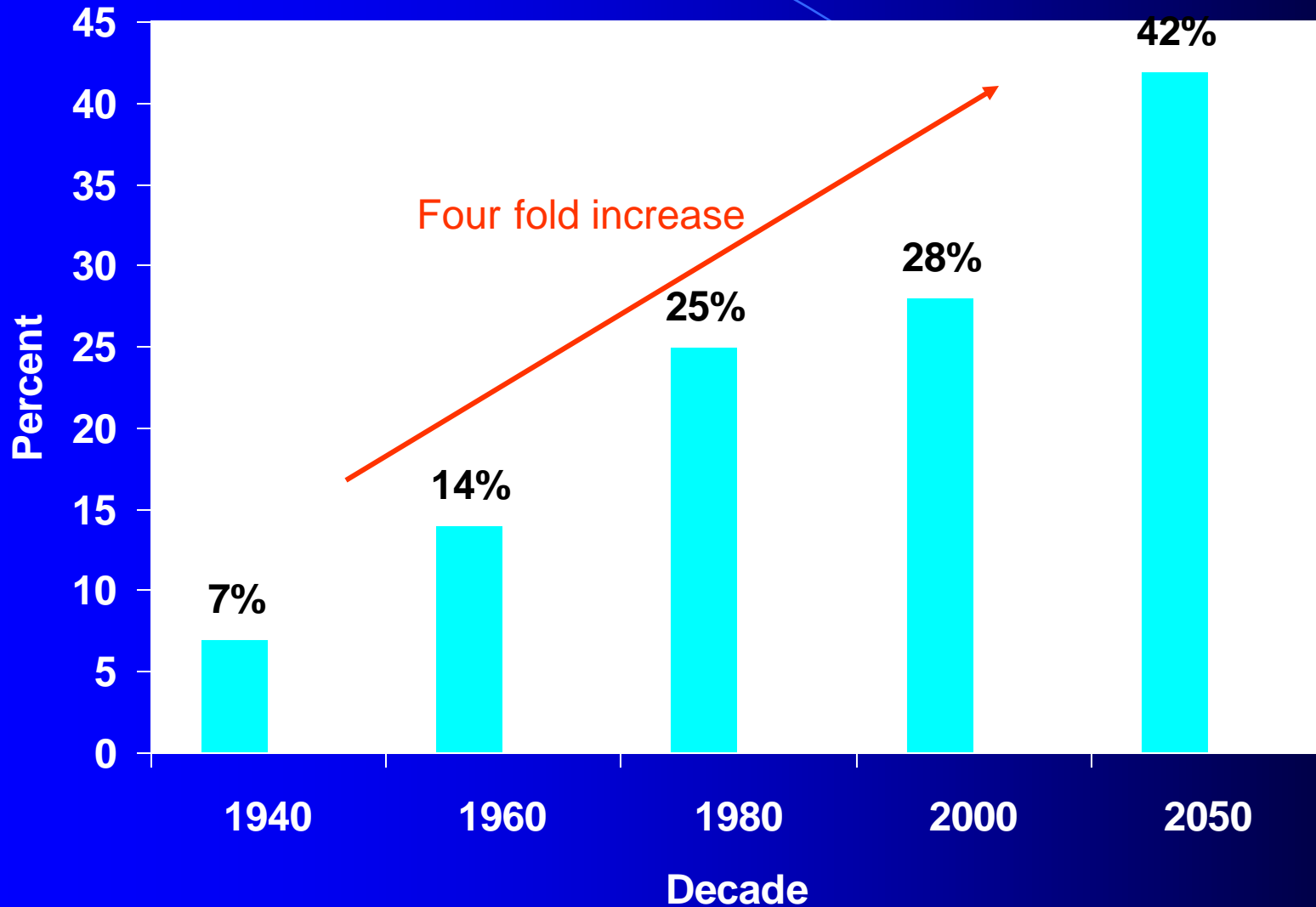


# Self Management in Missouri

University of Missouri – Columbia  
