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

Source of data: US Census Bureau

Four fold increase
Projected Arthritis in Millions to 2030

SOURCE: CDC unpublished data
Activity limitation caused by chronic conditions among working-age adults, 2006–2007

- **Mental Illness**
- **Fractures or joint injury**
- **Lung**
- **Diabetes**
- **Heart or other circulatory**
- **Arthritis or other musculoskeletal**
- **Mental retardation**

**18–44 years**
- Mental Illness: 14
- Fractures or joint injury: 6
- Lung: 4
- Diabetes: 3
- Heart or other circulatory: 19
- Arthritis or other musculoskeletal: 6
- Mental retardation: 5

**45–54 years**
- Mental Illness: 23
- Fractures or joint injury: 13
- Lung: 12
- Diabetes: 14
- Heart or other circulatory: 27
- Arthritis or other musculoskeletal: 4
- Mental retardation: 1

**55–64 years**
- Mental Illness: 31
- Fractures or joint injury: 19
- Lung: 19
- Diabetes: 28
- Heart or other circulatory: 61
- Arthritis or other musculoskeletal: 3
- Mental retardation: 3

Number of persons with limitation of activity per 1,000 population

SOURCE: CDC/NCHS, *Health, United States, 2009*, Figure 14. Data from the National Health Interview Survey.
Activity limitation caused by chronic conditions among older adults, 2006–2007

SOURCE: CDC/NCHS, Health, United States, 2009, Figure 15. Data from the National Health Interview Survey.
Chronic diseases account for 75% of the $1.4 trillion we spend on healthcare.

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

Mensah: www.nga.org/Files/ppt/0412academyMensah.ppt#21
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
(*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.
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;
- Covers 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
Questions?

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