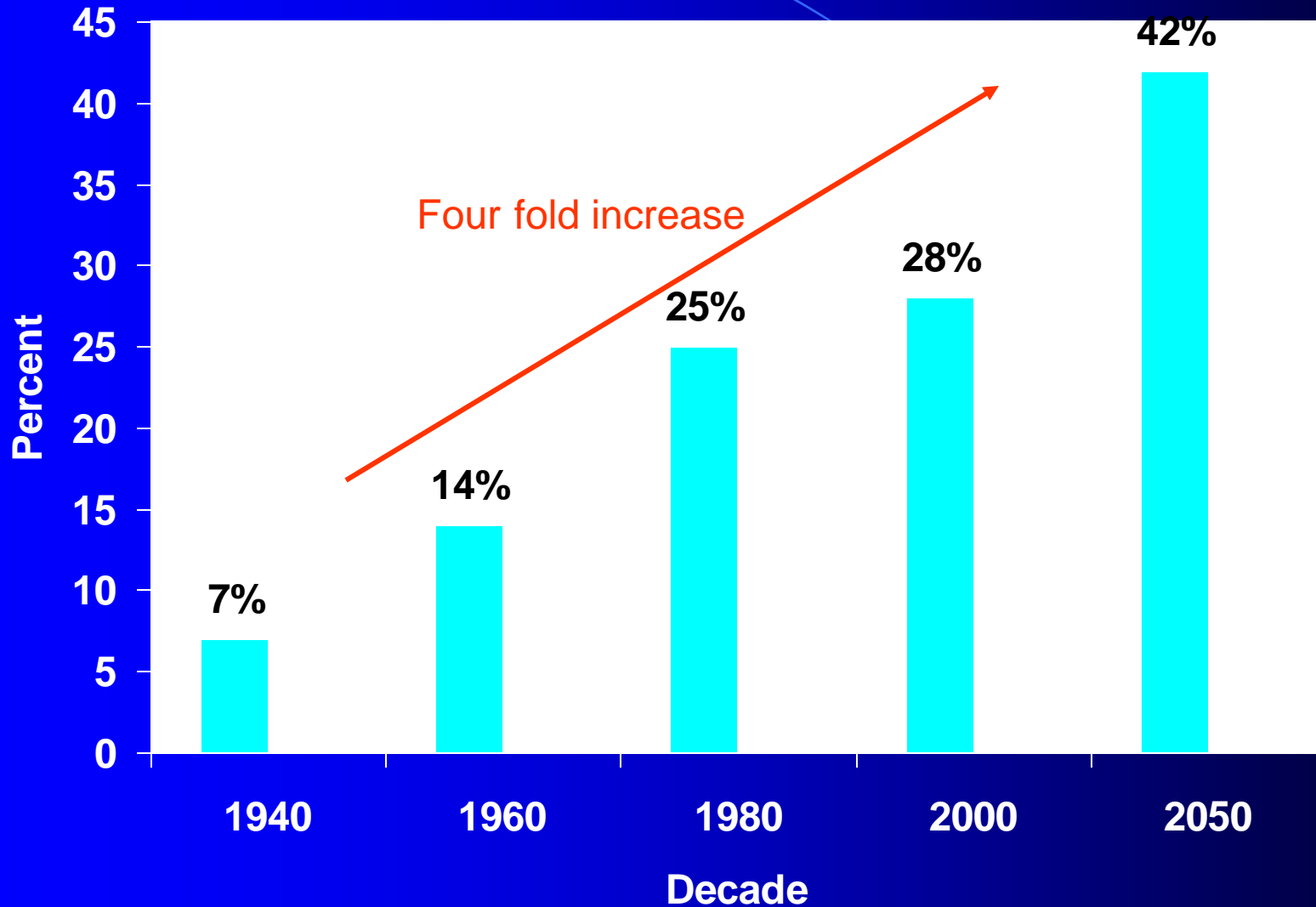


Self Management in Missouri

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

