WTNS Radio OSU Extension Update for April 21, 2025
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about telehealth, and as always look at some upcoming programs from OSU Extension.

Telehealth, or telemedicine, is defined by the Health Resources and Services Administration as "the use of electronic information and telecommunications technologies to support long-distance clinical health care, and patient and professional health-related education."

Five years ago, many people were catapulted into a telehealth experience. The Mayo Clinic shares that there are several goals for telehealth. The first is to make health care easier to get for people who live in communities that are remote or in the country. It also makes services more easily offered or handy for people who have limited ability to move, time or transportation.

Dr. Thomas Nesbit, from the University of California Davis, shares that the biggest need in home- and community-based care relates to chronic disease. He says, "The 100 million Americans with chronic disease account for about 75 percent of health care expenditures. Traditionally, chronic disease has been managed through an episodic office-based model rather than a care management model, which uses frequent patient contact."

It was Veterans Affairs that took the lead in developing a care management program that offered personalized education, monitoring, and feedback at home from a remote disease management support team. Now statistics show that use of technologies for chronic disease care management is associated with reductions in hospitalizations and readmissions and costs; better adherence to medication; and high rates of satisfaction.

Monitoring equipment that patients can use at home has shown specific improvements in the management of hypertension, congestive heart failure, and diabetes. This is very encouraging news. It is exciting to think about the types of devices that are in development stages now to collect data from continuous monitoring. Many people are used to wearing smart watches that monitor heart rate. In the future, watches or rings might measure our blood pressure and blood glucose levels.

One thing I appreciate about the information collected from my smart watch, is the patterns that it shows me about my sleep and my activity. Our perceptions about ourselves can be deceiving. I hope we all will take advantage of telehealth opportunities to shed light on our behaviors and show us where we can improve our health and wellbeing.

And now let's see what else is new from OSU Extension.

The Coshocton Public Health District is hosting the OSU James Cancer Mobile Mammography Unit on Monday, May 12 from 9:30 am – 3:30 pm. To learn how to schedule an appointment, visit the Coshocton Public Health District website or Facebook page.

Also, I have some great news to share about our Dining with Diabetes classes. Because we reached our class size limit for the series we are offering this month, we will be offering another series of classes this summer on Thursday evenings July 10 - 31. Find registration information on our Facebook page called Ohio State University Extension – Coshocton County.

In closing, at OSU Extension, we are proud to work for Coshocton County to help educate and empower our families, individuals, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265, check us out on Facebook, or visit our website at coshocton.osu.edu. Make it a healthy day!