Chronic Disease in the U.S.

At least one chronic disease = 1 in 2 adults

- [##%] of people in [STATE NAME] have arthritis
- [##%] of people in [STATE NAME] have diabetes
- [##%] of people in [STATE NAME] have heart disease
- [##%] of people in [STATE NAME] have lung disease
- [##%] of people in [STATE NAME] have [other]
Two or more chronic diseases = 1 in 4 adults

- 52% with diabetes also have arthritis
  - [##%] of people with diabetes and arthritis in [STATE NAME]

- 58% with heart disease also have arthritis
  - [##%] of people with heart disease and arthritis in [STATE NAME]
Chronic Disease in the U.S.

- Chronic disease limits daily activities for 1/4 of people diagnosed.
- Top causes of disability:
  1. Arthritis
  2. Back/spine pain
  3. Heart disease
Why Self-Management?

- Reduces disease symptoms
- Improves quality of life
- Helps people be more active and independent
- Provides a nonpharma treatment tool
- Lets patients be active partners in their health
Why Self-Management Interventions?

- Effective, affordable, and evidence-based
- Convenient, classes offered nearby
- Developed by university researchers, Arthritis Foundation, other reputable groups
- Taught by trained and certified instructors
- Evidence evaluated by CDC
Types of Interventions

- **Self Management Education Workshops**
  Educational programs designed to help people develop skills and confidence to manage their health condition

- **Physical Activity Classes**
  Exercise classes where people learn to exercise safely without exacerbating their condition
Self-Management Education Workshops

• 2–2½-hour workshops, 6–8 week program
• Address variety of chronic conditions
• Teach techniques to deal with pain, fatigue, physical limitations
• Model behavioral skills like goal-setting, problem-solving, overcoming barriers
Physical Activity Classes

• 1–3 classes per week, 8–12 weeks with some classes ongoing
• Practice balancing, stretching, endurance, strength training, low-impact aerobics
• Modified for different skill and ability levels
• Many programs include educational sessions
What Are the Benefits?

• Reduced pain and fatigue
• Improved self-rated health
• Improved range of motion
• Increased physical activity
• Elevated mood
• Improved psychological well-being
• Increased confidence in managing health
Your Recommendation Is Important

• Patients expect to learn about self-management interventions from providers
• They are 18 times as likely to participate in a self-management education workshop if their provider recommends it
What Can You Do?

• Review packet of materials
• Recommend local classes
• Hand out *Take Charge!* brochures and schedules
• Encourage patients to start before symptoms become severe
• Call with questions or feedback
What’s Available Here?

• [Program Title 1]
• [Program Title 2]
• [Program Title 3]
• [Program Title 4]
Active Living Every Day (ALED)

About the Program

• Group exercise program developed by The Cooper Institute
• Encourages sedentary people to get active
• Hour-long weekly workshops, 14 or 20 weeks
• Behavioral skills to overcome barriers to exercise
• Plan for incorporating exercise into daily life
Active Living Every Day (ALED)

Benefits

• Increased physical activity, function, cardio fitness
• Decreased depression, stress
• No safety concerns for people with arthritis
• Participants like low-impact activities, step-by-step progression, social support of group setting
Arthritis Foundation Aquatic Program (AFAP)

About the Program

• Warm water exercise program developed by AF and YMCA USA

• Hour-long classes, 2–3 times per week, 8–12 weeks or ongoing

• Can accommodate different ability levels

• Swimming ability not required
Arthritis Foundation Aquatic Program (AFAP)

Benefits

• Increased joint range of motion, muscle strength, flexibility, aerobic fitness

• Improved physical function, quality of life

• Attending at least two classes per week leads to greater improvements in quality of life, physical function, well-being, mood
Arthritis Foundation Exercise Program (AFEP)

About the Program

• Group exercise program developed by AF
• Two 1-hour classes per week, 8–12 weeks or ongoing
• Includes health education session
• Exercises include stretching, strength-building, conditioning, balance/coordination, relaxation
• Activities/intensity customized by skill level, limitations
• Done seated, standing, lying on floor
Arthritis Foundation Exercise Program (AFEP)

Benefits

• Decreased pain, fatigue, depression
• Increased confidence for managing arthritis
• Benefits confirmed in CDC-funded randomized controlled trial (RCT)
• Best results for participants attending at least 9 of 16 classes
Arthritis Self-Management Program (ASMP)

About the Program

• Small group education workshops developed at Stanford University
• 2–2½ hours weekly for 6 weeks
• Educational sessions and group discussions on managing arthritis
• Practice techniques at home, share with group
• Helpful if arthritis interfering with valued activities
Arthritis Self-Management Program (ASMP)