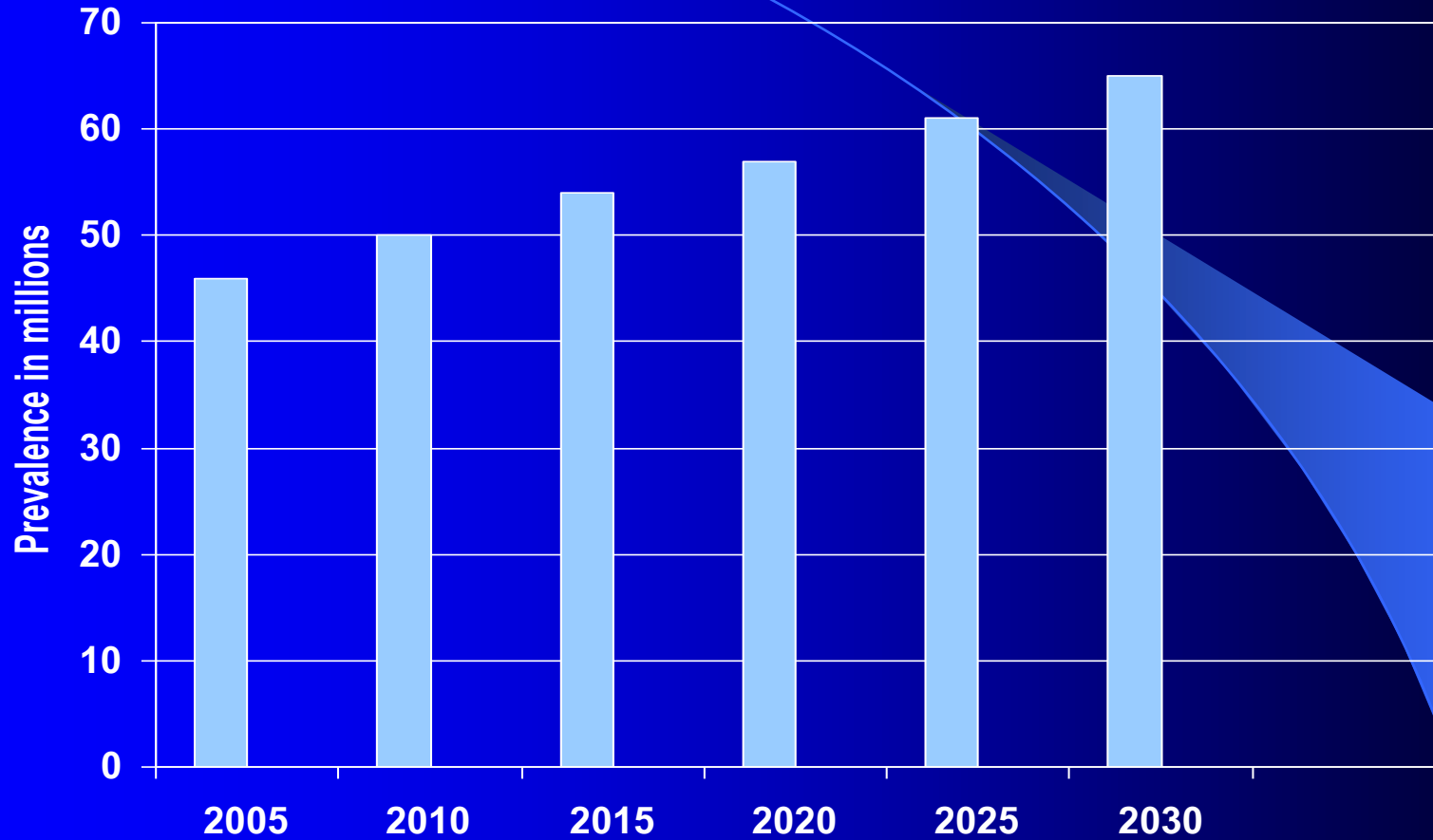
www.moarthritis.org

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



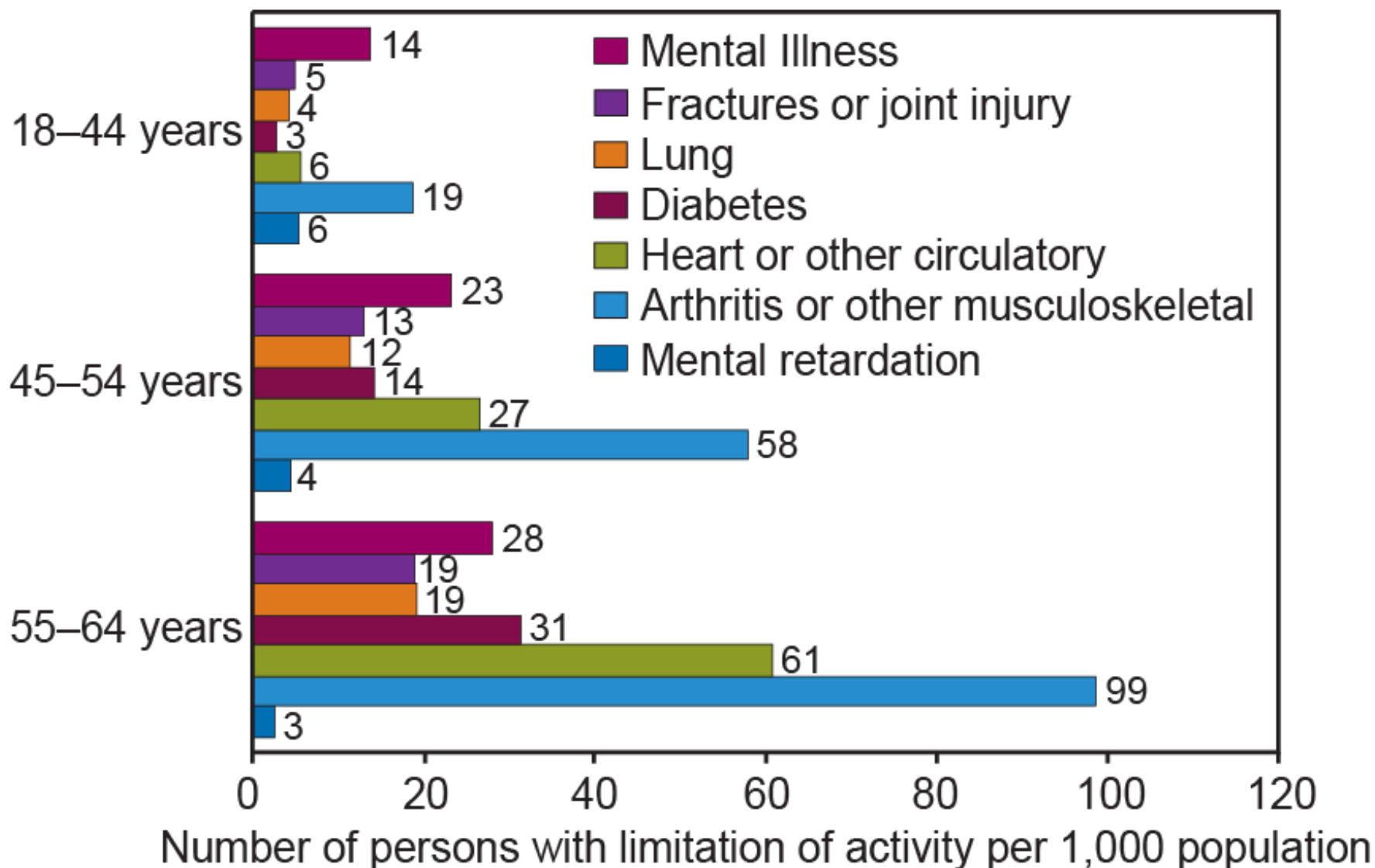
