



# LIVING WELL WITH CHRONIC CONDITIONS



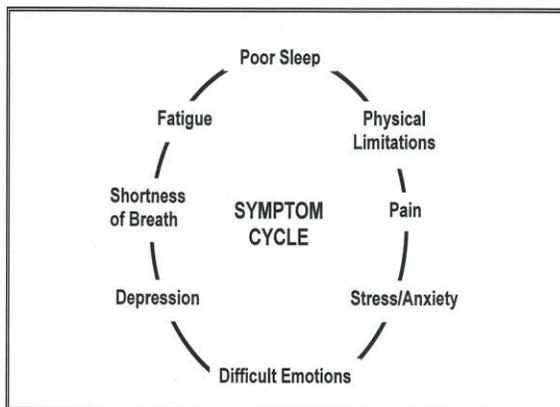
## *What is a chronic condition?*

Chronic conditions include diabetes, arthritis, hypertension, lung disease, anxiety, and depression make life unmanageable for millions of adults- and often force them to give up their independence too soon.

### What is Chronic Disease Self-Management Education Program (CDSME)?

CDSME is a group of low-cost, evidence-based programs that help individuals learn to better manage their chronic conditions and improve their health. In Washington State, CDSMP, Tomando Control de su Salud, Diabetes Self-Management and Chronic Pain Self-Management Programs are offered. Each of these programs focus on symptoms that cause people to experience fatigue, lose physical strength and endurance. In addition chronic health problems can cause emotional distress such as frustration, anger, anxiety and/or a sense of helplessness.

Workshops are led by 2 trained facilitators, one or both of whom has a chronic condition. Groups of 10-15 individuals meet once week for 2.5 hours for six weeks. Participants' review and practice self-management tools to help better manage their chronic health conditions.



### The Cost of Chronic Conditions<sup>1</sup>

- ❖ More than 75% of direct health care costs are due to chronic conditions, yet only 1% of health care dollars are spent on public efforts to improve overall health.
- ❖ In 2009, direct health care expenditures for chronic conditions in the United States totaled more than \$262 billion.

### The Challenges of Chronic Disease<sup>1</sup>

- ❖ Nearly 92% of older adults have at least one chronic condition, and 77% have at least two.
- ❖ 4 chronic conditions cause almost two thirds of all deaths each year- heart disease, cancer, stroke, and diabetes.
- ❖ Diabetes affects 12.2 million Americans aged 60+, or 23% of older adults.
- ❖ An additional 57 million Americans aged 20+ have pre-diabetes, which increases their risk for developing heart disease and stroke
- ❖ 90% of Americans 55+ are at risk for hypertension, or high blood pressure. 77% of women aged 75+ have this condition, as do 64% of men 75+.

## Washington State's Role

- ❖ One viable approach, supported by an extensive body of research on the impact of chronic conditions and their management, focuses on people learning self-management skills thereby increasing their level of confidence with health related problem solving.
- ❖ Since 2008 Washington State has offered proven in-person programs that empower individuals with chronic conditions to manage their own care and improve their quality of life. Probably the best known and most highly regarded self-management program for people with chronic conditions is Stanford University's Chronic Disease Self-Management Program (CDSMP). Through a U.S. Administration for Community Living grant, Washington continues to embed CDSMP along with three other self-management programs across Washington communities.



## Washington State: Problem & Capacity<sup>3</sup>

- ❖ 5% of the Washington Medicaid chronic care population accounts for 50% of overall Medicaid health care expenses.
- ❖ 38% of adults over the age of 18 have 1 or more chronic conditions in Washington State.

## How Effective is CDSMP?<sup>1</sup>

### **\$\$\$ COST SAVINGS \$\$\$**

- \$714 per person savings in ER room visits and hospital utilization.
- \$364 per person net savings after considering program costs of \$350 per participant.
- Potential savings of \$6.6 billion by reaching 10% of Americans with one or more chronic conditions.

### HEALTH BENEFITS

- Improved energy and ability to participate in one's own care over a two-year period.
- Improved health status in seven of nine areas: fatigue, shortness of breath, pain, social activity limitation, illness intrusiveness, depression, and health distress.
- Improved health behaviors related to exercise, cognitive symptom management, communication with physicians, and self-efficacy.

### Profile of CDSME Participants in Washington State!<sup>2</sup>

- ✓ 62% are over age 60
- ✓ 59.8% have more than 1 chronic condition- Top 3: Arthritis, Hypertension, Depression
- ✓ 22.5% are people of color
- ✓ 19.4% are Hispanic/Latino
- ✓ 36.6% live alone