

# My Healthy VT Updates and Data Review

Blueprint Executive Committee  
Meeting

November 21, 2024

MY HEALTHY  
VERMONT

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Free workshops. Local Support. **Real Results.**

## Find the free workshop that's right for you

**Want to be healthier and feel better?** We can help. Our local coordinators can connect you with workshops right in your community. These are led by trained facilitators who understand your needs because many have faced similar health challenges. From building healthy behaviors to quitting smoking to managing pain and other long-term health problems, Vermonters who complete our workshops see big improvements in their health—and their overall well-being.



CHRONIC PAIN MANAGEMENT



QUIT SMOKING



HIGH BLOOD PRESSURE MANAGEMENT



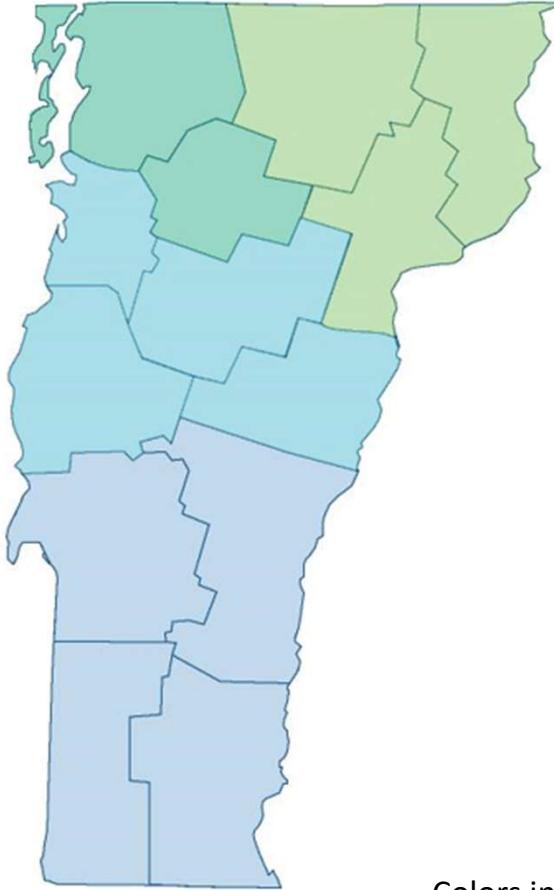
DIABETES MANAGEMENT



CHRONIC DISEASE MANAGEMENT



DIABETES PREVENTION



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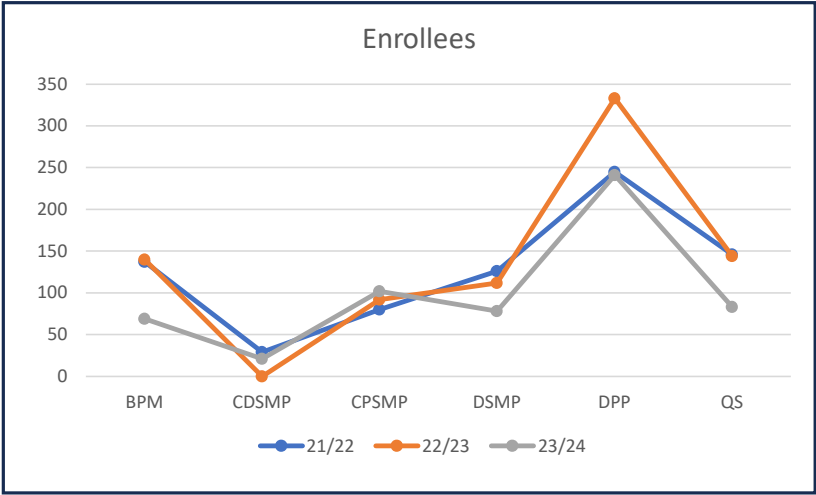
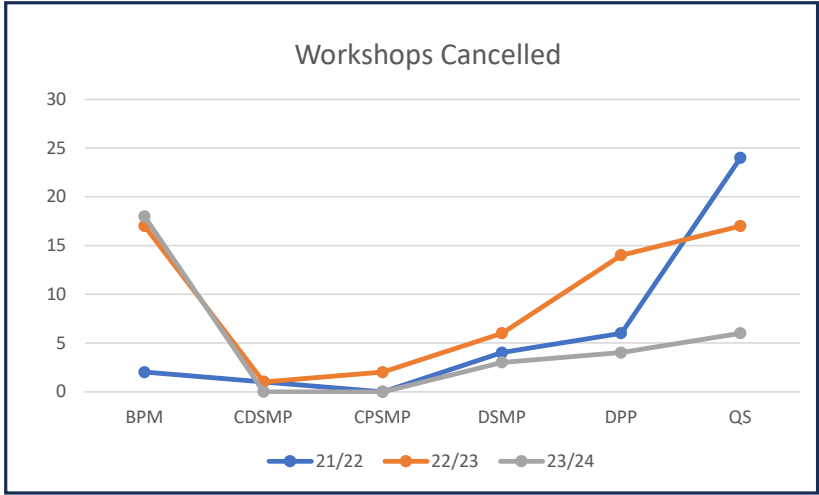
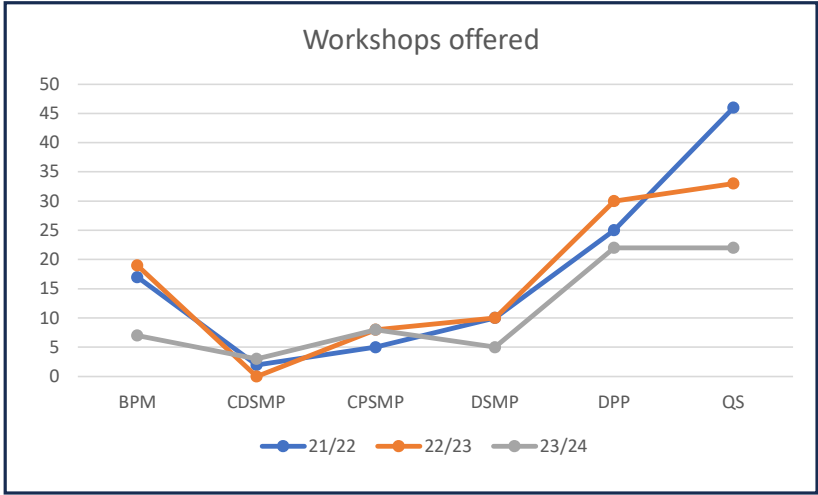
