



Chronic Disease

Self-Management Programs

The logo features a blue circle with the text "Chronic Disease Self-Management Programs" inside. The circle is surrounded by a decorative pattern of green and blue dots of varying sizes, arranged in a semi-circular arc. The text "Chronic Disease" is in white, "Self-Management" is in yellow, and "Programs" is in white.

Chronic Disease

Self-Management
Programs

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]



Chronic Disease

Self-Management
Programs

Chronic Disease in the U.S.

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

Self-Management
Programs

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



Chronic
Disease

Self-Management
Programs

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



Chronic Disease

Self-Management
Programs

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



Chronic
Disease

Self-Management
Programs

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



Chronic Disease

Self-Management
Programs

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

The logo for Chronic Disease Self-Management Programs is located in the top left corner. It features a blue circle with the text "Chronic Disease" in white, "Self-Management" in yellow, and "Programs" in white. The circle is surrounded by a decorative pattern of green and blue dots of varying sizes, arranged in a semi-circle.

Chronic Disease

Self-Management
Programs

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



**Chronic
Disease**

Self-Management
Programs

What's Available Here?

- [Program Title 1]
- [Program Title 2]
- [Program Title 3]
- [Program Title 4]



**Chronic
Disease**

Self-Management
Programs

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



**Chronic
Disease**

Self-Management
Programs

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



**Chronic
Disease**

Self-Management
Programs

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



**Chronic
Disease**

Self-Management
Programs

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

The logo for Chronic Disease Self-Management Programs is located in the top left corner. It features a blue circle with the text "Chronic Disease" in white and "Self-Management Programs" in yellow. The circle is surrounded by a decorative pattern of green and blue dots of varying sizes, arranged in a semi-circular arc.

**Chronic
Disease**

Self-Management
Programs

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

The logo for Chronic Disease Self-Management Programs is located in the top left corner. It features a blue circle with the text "Chronic Disease" in white, "Self-Management" in yellow, and "Programs" in white. The circle is surrounded by a decorative pattern of green and blue dots of varying sizes, arranged in a semi-circular arc.

**Chronic
Disease**

Self-Management
Programs

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



**Chronic
Disease**

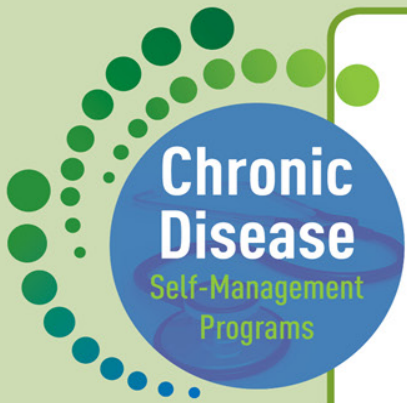
Self-Management
Programs

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

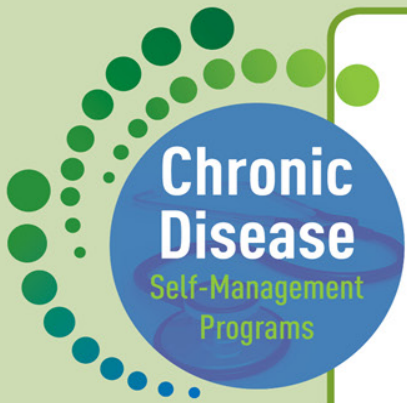
The logo for Chronic Disease Self-Management Programs is located in the top left corner. It consists of a blue circle with the text "Chronic Disease Self-Management Programs" inside. The text is arranged with "Chronic Disease" on the top line, "Self-Management" on the second line, and "Programs" on the third line. The circle is surrounded by a decorative pattern of green and blue dots of varying sizes, some of which are arranged in a semi-circle above the circle.

Chronic
Disease
Self-Management
Programs

Better Choices, Better Health™ (BCBH) for Arthritis

Benefits

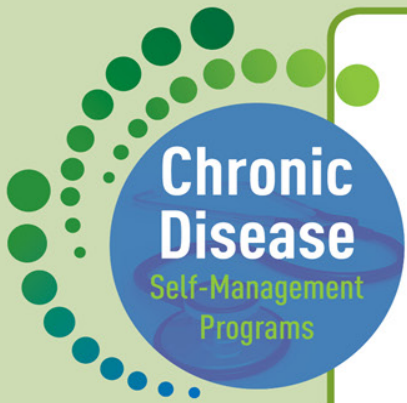
- Effective alternative to in-person ASMP
- Decreased pain, disability, health distress
- Better self-reported health
- Increased confidence in ability to manage arthritis
- Benefits may last up to 12 months



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



Chronic Disease

Self-Management
Programs

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



Chronic Disease

Self-Management
Programs

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



**Chronic
Disease**

Self-Management
Programs

Programa de Manejo Personal de la Artritis

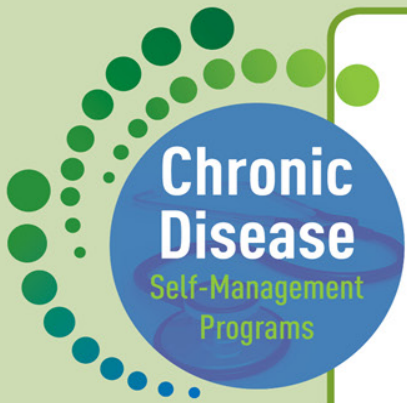
About the Program

- 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

The logo for Chronic Disease Self-Management Programs is located in the top left corner. It features a blue circle with the text "Chronic Disease" in white, "Self-Management" in yellow, and "Programs" in white. The circle is surrounded by a decorative pattern of green and blue dots of varying sizes, arranged in a semi-circular arc.

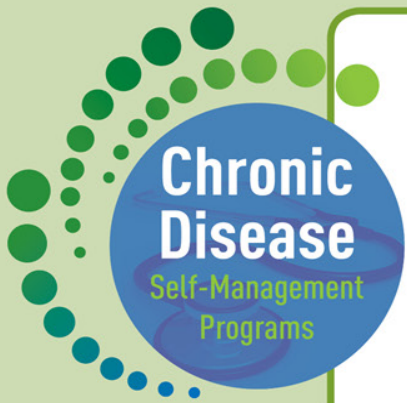
Chronic Disease

Self-Management
Programs

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

[Marketer Name, Title]

[Name of Agency or Organization]

[Name of Office or Division]

[Street Address]

[City, ST 00000]

[Phone: (###) ###-####]

[Fax: (###) ###-####]

[E-mail or Web Address]

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