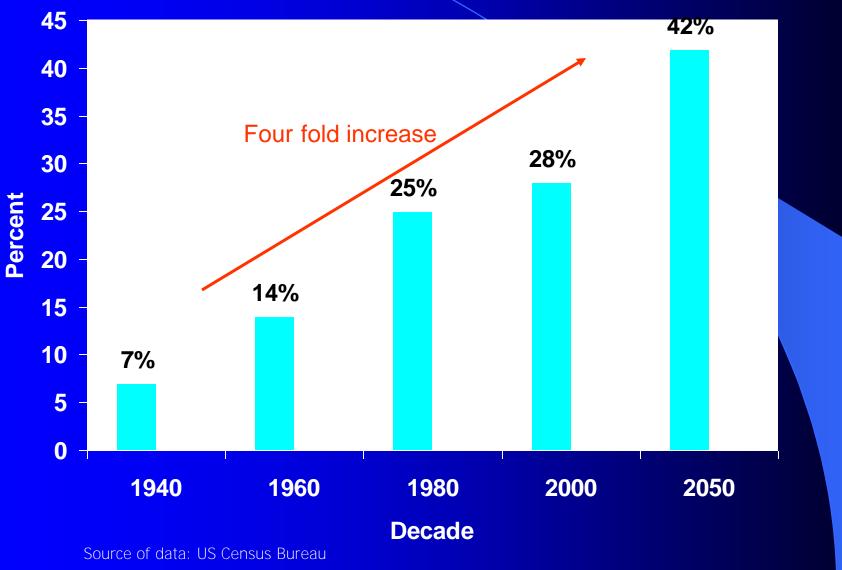
Self Management in Missouri

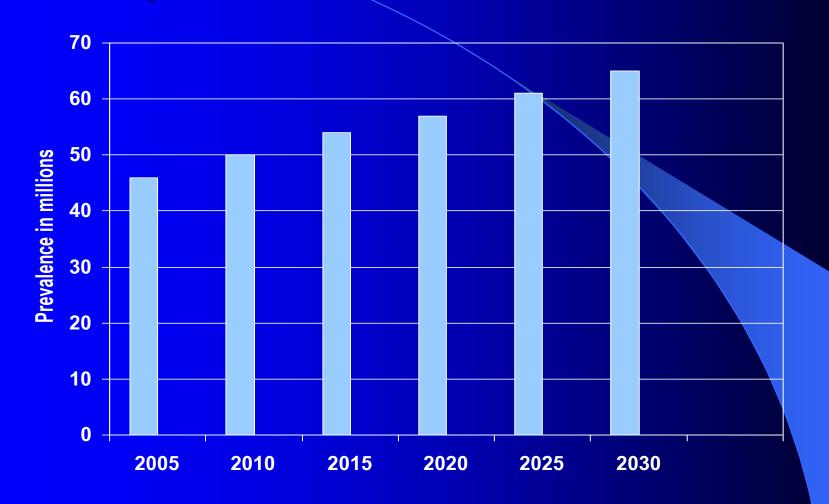
University of Missouri – Columbia MO Department of Health & Senior Services

