

Bringing Evidence-Based Programs  
to San Diego:  
*Healthier Living – Managing Chronic Conditions*

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**3**

**FOUR**

**50**

**BEHAVIORS**

**DISEASES**

**PERCENT**

**TOBACCO USE  
POOR DIET  
NO EXERCISE**

**HEART DISEASE  
TYPE 2 DIABETES  
LUNG DISEASE  
CANCER**

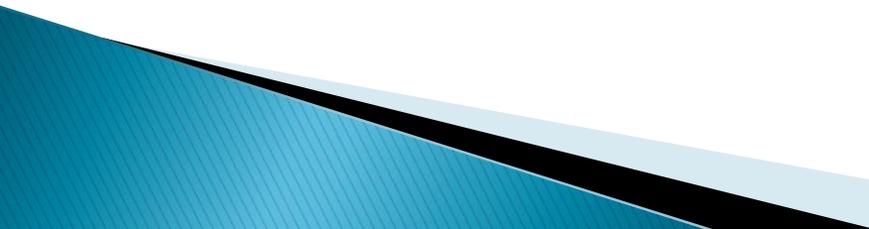
**PERCENT  
OF  
DEATHS**



# Scope of the Problem

- Chronic diseases affect the quality of life of 133 million Americans (nearly 1 in 2 adults) ; More than 14 million in the state of California
  - Chronic diseases represent almost 80% of the health care dollar
  - 80% of Americans 65 and older have at least one chronic condition
  - 50% have at least two chronic conditions
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# Impact on Healthcare System

- Chronic conditions account for:
    - 81% of inpatient hospitalizations
    - 91% of all prescriptions filled
    - 76% of all physician visits
    - 7 out of 10 deaths each year in the US
  - 99% of Medicare spending is on behalf of beneficiaries with at least one chronic condition
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# Working Together at All Levels



# Building Better Health Framework



- ▶ Building a Better System
- ▶ Supporting Healthy Choices
- ▶ Policy and Environmental Change
- ▶ Changing the Culture from Within

# AIS Health Promotion: Over 10 Programs and Initiatives...



# ???

- ▶ *How do you get people to actually DO healthy behaviors?*
- ▶ *What works?*
- ▶ *What is cost-effective?*



# Healthier Living: Managing Chronic Conditions aka *Chronic Disease Self-Management Program (CDSMP)*



**Stanford University Lead Trainers**

**TRAIN**

**Master Trainers**

4 ½ DAY TRAINING

**TRAIN**

**Lay Leaders**

AT MASTER TRAINER SITES  
FOUR 7-HOUR CLASSES

**LEAD**

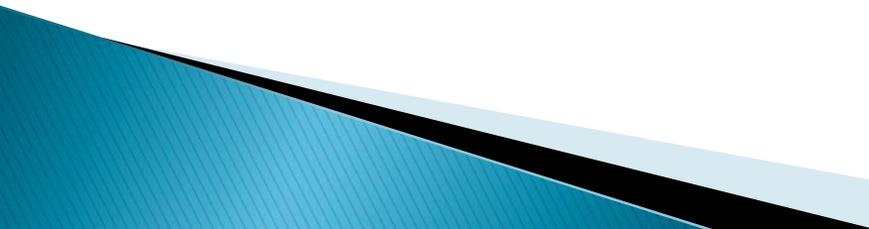
**Healthier Living**

TO 10-25 PARTICIPANTS  
SIX 2 ½ HOUR SESSIONS

# Our San Diego Peer Educator Team



# The CDSMP Program

- Award-winning program developed by Stanford University
  - Designed to help people better manage chronic health conditions and live a happier, healthier life
  - Consists of six 2½ hour sessions led by 2 trained leaders
  - Groups are small (10-15 people)
  - Now offered internationally in 17 countries and throughout most of the U.S.
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# Why Use Peer Educators?

- ▶ When health experts teach a workshop, the patients learn more data; when peer educators lead the workshops, the patients make more lifestyle changes.
- ▶ Peer Educators are more cost effective.
- ▶ Your own patients can become Peer Educators for the program.



# Parts of an Action Plan

1. Something the PARTICIPANT wants to do
  2. Achievable
  3. Action-specific
  4. Answer the questions:
    - What?
    - How much?
    - When?
    - How often?
  5. Confidence level of 7 or more
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# Health Effects

- ▶ Greater energy/reduced fatigue
- ▶ Increase in exercise
- ▶ Fewer social role limitations
- ▶ Better psychological well-being
- ▶ Enhanced partnerships with physicians
- ▶ Improved health status
- ▶ Reductions in pain symptoms
- ▶ Decrease in depression
- ▶ Decrease in shortness of breath
- ▶ Improved quality of life
- ▶ Greater self-efficacy and empowerment!!



# What Chronic Conditions are Addressed ?

- ▶ The Healthier Living program is not disease specific
- ▶ Chronic conditions of participants can include:
  - Arthritis
  - Heart disease
  - Diabetes
  - Depression
  - Cancer
  - Stroke
  - HIV/AIDS
  - Chronic pain

# Health Care Utilization Effects

- Fewer outpatient visits
  - Fewer emergency room (ER) visits
  - Fewer hospitalizations
  - Fewer days in hospital
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# Offering tools and hope...

*"...My quality of life has been very poor. My illness has changed my life (professional life, travel, etc) and literally consumed me. I was in a dark place.*

*This class has brought me back into the light and has transformed my thought process into a more positive and proactive approach to daily living. This class has given me hope, but more importantly empowered me with the tools to have a better quality of life."*



# Ways to Access Healthier Living

- ▶ Send your patients and clients to the workshops scheduled in the community.
  - ▶ Host the workshops at your location for your patients and the community using AIS peer leaders.
  - ▶ Have your own staff, volunteers and patients become trained to give the workshop at your location.
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# Implementation in San Diego:

- ▶ Host sites throughout county – apply now!
  - ▶ Next Leader training – July 2011
  - ▶ Classes beginning each month
  - ▶ Project Advisory Committee – design referral system
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- ▶ Participant call-in number to find class:  
858-495-5500

