



EVIDENCE-BASED HEALTH PROMOTION FACT SHEET
Stanford University's *Chronic Disease Self-Management Program (CDSMP)*

The Problem

Chronic disease – the principal cause of disability and the major reason for seeking healthcare – accounts for over 70% of all healthcare expenditures. Almost 75% of people aged 65 years and older have at least one chronic illness, and about 50% of people aged 65 years and older have two chronic illnesses.

The Intervention

- Peer-facilitated self-management workshop that meets 2 ½ hours per week for six weeks
- Developed by Stanford University Patient Education Research Center
- Promotes patient activation by teaching behavior management and personal goal setting
- Addresses topics such as diet, exercise, medication management, cognitive symptom management, problem solving, relaxation, communicating with healthcare providers, and dealing with difficult emotions.
- Requires two trained lay/peer facilitators
- Online version soon to be available

The Evidence

✓ Denotes Statistically Significant Evidence Relating to Improvements in Patient Outcomes

Study	Pain	Fatigue	Depression	Exercise	Self-Efficacy	Health Distress	Communication with Physicians	Health Status
Lorig, Sobel, et al. (2001)	✓	✓	✓	✓	✓	✓	✓	✓
Kennedy, Reeves, et al. (2007)		✓	✓	✓	✓	✓	✓	✓
Lorig, Ritter, & Gonzalez (2003)	✓	✓		✓	✓	✓	✓	✓
McGowan (1998)	✓	✓	✓		✓	✓	✓	
Lorig, Ritter, & Jacquez (2005)	✓			✓	✓	✓	✓	✓
Sobel, Lorig, & Hobbs (2002)		✓			✓	✓	✓	✓
Lorig, Ritter, et al. (2001)		✓		✓		✓	✓	✓
Lorig, Sobel, et al. (1999)		✓		✓			✓	✓

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Statistically Significant Evidence Relating to Reduction in Healthcare Utilization

Study	ER Visits	Outpatient Visits	Hospital Days	Hospital Nights	Cost Savings Ratio
Lorig, Ritter, et al. (2001)	Reduced	Reduced	N/A	N/A	N/A
Sobel, Lorig, & Hobbs (2002)	0.2 Fewer	2.5 Fewer	.97 Fewer	.8 Fewer	1:4
McGowan (1998)	N/A	1.95 Fewer	.16 Fewer	1.54 Fewer	N/A
Lorig, Sobel, et al. (2001)	0.1 Fewer	.4 Fewer	.5 Fewer	N/A	1:4

Alabama Organizations Offering CDSMP

- Alabama Department of Public Health
- Alabama Department of Senior Services
- Alabama Tombigbee Regional Commission
- Birmingham Healthy Start
- Central Alabama Aging Consortium
- Central Alabama Veterans Healthcare System
- East Alabama Regional Planning and Development Commission
- Lee Russell Council Area Agency on Aging
- MedNet West, Inc.
- Middle Alabama Area on Aging
- Montgomery Area Community Wellness Coalition
- Northwest Alabama Council of Local Governments
- Retired Senior Volunteer Program
- South Alabama Regional Planning Commission
- South Central Alabama Development Commission
- Southeast Alabama Regional Council on Aging
- Sylacauga Alliance of Family Enhancement
- The Dannon Project
- Top of Alabama Regional Council of Governments

Counties Where CDSMP is Offered in Alabama

- Autauga
- Baldwin
- Barbour
- Bullock
- Butler
- Calhoun
- Choctaw
- Clarke
- Coffee
- Colbert
- Conecuh
- Covington
- Crenshaw
- Dale
- Dallas
- Elmore
- Escambia
- Franklin
- Geneva
- Henry
- Houston
- Jefferson
- Lauderdale
- Lee
- Lowndes
- Macon
- Marengo
- Marion
- Mobile
- Monroe
- Montgomery
- Perry
- Pike
- Russell
- Sumter
- Talladega
- Tuscaloosa
- Washington
- Wilcox
- Winston

Endorsing Organizations

- Administration on Aging
- Centers for Disease Control and Prevention
- Kaiser Permanente
- National Council on Aging

Web Link of Key Information

- <http://patienteducation.stanford.edu/programs/cdsmp.html>

Key Articles

Kennedy, Reeves, et al. The Effectiveness and Cost Effectiveness of a National Lay-Led Self-Care Support Programme for Patients with Long-Term Conditions: A Pragmatic Randomised Controlled Trial. *Journal of Epidemiology and Community Health (UK)*, 2007; 61:254-261

Lorig, Ritter, and Gonzalez. Hispanic chronic disease self-management. *Nursing Research*, 2003, Nov/Dec, Vol 52, #6, pp 361-369.

Lorig, Ritter, et al. Chronic Disease Self-Management Program 2-Year Health Status and Health Care Utilization Outcomes. *Medical Care*. 2001, Vol 39, #11, pp1217-1223.

Lorig, Ritter, and Jacquez. Outcomes of Border Health Spanish/English Chronic Disease Self-management Programs. *The Diabetes Educator*; 2005, 31; pp 401-409.

Lorig, Sobel, et al. Evidence Suggesting That a Chronic Disease Self-Management Program Can Improve Health Status While Reducing Hospitalization. *Effective Clinical Practice*. 1999, Vol 37(1), pp 5-14.

Lorig, Sobel, et al. Effect of a Self-Management Program on Patients with Chronic Disease. *Effective Clinical Practice*. 2001, acponline.org/journals/ecp/novdec01/lorig.htm

McGowan. Implementation and Evaluation of the Chronic Disease Self-Management Program in the Yukon. *Yukon Chronic Disease Self-Management Program Evaluation*, Fall 1998

Sobel, Lorig, and Hobbs. Chronic Disease Self-Management Program: From Development to Dissemination. *The Permanente Journal*, Spring 2002, Vol. 6, No. 2, pp 15-22.