www.moarthritis.org

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

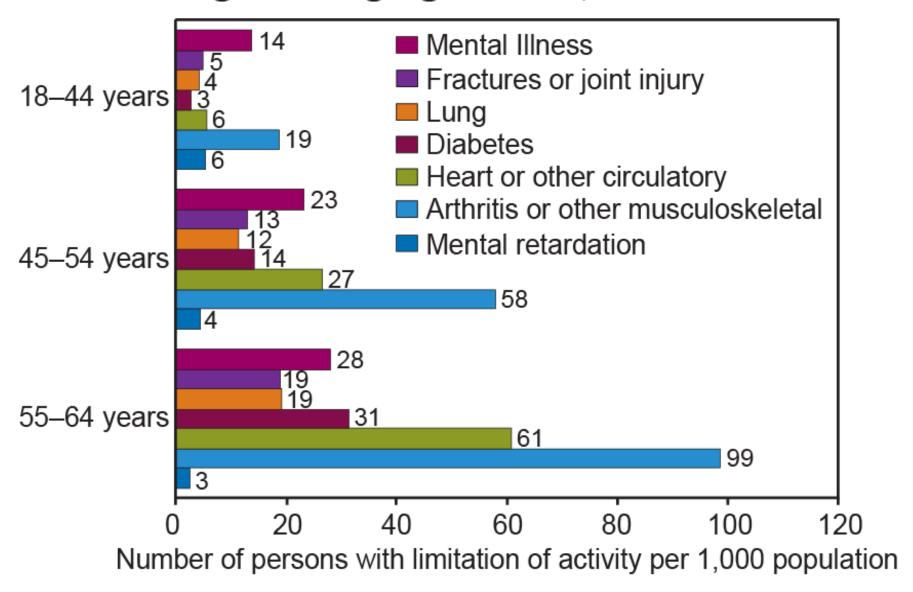


Projected Arthritis in Millions to 2030

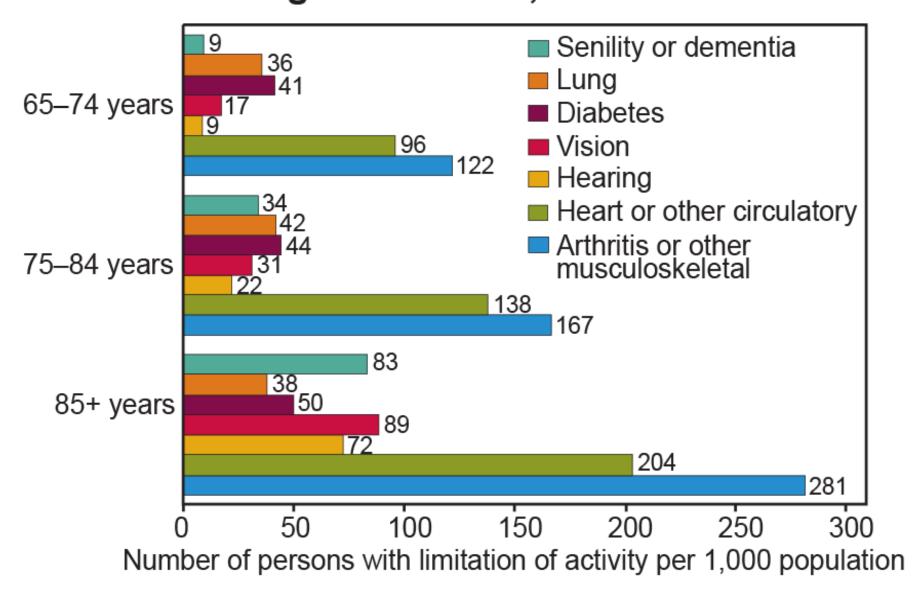


SOURCE: CDC unpublished data

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





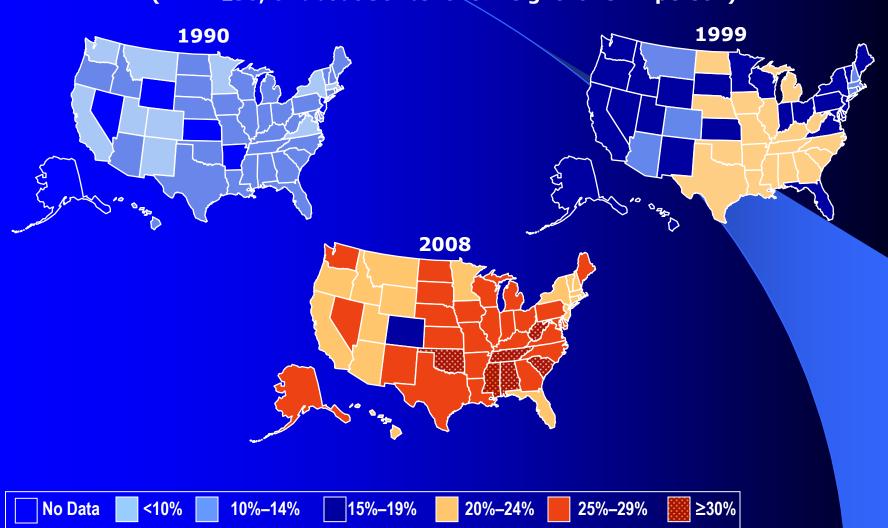


