



Using the Chronic Disease Self-Management Program & Tomando Control de su Salud as Disparity Reducing Initiatives in Central Florida

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Agenda

- The Impact of Chronic Disease
- Costs and other Challenges
- Chronic Disease Self Management Program & Tomando Control de su Salud
- Cuídate
- Heart of Apopka
- What's happening across the state?
- Closing





Impact of Chronic Disease

- In 2005, 133 million people, almost half of all Americans lived with at least one chronic condition.
- Chronic diseases account for:
 - 70% of all deaths in the United States
 - More than 75% of the nation's \$2 trillion medical care costs
 - One-third of the years of potential life lost before age 65.

Source: National Center for Chronic Disease Prevention & Health Promotion & Centers for Disease Control and Prevention, (2008).



- Annual estimated medical care costs :
 - Arthritis
 - Approximately \$81 billion,
 - \$128 billion (Direct & Indirect)
 - Smoking
 - > \$193 billion (Direct & Indirect)
 - Heart Disease & Stroke
 - \$448 billion (2008 projected costs)



Costs

- Obesity
 - \$117 billion (2000)
- Cancer
 - \$89 billion (Direct medical costs)
- Diabetes
 - \$174 billion (Direct & Indirect)

Source: National Center for Chronic Disease Prevention & Health Promotion & Centers for Disease Control and Prevention, (2008).



