Living Well Programs in Utah
Stanford Self-Management Education Programs
Utah Arthritis Program

- Oversee implementation of evidence-based self-management programs throughout Utah, including Stanford’s Self-Management Programs
- Funding sources: Centers for Disease Control and Prevention (CDC) and the Administration for Community Living (ACL)
- Work with the CDC and ACL to address the burden of arthritis, and other chronic diseases in Utah

Utah Arthritis Program

- Work in partnership with 25+ Utah organizations to increase access to and use of evidence-based programs
- Tasked with creating a sustainable infrastructure to deliver these programs by helping embed them within existing organizations or health care delivery systems
- Primary objective is to develop partnerships around the state to increase access to and use of evidence-based programs

Prevalence of Arthritis Among Persons With Other Conditions (Utah)

Source: Utah BRFSS, 2013

Number of Chronic Conditions Reported by CDSME Participants
Source: Utah Arthritis Program, Fiscal Year 2014 CDSME data repository

Leading Chronic Conditions Reported by CDSMP Participants
Source: Utah Arthritis Program, Fiscal Year 2014 CDSME data repository

- 34.2% Arthritis
- 32.0% Diabetes
- 30.7% Depression/Anxiety
- 29.7% Hypertension
- 29.1% High Cholesterol
- 26.6% Anxiety/Depression
- 23.1% Chronic Pain
- 15.3% Lung Diseases
- 12.8% Heart Disease
- 8.8% Cancer
- 8.7% Osteoporosis
- 3.4% Stroke
- 1.7% Alzheimers
Chronic Disease Self-Management Program (CDSMP)
Living Well with Chronic Conditions program

Diabetes Self-Management Program (DSMP)
Living Well with Diabetes program

Tomando Control de Su Salud (Spanish CDSMP)
Manejo Personal de la Diabetes (Spanish DSMP)

Program Description
- Designed for people who live with any chronic condition
- Based on the symptoms of chronic conditions
- Participants learn tools that enable them to self-manage their symptoms
- Community or healthcare-based settings

Program Structure
- Series of 6 sessions, 1 session per week, 2 hours per session
- Held in community settings (including healthcare)
- Highly scripted curriculum
- Groups are small: 10-15 people
  - Share information, interactive learning activities, problem-solving, decision-making, social support for change
- Weekly action plans and feedback

Community Settings
- Libraries
- Community/Recreation Centers
- Senior Centers
- Churches
- Clinics/Hospitals
- Worksites
- Clubhouses

Workshop Resources
- Resource book: Living a Healthy Life with Chronic Conditions
- CD: Relaxation for Mind and Body
**Program Subject Matter**

- Dealing with frustration, fatigue, pain and isolation
- Exercise for maintaining and improving strength, flexibility and endurance
- Appropriate use of medication and proper nutrition
- Communicating effectively with family, friends and health professionals
- Evaluating new treatments

**Patient Engagement Activities**

- Participants learn how to identify problems
- Participants learn how to act on problems
- Participants learn how to generate short-term action plans
- Participants learn problem-solving skills related to chronic conditions in general

**Week 1**
- Difference between acute and chronic conditions
- Short term distractions
- Introduce action plans

**Week 2**
- Dealing with difficult emotions
- Physical activity and exercise

**Week 3**
- Better breathing techniques
- Muscle relaxation
- Pain and fatigue management

**Week 4**
- Future plans for healthcare
- Healthy eating
- Communication skills
- Problem solving

**Week 5**
- Making informed treatment decisions
- Medication usage
- Depression management
- Positive thinking
- Guided imagery

**Week 6**
- Working with your healthcare professional
- Planning for the future

**Action Plans**

- Something they want to do
- Achievable
- Action Specific
  - What
  - How much
  - When
  - How often
- Confidence Level
- Problem Solving

**What participants are saying . . .**

- "I know I can self-manage a few problems and make life better for me and my husband."
- "It gave me some important coping mechanisms."
- "This class has helped me get my life in order."
- "I recommend this course and handbook to all seniors."
- "We have set goals, accomplished them and will continue to manage our lives better due to this class."

Source: Class participants of Wasatch and Summit County courses
**Latest Research Articles**

- Self-Management at the Tipping Point: Reaching 100,000 Americans with Evidence-based Programs (Journal of the American Geriatrics Society Volume 61, Issue 5, Article first published online: 14 MAY 2013)
- Success of National Study of the Chronic Disease Self-Management Program (Med Care. 2013 Nov;51(11):992‐8. doi: 10.1097/MLR.0b013e3182a95dd1)
- National Study of Chronic Disease (http://www.ncoa.org/improve-health/center-for-healthy-aging/content-library/national-study-of-the-chronic.html)

**Improved Outcomes**

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<th></th>
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<th>2 yrs.</th>
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**Diabetes specific self-management topics:**
- Monitoring blood sugar
- Complications
- How to deal with sick days
- Foot care
- List of recommended testing and preventive services
- Healthy eating

**Spanish Program Development**
- Participants incorporate healthy habits into their lives:
  - Healthy eating habits
  - Exercise (physical activity)
  - Overall perception of better health
  - Cognitive management of symptoms
  - Better communication with health care providers

**Program Partnerships**
- Association of Governments
  - Area Agencies on Aging/Senior Centers
- Local Health Departments
- Centers for Independent Living
- Intermountain Health care
- University of Utah Community Clinics
- Veterans Affairs
- Community Based Organizations
- Mental/Behavioral Health Organizations
- Other healthcare systems
- Other delivery system partners

**Resources**
- Utah Arthritis Program
- Workshop schedules
- New Partner information
- Referral Cards to Living Well
Resources
- Stanford University’s site on CDSMP
  http://patienteducation.stanford.edu
- Administration on Aging: www.aoa.gov
- National Council on Aging:
  http://healthyagingprograms.org

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