MO Department of Health & Senior Services

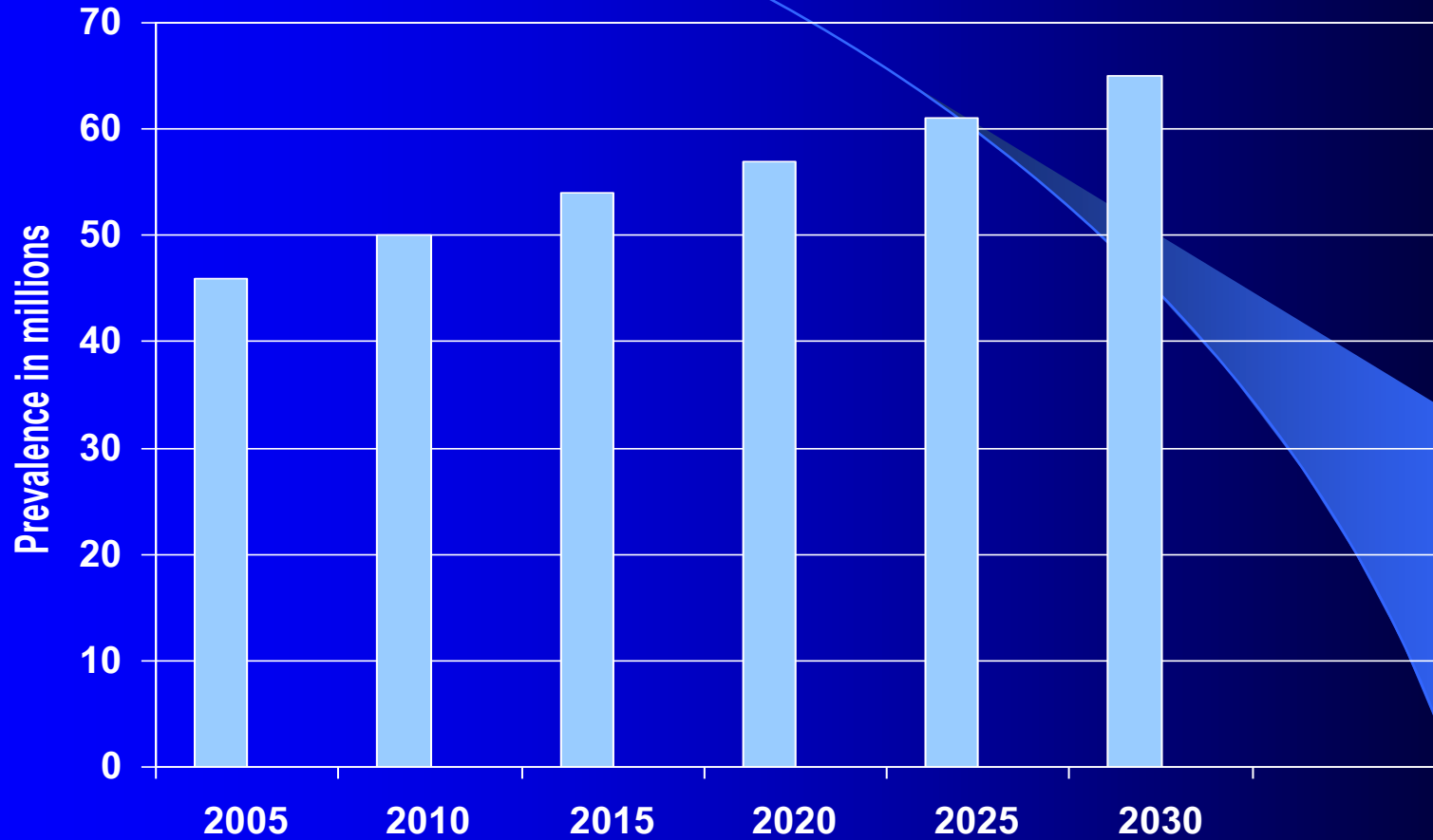
[www.moarthrititis.org](http://www.moarthrititis.org)