Benefits

- Decreased fatigue, health distress, depression, anxiety
- Increased exercise, confidence in ability to manage arthritis
- Benefits may last up to 12 months or more
- At least 24 studies and program evaluations
The Arthritis Toolkit
Manejando Mi Artritis

About the Program

• Self-study package in English and Spanish
• Developed at Stanford University, based on ASMP
• Textbook and CDs to guide individual program
• Topics include exercise, pain management, goal-setting, problem-solving
• May appeal to younger patients with fewer comorbidities
The Arthritis Toolkit
Manejando Mi Artritis

Benefits

• Large CDC-funded RCT found benefits similar to other self-management education programs

• Decreased pain

• Increased health status, health behaviors, self-confidence for managing arthritis

• Similar benefits with Spanish version
Better Choices, Better Health™ (BCBH) for Arthritis

About the Program

• Internet-based version of ASMP
• 6-week “virtual group” program—participants log on at their convenience
• Interact with moderators and other participants through secure message boards
• May be convenient alternative for people unwilling or unable to attend in-person workshops
Better Choices, Better Health™ (BCBH) for Arthritis

Benefits

• Effective alternative to in-person ASMP
• Decreased pain, disability, health distress
• Better self-reported health
• Increased confidence in ability to manage arthritis
• Benefits may last up to 12 months
Chronic Disease Self-Management Program (CDSMP)

About the Program

• Small group education workshops developed at Stanford University
• For arthritis, diabetes, heart disease, other conditions
• 2½ hours weekly for 6 weeks
• Learn and practice problem-solving, goal-setting, decision-making
• Share progress with group, get feedback on challenges
Chronic Disease Self-Management Program (CDSMP)

Benefits

• Decreased pain, health distress, fatigue, depression
• Increased energy, physical activity, confidence in managing health
• Better communication with primary care provider (PCP)
• Fewer social role limitations
• At least 23 studies and program evaluations
EnhanceFitness (EF)

About the Program

• Dynamic group exercise class developed at University of Washington

• Originally designed to prevent functional decline in older adults

• Hour-long classes, 3 times/week

• Series of cardiovascular, balance, strength, and stretching exercises

• Can tailor activities to health needs, limitations
EnhanceFitness (EF)

Benefits

- Better overall fitness, social function, physical function, mood
- Benefits found across diverse communities
- > 99% of participants would recommend to friend
- Decreased costs, fewer in-patient hospital stays
Fit and Strong!

About the Program

- Exercise and education sessions developed at University of Illinois at Chicago
- For osteoarthritis in lower extremities
- 90 minutes, 3 times/week, 8 weeks
- Stretching, balance, range of motion, endurance, resistance
- Problem-solving, other self-management techniques
Fit and Strong!

Benefits

• Safely decreases symptoms of osteoarthritis, including joint pain and stiffness
• Increased physical activity levels, confidence in ability to exercise
• Benefits may continue up to 12 months
• 99% reported benefits, 98% would recommend to friends
Programa de Manejo Personal de la Artritis

About the Program

• Group education workshops developed at Stanford University
• Conducted in Spanish
• 2–2½ hours, weekly for 6 weeks
• Modeled on ASMP with culturally appropriate topics
• Educational sessions and group discussions on strategies for managing arthritis
• Helpful if arthritis interferes with valued activities
Programa de Manejo Personal de la Artritis

Benefits

• Short- and long-term benefits similar to ASMP
• Decreased pain, depression
• Increased confidence in managing arthritis
Tomando Control
de su Salud

About the Program

• Developed at Stanford University, conducted in Spanish
• For arthritis, diabetes, heart disease, other conditions
• 2½ hours, weekly for 6 weeks
• Modeled on CDSMP with culturally appropriate topics
• Learn problem-solving, goal-setting, decision-making
• Share progress with group, get feedback on challenges
Tomando Control de su Salud

Benefits

• Benefits similar to CDSMP
• Decrease pain, health distress
• Increased physical activity, confidence in managing health
• Better communication with PCP
• Fewer social role limitations
• Better self-rated health
Walk with Ease (WWE)

About the Program

• Group walking program developed by AF; also self-directed version
• Motivates people to start walking, stay active
• 6-week program, 3 times weekly
• Education session, stretching activities, and 10- to 35-minute walk
• Supplemental materials/tools, print and online
Walk With Ease (WWE)

Benefits

- CDC-funded RCT examined both group and self-directed versions
- Decreased pain, stiffness, fatigue, disability
- Improved strength, balance, walking pace
- Increased confidence for managing arthritis
Questions?

Contact

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For More Information

Quick stats on arthritis
www.cdc.gov/arthritis/media/quickstats.htm

Descriptions of interventions
www.cdc.gov/arthritis/interventions.htm

CDC publications by topic
www.cdc.gov/arthritis/publications/topics.htm

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