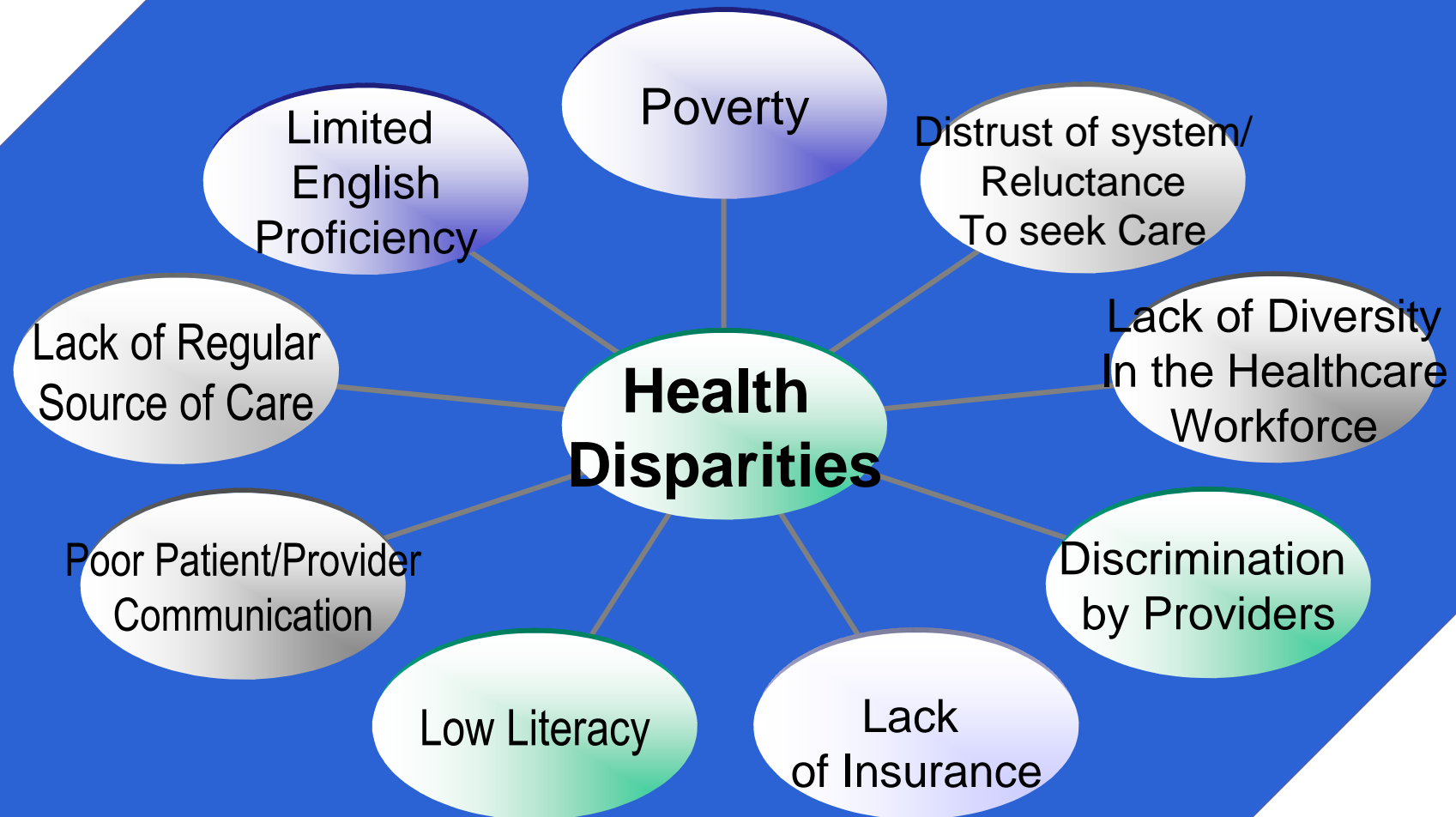


Health Disparities

- Disparities exist in the incidence, prevalence and/or rates of death for several chronic illnesses.



Factors contributing to Health Disparities





Central Florida's Challenge

- Tri-County Health Status assessment, indicated that some of Central Florida's biggest health challenges are:
 1. *Inadequate access to health services*
 2. *High prevalence of chronic disease*





CDSMP & Tomando Control

- Developed and tested by Stanford University
- CDC recommended
- Tomando Control de su Salud was developed independently
- 5 year randomized study
 - 1000 participants
 - Significant improvements in:
 - Health behaviors
 - Self efficacy
 - Health Status
 - Hospitalizations

Source: Lorig et al. (1999) Evidence suggesting that a chronic disease self-management program can improve health status while reducing hospitalization. *Medical Care*. 37(1)5-14





CDSMP & Tomando Control

- Real world study
 - Findings of 5-year study were replicated.
After a year:
 - Health behaviors and health status outcomes showed significant improvement ($p < .001$)
 - .2 fewer ED visits per CDSMP graduate per year ($p = .01$)
 - .97-day per person annual reduction in hospitalization ($p < .01$)
 - Cost savings of \$400,000 for the 489 patients who completed the study

Source: Lorig et al. (2001) Effect of a self management program on patients with chronic disease. *Effective Clinical Practice*. 4: 256-262
Cost savings based on \$1000 per hospital day and \$100 per ED visit.





CDSMP & Tomando Control

Workshop Overview						
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Overview of self-management and chronic health conditions	•					
Making an action plan	•	•	•	•	•	•
Using your mind to manage symptoms	•		•		•	•
Feedback/problem-solving		•	•	•	•	•
Difficult Emotions		•				
Fitness/exercise		•	•			
Better breathing			•			
Pain			•			
Fatigue			•			
Nutrition				•		
Future plans for health care				•		
Communication				•		
Medications					•	
Making treatment decisions					•	
Depression					•	
Working with your health care professional						•
Working with the health care system						•
Future plans						•

Chronic Disease Self-Management Program
© 2006, Stanford University

- Six sessions
 - Weekly
 - 2.5 hours
- The process is as important as the content.