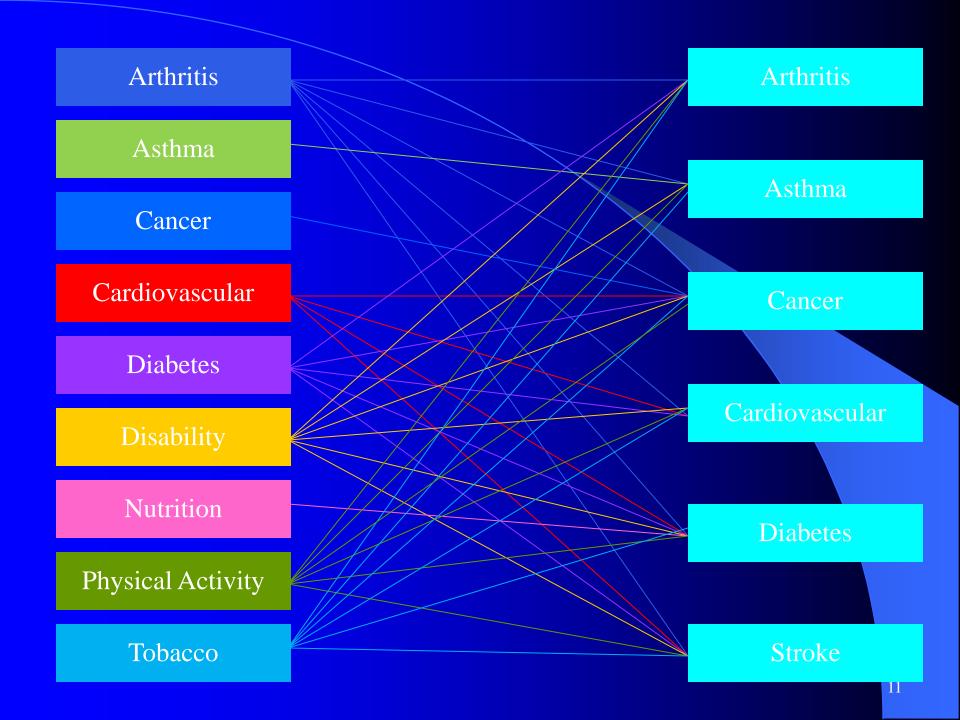
The Public Health Approach:

- 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 BRFS5, 1990, 1999, 2008

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



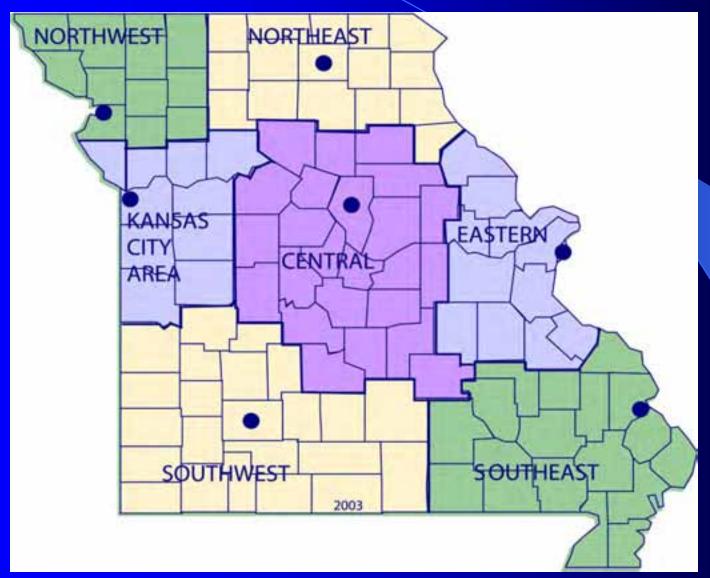


Arthritis Program Evidence-Based Programs

- 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)