# Boomers will be living longer: % people age 65 who will live to age 90



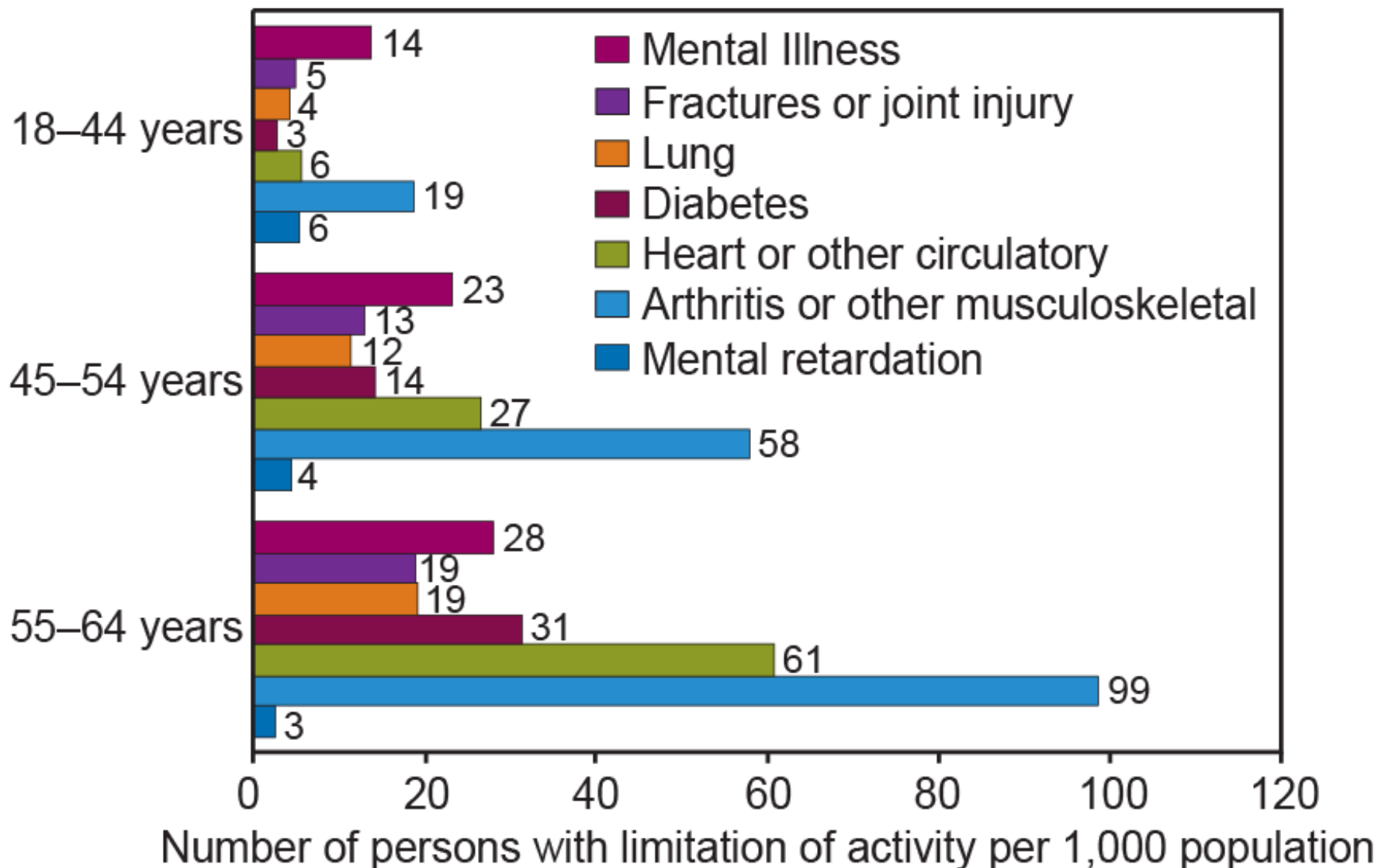
Source of data: US Census Bureau

# Projected Arthritis in Millions to 2030

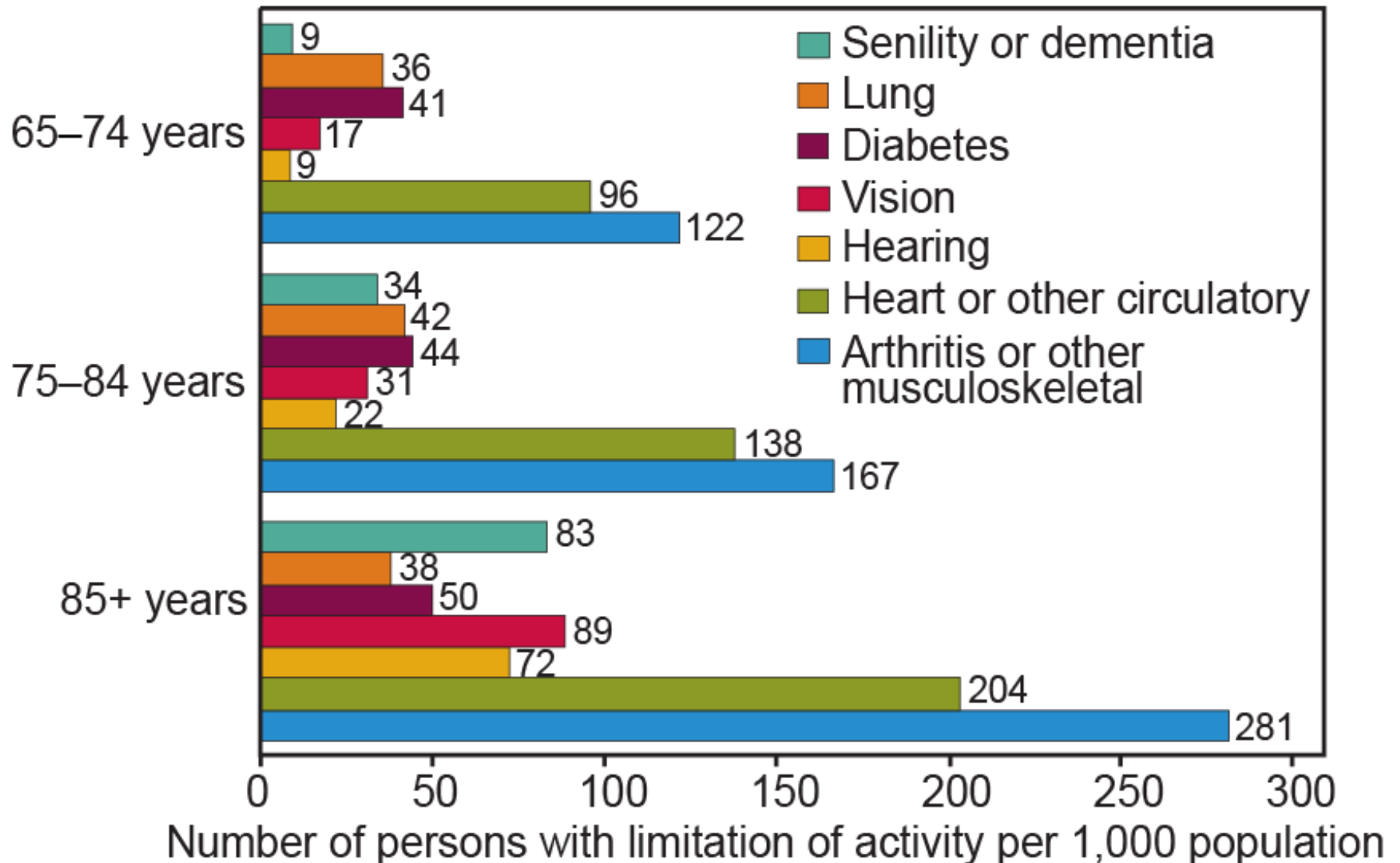


SOURCE: CDC unpublished data

# Activity limitation caused by chronic conditions among working-age adults, 2006–2007



# Activity limitation caused by chronic conditions among older adults, 2006–2007



# Chronic diseases account for 75% of the \$1.4 trillion we spend on health care

**1980**      **\$245 billion**  
*an average of \$1,066 per person*

**2001**      **\$1.4 trillion**  
*an average of \$5,039 per person*

**2011**      **\$2.8 trillion**  
*an average of \$9,216 per person*

# Public Health and Aging

What makes a difference?

- **Appropriate self management behaviors**
  - Physical activity
  - Maintaining healthy weight
- **Self management education programs**
- **Early diagnosis and treatment**



