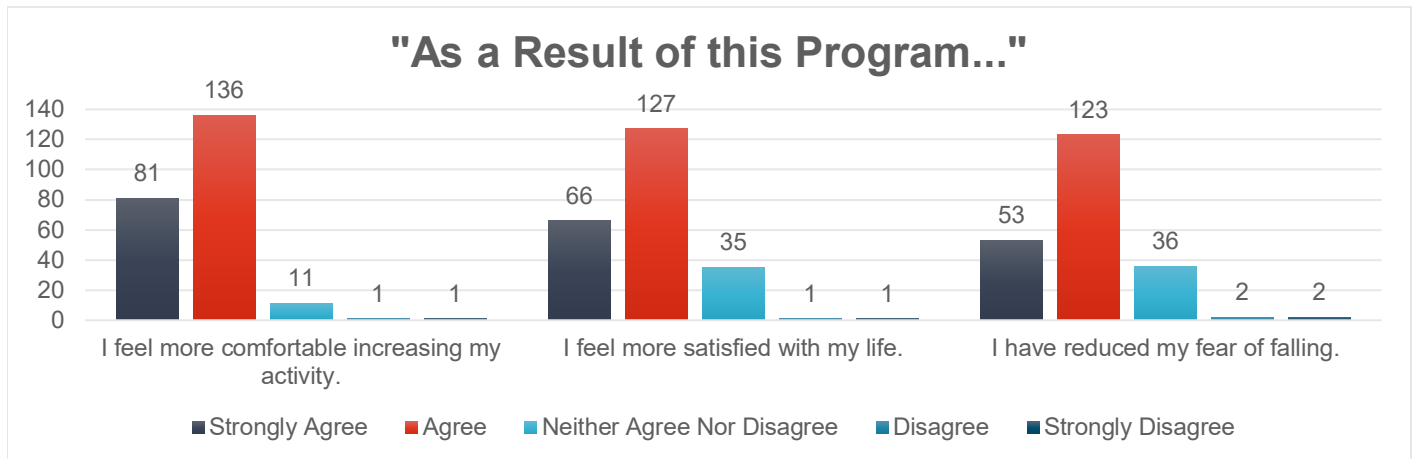
# Falls Prevention Program Results

Participants in our Falls Prevention workshops consistently reported improvements in fear of falling, physical activity, and life satisfaction.

Survey results were overwhelmingly positive, with 96% of survey respondents recommending the workshop by responding “agree” or “strongly agree.”



	% Who Fell Before Class	% Who Fell After Class	Difference
A Matter of Balance	26.74%	16.28%	10.46%
Bingocize	13.51%	8.11%	5.40%
Tai Chi	6.98%	6.98%	0.00%
<b>Overall</b>	<b>17.73%</b>	<b>11.33%</b>	<b>6.40%</b>



**94%**

Felt more comfortable in increasing activity.



**84%**

Reported increased life satisfaction.



**81%**

Experienced a reduced fear of falling due to the program.

Note: Data reflects only participants who completed the survey.