

# PATH

Personal Action Toward Health  
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## What is PATH?

**PATH** is a six week, 2.5 hour evidence-based workshop that has been studied and found to help participants **better self-manage** their chronic condition through a variety of skills and tools.

The program was developed at Stanford University under the name Chronic Disease Self-Management Program. It is lead by **two certified leaders** who one or both have a **chronic disease themselves**.

Nearly **6,000 people** have participated in over **520 PATH classes** between **2008 and 2020** through the National Kidney Foundation of Michigan. **70%** of those who enroll complete PATH.

## How do participants feel after the workshop?

Participants feel more **confident** about taking care of their health



**93%** Would **recommend** PATH to others

Do you want to take charge of your health and better understand your chronic condition? Then you are ready to take **Personal Action Towards your Health**.

## What skills and tools do participants continue to use?



**80%** said **Healthy Eating**



**48%** said **Using your mind**



**78%** said **Physical Activity**



**47%** said **Proper Use of Medication**



**65%** said **Action Planning**



**50%** said **Problem Solving**



**60%** said **Weight Management**



**48%** said **Communication**

## What types of conditions do participants have?

- High Blood Pressure (**62%**)
- Diabetes (**51%**)
- Disability (**40%**)
- High Cholesterol (**41%**)
- Arthritis (**44%**)
- Obesity (**32%**)
- Depression/Anxiety (**22%**)
- Cancer (**13%**)
- Chronic Kidney Disease (**10%**)

Anyone with **a chronic condition** or their **caregiver** may attend.



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For other wellness programs in Michigan go to [www.mihealthyprograms.org](http://www.mihealthyprograms.org).

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# What types of PATH programs are currently available?

Programs are offered in person and virtually

## Personal Action Toward Health (PATH)

The general PATH is for individuals who have chronic conditions such as hypertension, arthritis, obesity, depression, asthma, diabetes, and other ongoing health conditions.

### What will you gain from PATH?

- Knowledge and techniques to take a more active role in your health
- Confidence to manage your symptoms and decrease stress
- Connection with others
- Strategies for communicating with family members and health care providers

## Kidney PATH

Kidney PATH is an **8-week workshop** for individuals who are in various stages of chronic kidney disease. The first six weeks are the general PATH program, with two additional sessions added that cover kidney specific content.

### What will you gain from Kidney PATH?

- Information on ways to keep your kidneys healthy
- A better understanding of treatment options for people with kidney failure
- How to advocate for yourself within the healthcare system

## Diabetes PATH

Diabetes PATH is for individuals who have diabetes.

### What will you gain from Diabetes PATH?

- Ways to balance and monitor your blood sugar
- A better understanding of the day-to-day management of diabetes how to avoid complications
- Practice meal planning

## Chronic Pain PATH

Chronic Pain PATH is for individuals who struggle with chronic pain.

### What will you gain from Chronic Pain PATH?

- Knowing the difference between myths and facts when dealing with your pain
- Strategies to help you deal with frustration, fatigue, isolation, and poor sleep
- The appropriate use of your medication