# The Public Health Approach:

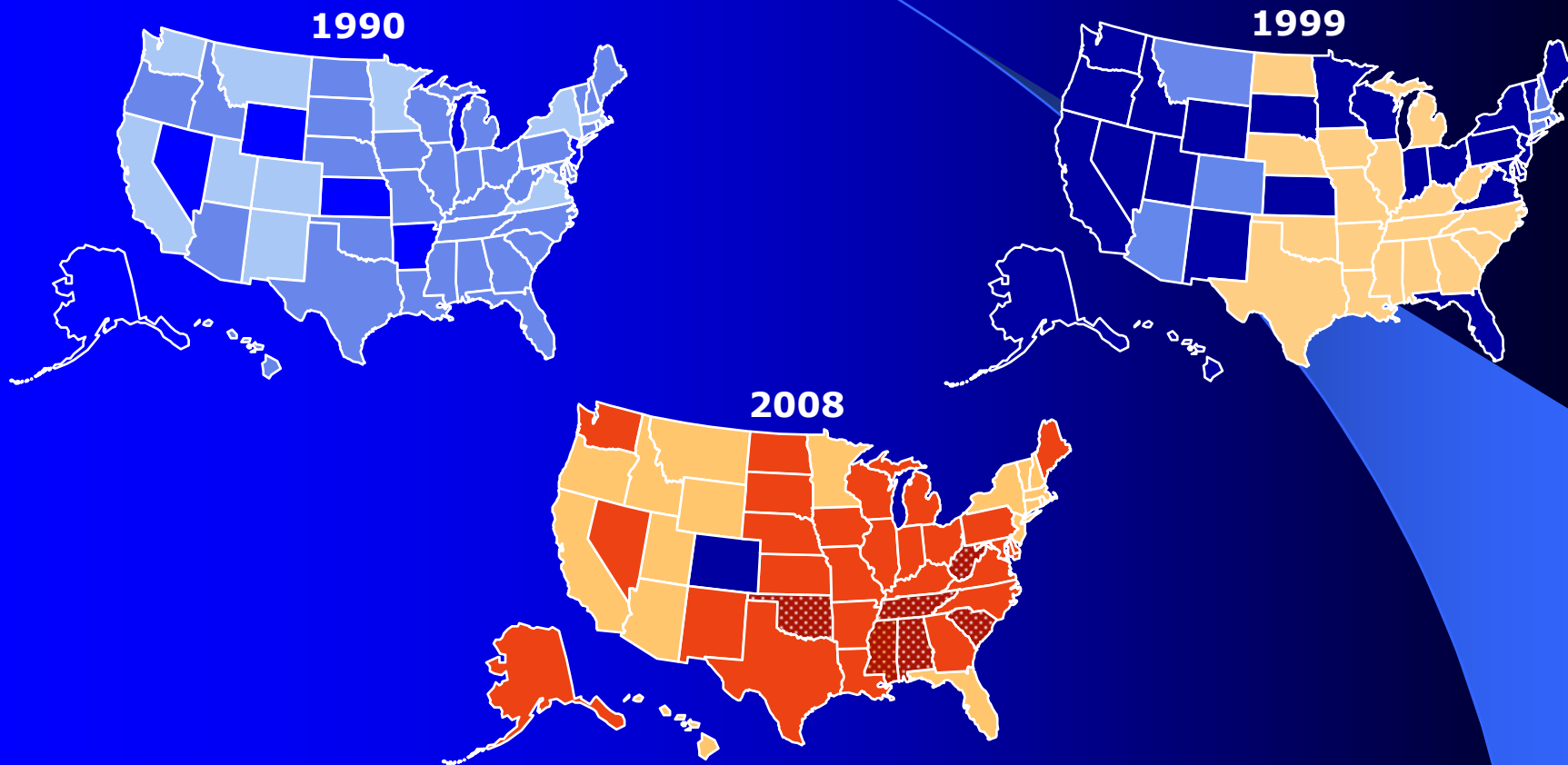
- **Promote activities to both measure and respond to health problems or risk factors in a population group**
- **Implement strategies to improve the health and quality of life for broad segments of the population**
- **It is NOT the treatment of the individual person**
- **Look for system changes to influence quality**

