

Self-Management Programs

Help Your Patients Take Charge

Managing a chronic disease can be complex and frustrating for you and your patients. Give them the tools they need to improve their health. Recommend a self-management education or physical activity program and help your patients take charge.

Current medical treatment options may not always give your patients the relief they're looking for, or they may have trouble following your treatment recommendations. Evidence suggests that non-pharmacological treatments are an important part of chronic disease management.

The Utah Department of Health and CDC Arthritis Program has identified a number of self-management education and physical activity interventions proven effective for people with chronic conditions, including arthritis, diabetes, heart disease, hypertension, chronic pain, and lung disease. These interventions can reduce symptoms, give your patients the confidence to manage their condition, and improve their quality of life.



We support classes designed for:



**Chronic Disease
Self-Management**



**Diabetes
Self-Management**



**Chronic Pain
Self-Management**



Physical Fitness

Quick Facts

- Almost **1 out of every 2** adults in the U.S. has at least one chronic disease.¹ More than 1 in 4 adults have two or more chronic diseases.²
- For about **one-fourth** of these people, their condition limits their daily activities.¹
- The leading cause of disability is arthritis. More than **50 million American adults** have doctor diagnosed arthritis.³
- Provider recommendation are important. People are **more than 18 times as likely** to participate in a self-management education intervention if their health care provider recommends it.

To refer a patient go to livingwell.utah.gov or call **888-222-2542**

What programs do we offer?

Health Education Workshops

	When	Who
<p>Provides instruction on day-to-day strategies for managing and coping with chronic health conditions including techniques for^{5,6}:</p> <ul style="list-style-type: none"> • Dealing with pain and physical limitations • Appropriate exercise and medication use • Communicating with family, friends, and providers • Proper Nutrition 	6 weekly 2.5 hour classes	Best for people with one or more chronic conditions like arthritis, diabetes, hypertension, chronic pain and their caregivers.



Physical Activity Classes

	When	Who
<p>Teach a range of exercises that can be modified for different skill and disability levels, including⁶:</p> <ul style="list-style-type: none"> • Balancing and stretching techniques • Endurance and strength training • Low-impact aerobics <p>Also focus on goal setting, problem solving, and overcoming barriers</p>	Multiple class times and locations every week	Best for older adults at all fitness levels who want to be more active, empowered, and sustain a workout routine.



How can these help my patients?

Evidence from clinical trials and program evaluations shows that the self-management education and physical activity interventions supported by the CDC Arthritis Program can:

- Reduce pain and fatigue
- Improve self-rated health
- Improve range of motion
- Increase physical activity
- Improve psychological well-being
- Increase participants' confidence in their ability to manage their health

Studies have found that the effects of these interventions last well after the last class—up to 12 months or more. Improvements in symptoms and quality of life can help your patients be more effective partners in their health care.

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¹www.cdc.gov/chronicdisease/overview

²www.rwjf.org/pr/product.jsp?id=50968

³www.cdc.gov/arthritis/media/quickstats.htm

⁴*Arthritis and Rheumatism*. 2007;56(9):S307-308

⁵Brady TJ, Jernick SL, Hootman JM, et al. *Journal of Women's Health*. 2009;18(12):1905-1917

⁶www.cdc.gov/arthritis/interventions/index.htm