The Intervention



cuídate
tu salud está en tus manos





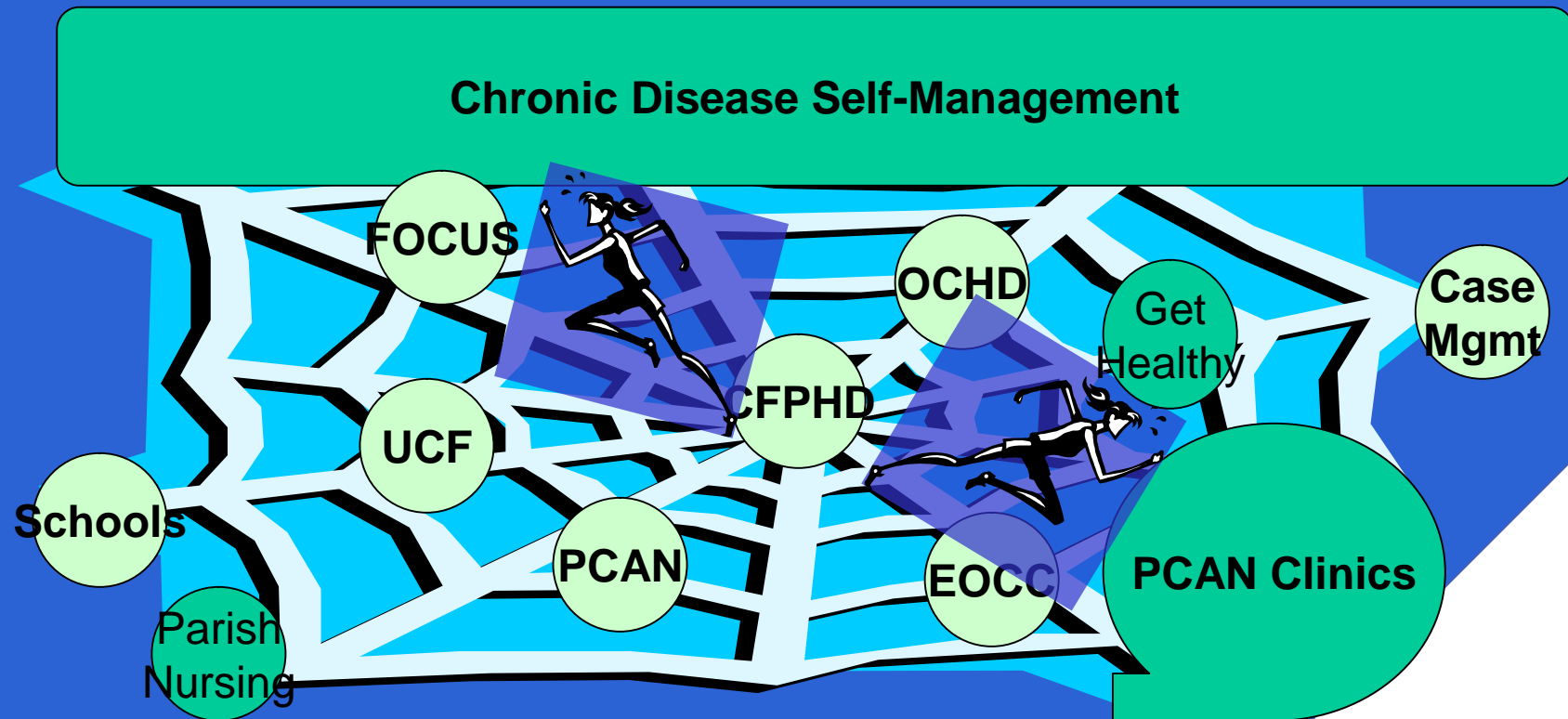
Cuídate

Cuídate

- Began Summer 2007
 - Medicaid Enrollment
 - Information and Referral
 - CDSMP & Tomando Control (Living Healthy) workshops
 - 393 workshop completers
 - 80 workshop facilitators



Leveraging External Assets





Expected cost savings

- One year savings
 - .97 hospital days
 - .2 ED visits
 - 393 graduates
 - \$412, 650

ED visits calculated at \$400 each/ IP days calculated at \$1000 each





Lessons Learned

- Mass marketing doesn't work
- Face-to-face presentations and meetings are most effective but are labor intensive
- Establishing and working with a network of community partners is vital
- Marketing the program is an ongoing, labor intensive process





Lessons Learned

- The best marketing approaches:
 - Begin before scheduled workshops
 - Are sustained over time
- Programs need dedicated staff