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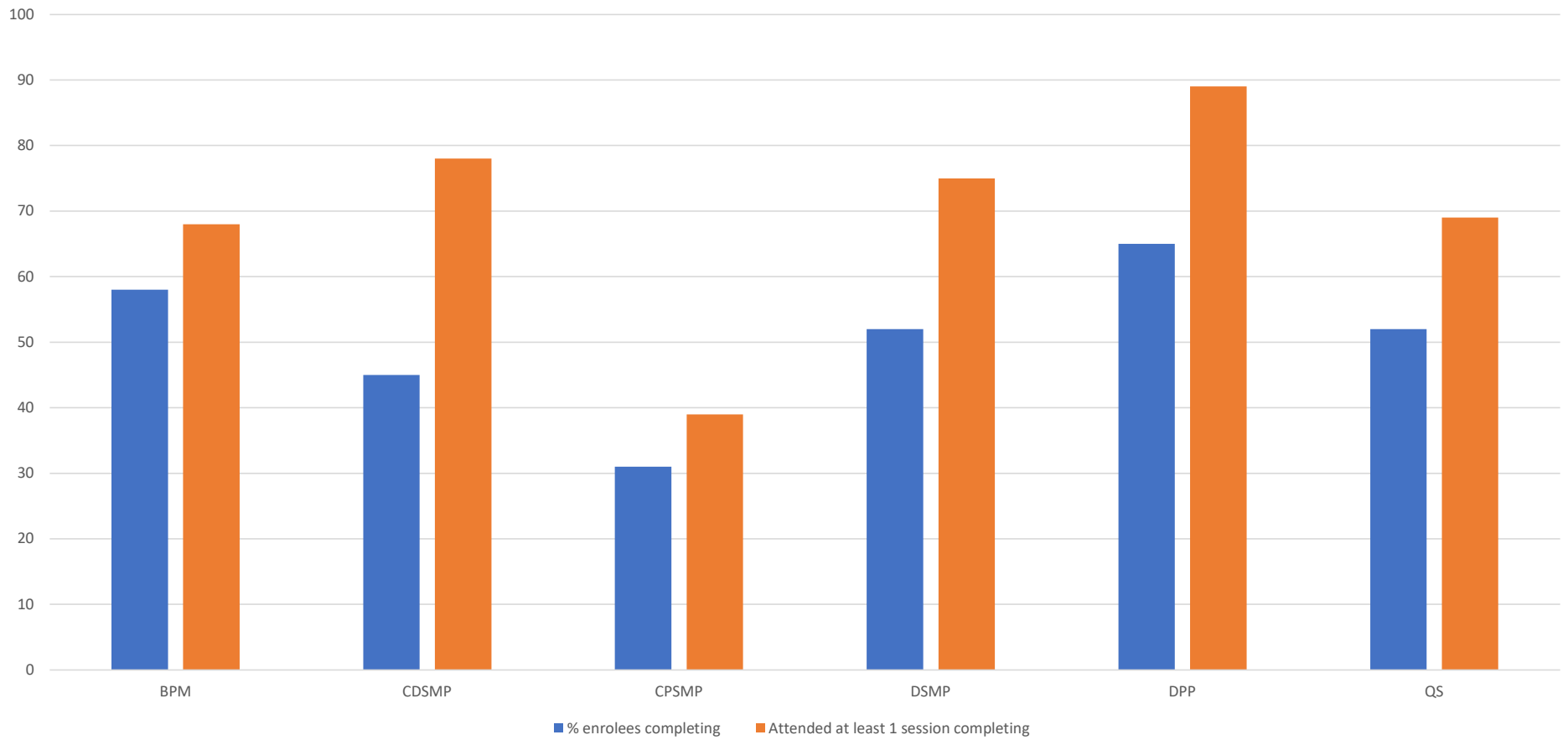
### Program Manager

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Colors indicate the local, direct point of contact for healthcare providers and Blueprint contacts.



### Completers



# 2024 Referring Partner Recognition Program

- **151 participants identified 40 providers or community partners as their source of referrals**
- **Each referral source received a thank you letter, window cling, and recognition on the MHVT website**
- **Areas for improvement: Many participants identified healthcare providers as their referral source but did not identify specific practices.**







## What participants are saying?

- I received bits of info that effected positive change in behavior.
- The facilitator instilled sense of community, safety, and non-judgement within our group.
- Label reading and choice swaps.
- The group atmosphere was helpful, being able to relate to each other and be accountable to each other. Fresh ideas shared by all.
- The workbook and comments by other participants.
- All of it!

# Thank You!

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