Missouri Department of Health and Senior Services (MDHSS)

Bureau of Cancer and Chronic Disease Control (BCCDC)

Division of Senior and Disability Services

Show Me Healthy Missourians **WISEWOMAN** Heart Disease and Stroke Prevention Program (HDSPP)

Diabetes Prevention and Control Program (DPCP)

Missouri Arthritis and Osteoporosis Program (MAOP)

University of Missouri -School of Health Professions

Bureau of Senior Programs Area Agencies on Aging

Home and Community Services

Intervention Agencies/Local Public Health Agencies (lpha)

Federally Qualified Healthcare Centers (FQHC)

Regional Arthritis Centers (RAC)

Community Networks

Organizational Relationship Contractual Relationship

Delivery System RAC, AAA, UME, and lpha Pending: ADAM, Worksite Wellness Referral Network WISEWOMAN **FOHC** APS Healthcare QI Providers

Community Network E.g. churches, health & fitness, phys therapy, etc. Consultants MAAB **RAC** Boards

Support Arthritis Foundation Stanford ProjectEnhance University of Missouri Extension (UME)

APS Healthcare

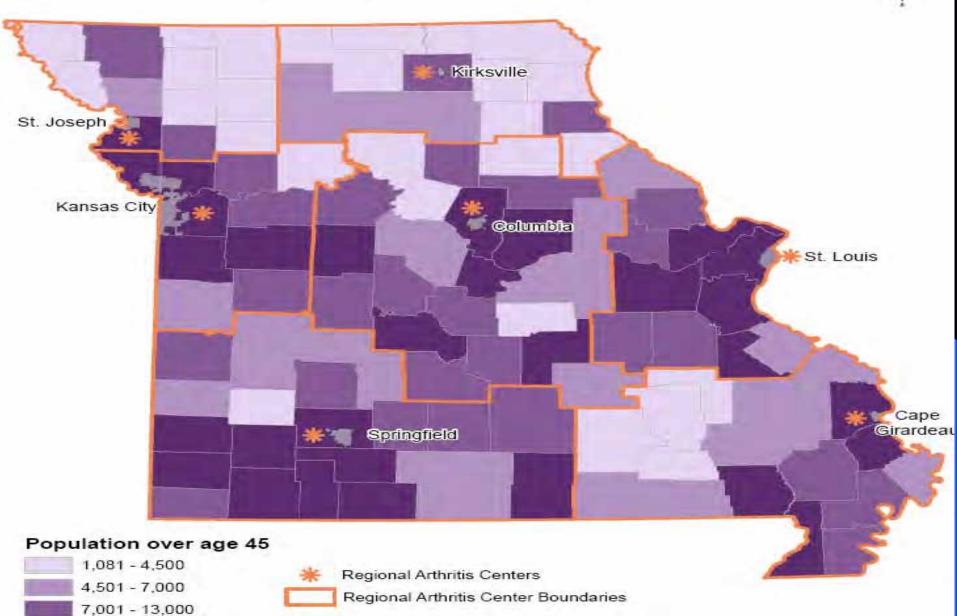
Activity **Directors Assoc** of Missouri (ADAM)

> Worksite Wellness **Programs**

Quality Improvement Healthcare Providers

Older Adult Population in Missouri by County





13,001 - 381,726



Beth Richards, CTRS, Director Missouri Arthritis & Osteoporosis Program

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