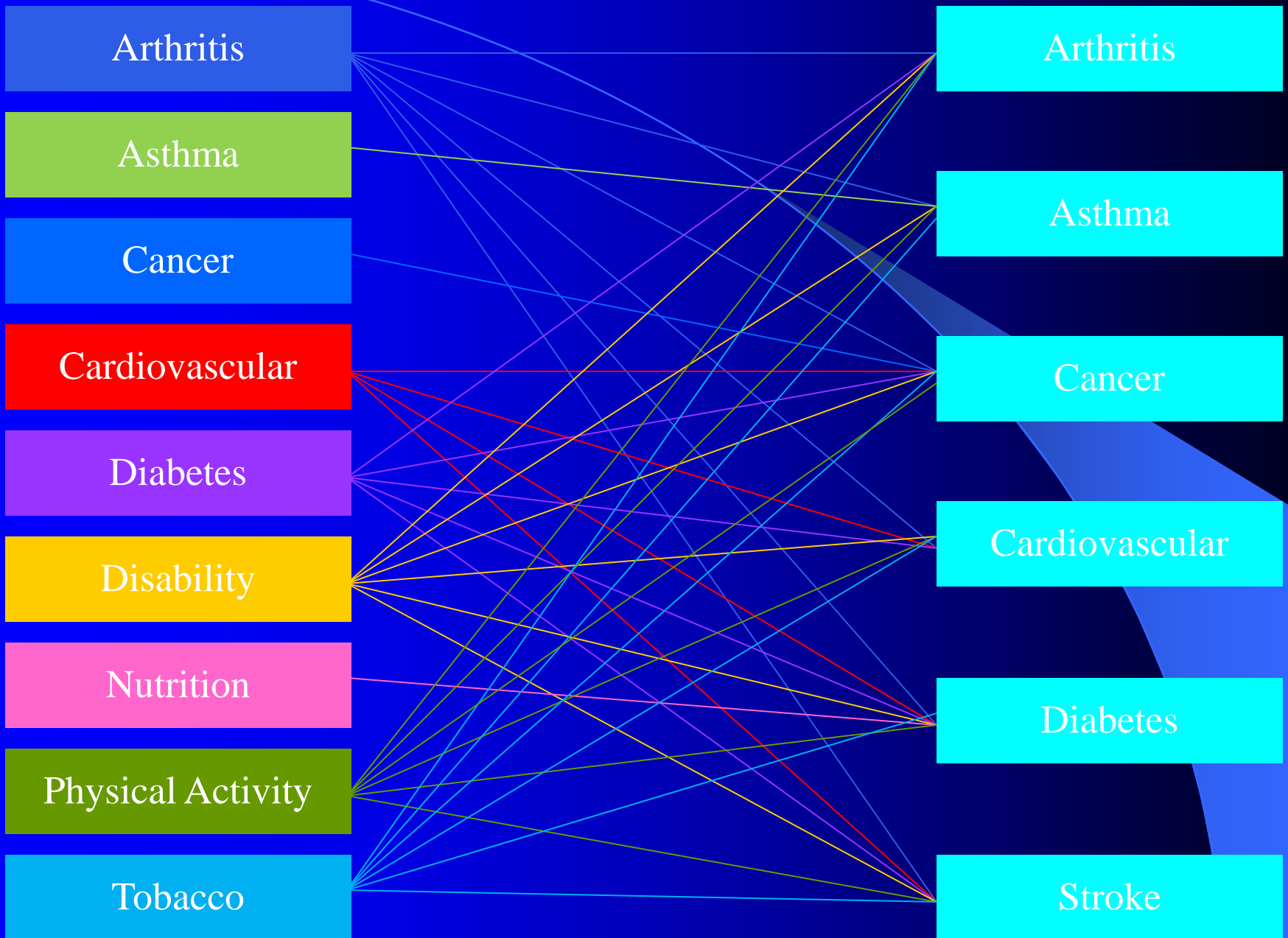


# Obesity Trends\* Among U.S. Adults

## BRFSS, 1990, 1999, 2008

(\*BMI  $\geq 30$ , or about 30 lbs. overweight for 5'4" person)





# Arthritis Program Evidence-Based Programs

- Tomando Control de su Salud
- Chronic Disease Self Management Program
- Arthritis Foundation Self Help Program
- Arthritis Foundation Exercise Program
- EnhanceFitness
- Arthritis Toolkit (in-home)
- Walk With Ease (pilot)

## Regional Arthritis Centers

Designated Service Areas



# Chronic Disease Self Management Program

(CDSMP or Live Like Your Life Depends On It)

- Effective self-management program for persons with chronic health problems;
- Teaches skills useful for managing a variety of chronic conditions;
- 2.5 hour sessions for 6 weeks;
- Workshops facilitated by two trained leaders;
- Stanford University developed.

# Tomando Control de su Salud

(Spanish Chronic Disease Self Management Program)

- Effective self-management program researched specifically for spanish and latino population with chronic health conditions and/or family members;
- Teaches skills useful for managing a variety of chronic conditions;
- Cover topics including exercise, eating well, lowering stress, talking with doctors;
- 2.5 hour sessions for 6 weeks; led by 2 trained leaders.

