



Illinois Pathways to Health
by AgeOptions

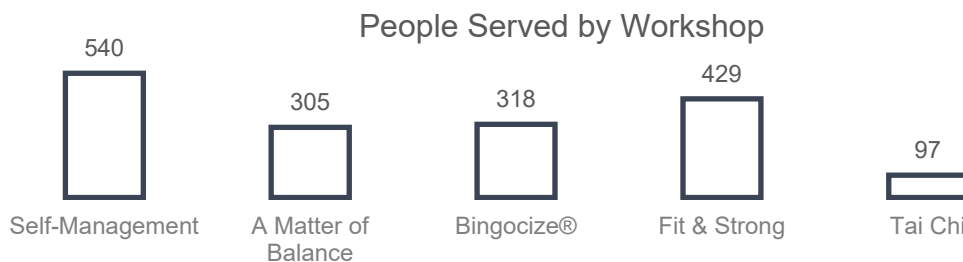
FY25 Programs Report

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.

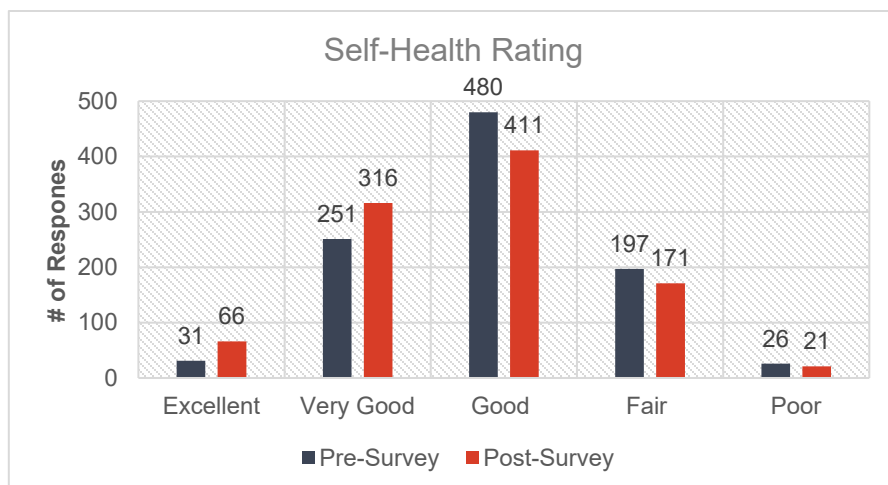
Program Participation

- In FY25, 1,689 individuals participated in ILPTH programs, both in-person and online.
- 128 workshops were held across 16 counties in Illinois.
- Five evidence-based programs were offered: Self-Management (Take Charge workshops) and Falls Prevention Programs.



ILPTH Program Impact

Program participation across ILPTH workshops was associated with measurable improvements in self-reported health. Participants reporting “Excellent,” “Very Good,” or “Good” health increased by **3.1 percentage points**, with over **81%** rating their health positively post-workshop.



Note: Data reflects only participants who completed the survey.