New Initiative



Our Healthy Futures
heart of apopka

a healthy futures' program





Heart of Apopka

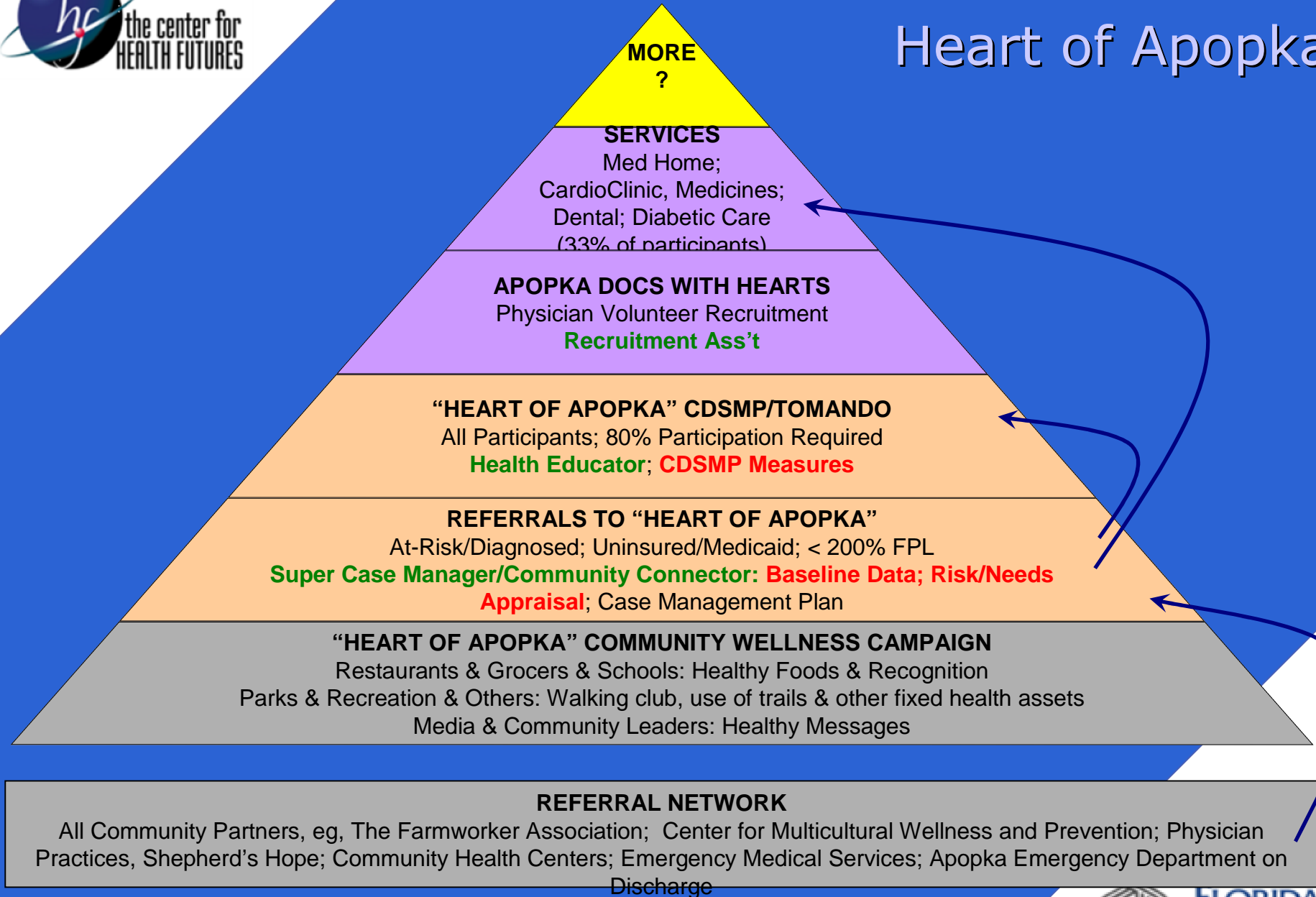
Heart of Apopka Project

- Launched July 2008
- Provides
 - CDSMP & Tomando Control workshops
 - Gap services funding
- Uses lessons learned from Cuídate





Heart of Apopka





What's happening across the state

- Florida Hospital CHiC Funded Projects
- Center for Health Futures
- AOA funded Evidence-Based Programs
- Health Foundation of South Florida





What's happening across the state

- FDOH
 - 40,000 in 4
- Currently partnering with
 - Center for Health Futures at Florida Hospital
 - Nova Southeastern University
 - Health Foundation of South Florida
 - Looking for new partners to disseminate programs
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- Getting T-Trainers for the state





Closing Activity

Progressive Muscle Relaxation Exercise from CDSMP Workshop





For more information

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