# AF Self Help Program

- Self management group education for persons with arthritis and/or effected family members;
- Learn self management techniques and confidence to carry them out;
- 6 weeks; 2 hours per week offered by 2 trained leaders;
- Decrease in pain and physician visits

# AF Exercise Program

- Community-based recreational exercise program;
- Range-of-motion; endurance-building activities;
- Relaxation techniques;
- Health education topics;
- Improved functional ability, decreased depression, increase confidence in exercise ability



# Arthritis Toolkit

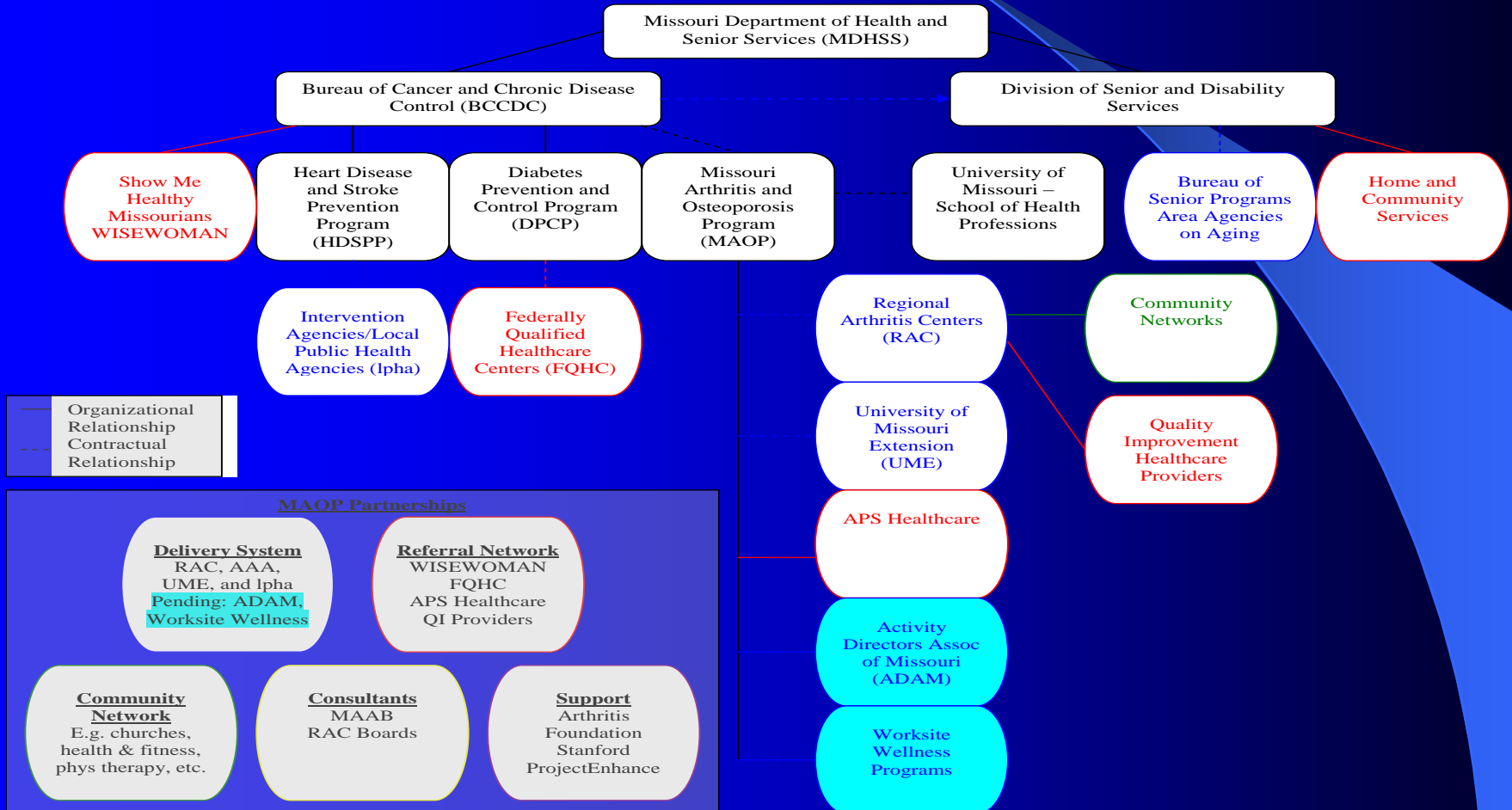
- Individual; self-directed arthritis self management program;
- Mix of materials from both AF Self Help Program and CDSMP;
- Check-out method with option to purchase;
- Tracking and reporting