1689

Total Participants

954

Total Completers

128

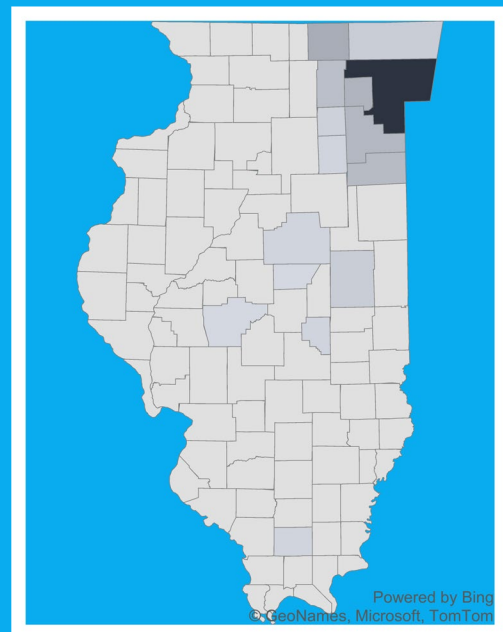
Total Workshops

276

Participants attended Spanish Workshops

71

Participants attended workshops in Chinese, Hindi, and Korean

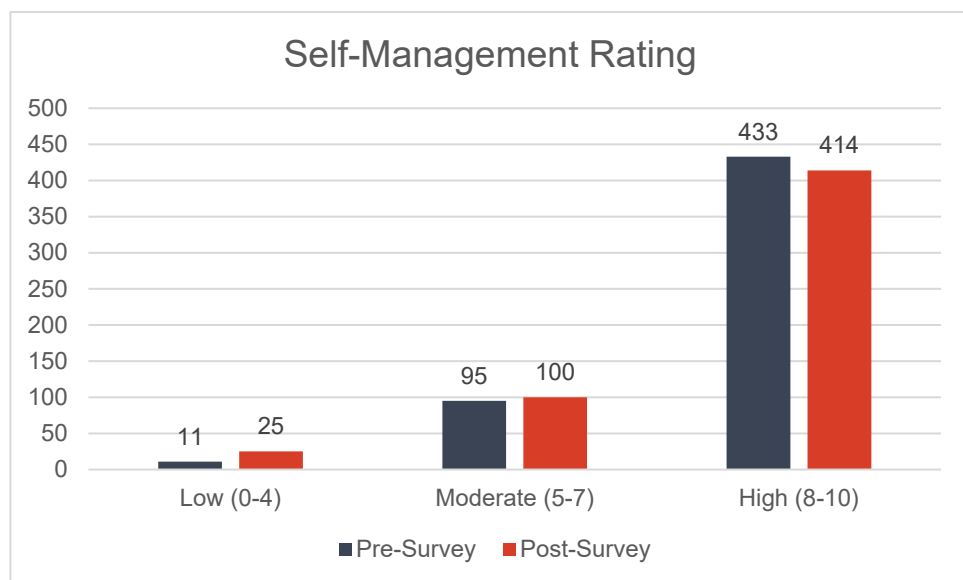


*Additional falls prevention workshops were implemented statewide; however, data was not reported.

Self-Management Program Results

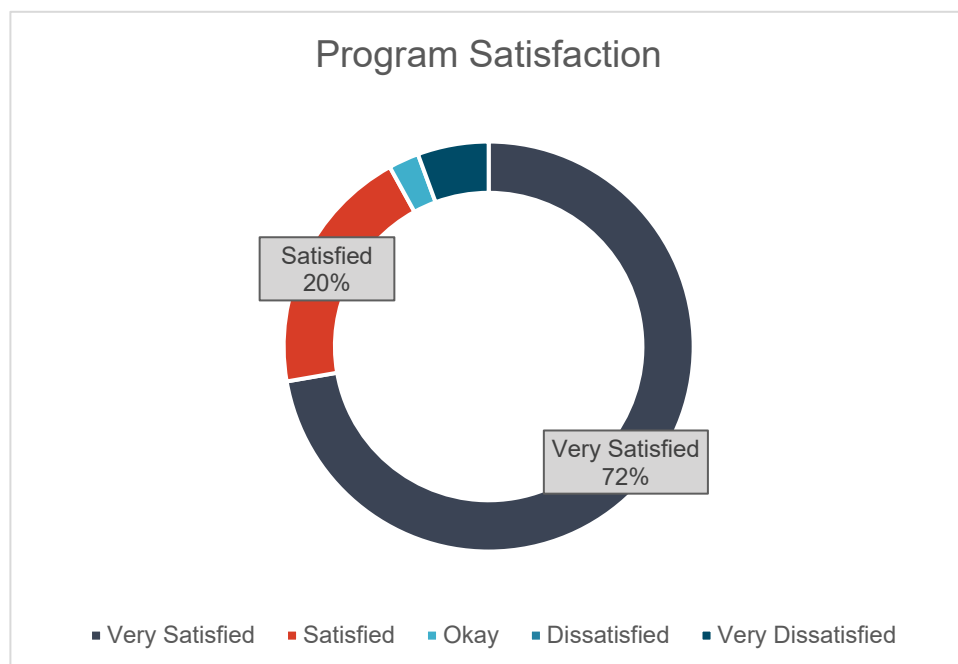
Participants completed surveys for our Self-Management and Self-Management support programs. The Self-Management programs include our *Take Charge* workshops, which empower individuals with chronic conditions such as chronic pain, cancer, and diabetes. The Self-Management support programs include *Fit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

Self-management workshops supported participants in maintaining strong confidence, with 77% reporting high confidence (8–10) post-workshop, reflecting ongoing skill in managing chronic conditions.



8.3

Average rating on a scale of 0-10 for confidence in managing chronic conditions after the workshop.



92%

92% of respondents expressed satisfaction or high satisfaction with the program.

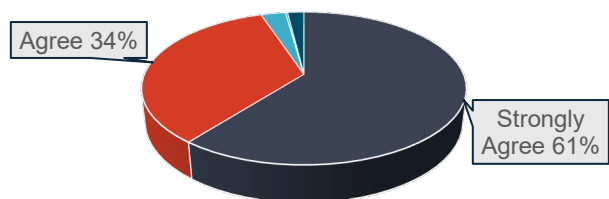
The net promoter score for recommendations, on a scale of 0-10, was 83.

Note: Data reflects only participants who completed the survey.

Falls Prevention Program Results

Participants in our Falls Prevention workshops — including *A Matter of Balance*, *Bingocize*, and *Tai Chi for Arthritis and Prevention* — reported measurable improvements in confidence, reduced fear of falling, increased physical activity, and overall life satisfaction.

Likelihood of Recommending the Program



- Strongly Agree
- Agree
- Neither Agree Nor Disagree
- Disagree
- Strongly Disagree

95%

95% of respondents agreed or strongly agreed they would recommend the workshop.

The approximated net promoter score for recommendations was 56.

	% Who Fell Before Class Began	% Who Fell After Class Began	Difference (percentage points)
A Matter of Balance	23.3%	10.2%	13.1pp
Bingocize	14.5%	3.8%	10.7pp
Tai Chi	11.3%	6.2%	5.1pp
Overall	17.8%	6.8%	11.0pp

Overall, workshops led to an 11-percentage point reduction in falls across all programs.



92%

Felt more comfortable in increasing activity.



83%

Reported increased life satisfaction.



82%

Experienced a reduced fear of falling due to the program.