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

<table>
<thead>
<tr>
<th>Study</th>
<th>Pain</th>
<th>Fatigue</th>
<th>Depression</th>
<th>Exercise</th>
<th>Self-Efficacy</th>
<th>Health Distress</th>
<th>Communication with Physicians</th>
<th>Health Status</th>
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</thead>
<tbody>
<tr>
<td>Lorig, Sobel, et al. (2001)</td>
<td>✓</td>
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<td>Kennedy, Reeves, et al. (2007)</td>
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<tr>
<td>Lorig, Ritter, &amp; Gonzalez (2003)</td>
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<td>McGowan (1998)</td>
<td>✓</td>
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Statistically Significant Evidence Relating to Reduction in Healthcare Utilization

<table>
<thead>
<tr>
<th>Study</th>
<th>ER Visits</th>
<th>Outpatient Visits</th>
<th>Hospital Days</th>
<th>Hospital Nights</th>
<th>Cost Savings Ratio</th>
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<tbody>
<tr>
<td>Lorig, Ritter, et al. (2001)</td>
<td>Reduced</td>
<td>Reduced</td>
<td>N/A</td>
<td>N/A</td>
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<tr>
<td>Sobel, Lorig, &amp; Hobbs (2002)</td>
<td>0.2 Fewer</td>
<td>2.5 Fewer</td>
<td>.97 Fewer</td>
<td>.8 Fewer</td>
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<tr>
<td>McGowan (1998)</td>
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<td>.16 Fewer</td>
<td>1.54 Fewer</td>
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<td>Lorig, Sobel, et al. (2001)</td>
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<td>.4 Fewer</td>
<td>.5 Fewer</td>
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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
- Conechuh
- 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


Key Articles