# Walk With Ease

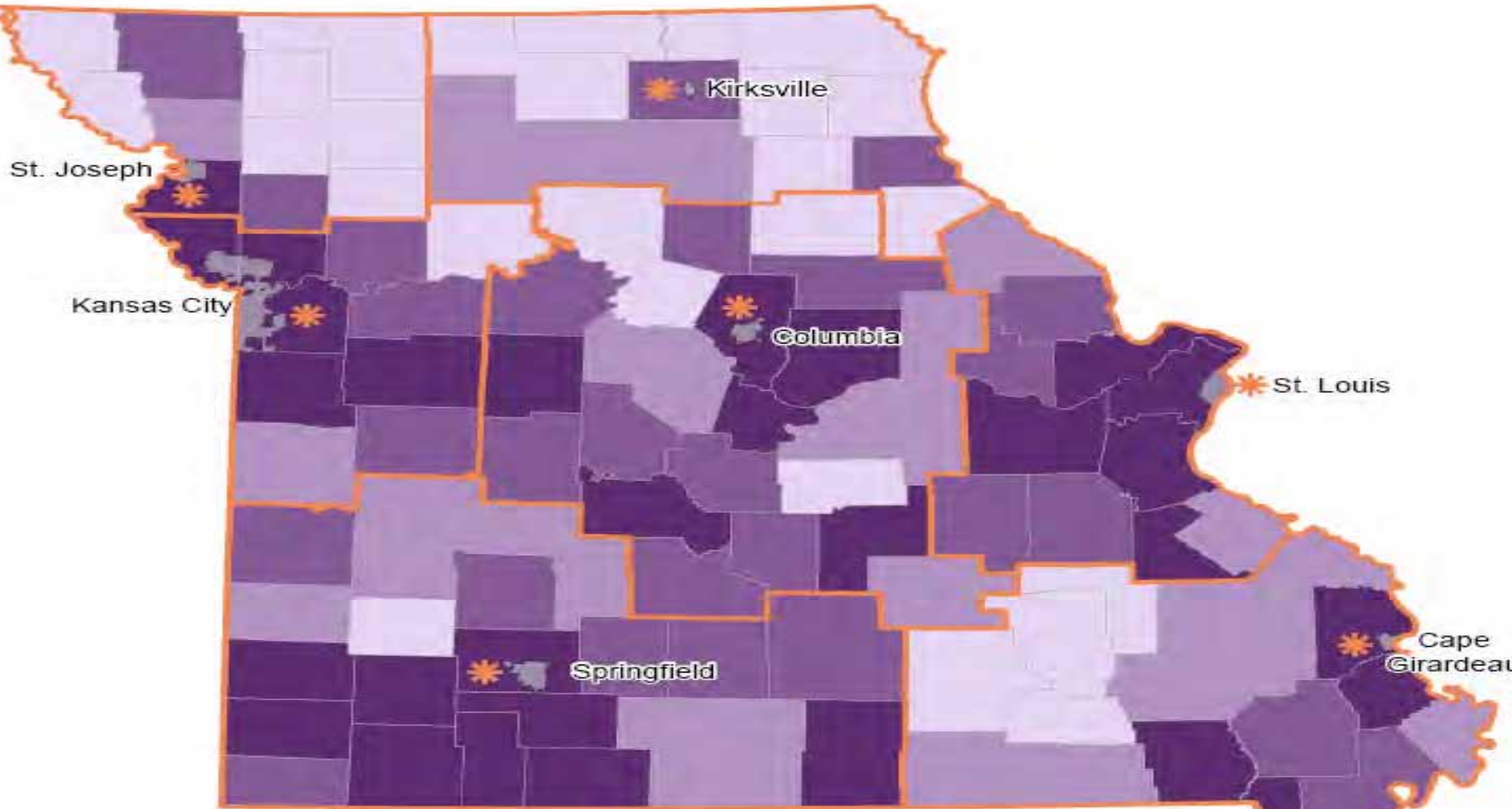
- Physical activity and self-management education program
- Individually or led by trained group leader
- Structured 6 week program; 3 times per week; 45-90 minutes per class

# MAOP Partnership ORG Chart (See Handout)

## MAOP PARTNERSHIP INFRASTRUCTURE



# Older Adult Population in Missouri by County



## Population over age 45

- 1,081 - 4,500
- 4,501 - 7,000
- 7,001 - 13,000
- 13,001 - 381,726

- Regional Arthritis Centers
- Regional Arthritis Center Boundaries

# Questions?



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**[www.moarthrititis.org](http://www.moarthrititis.org)**