Source of data: US Census Bureau

Projected Arthritis in Millions to 2030

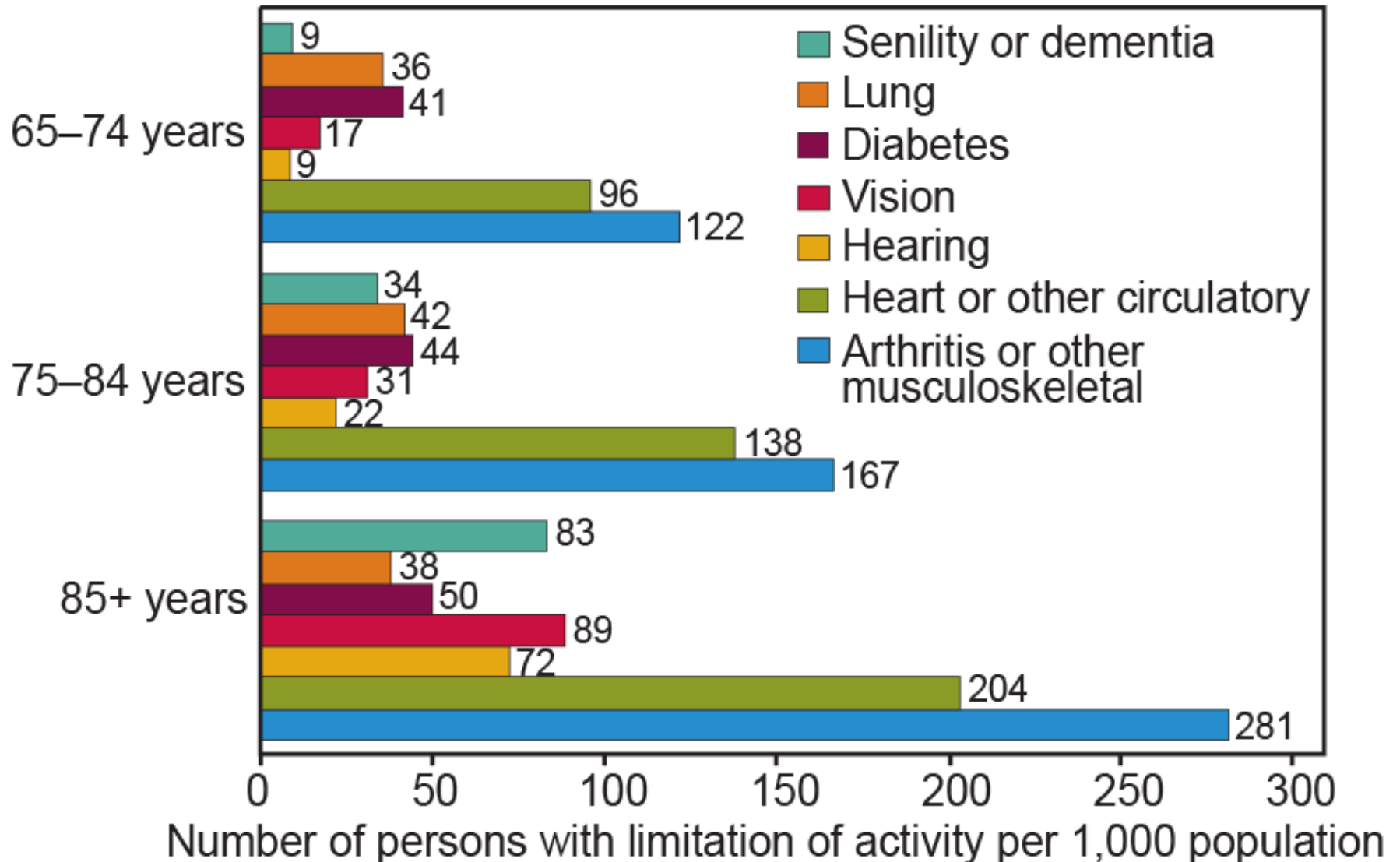


SOURCE: CDC unpublished data

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

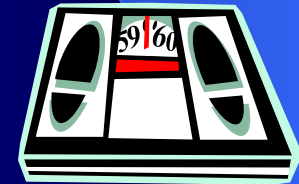
2001 **\$1.4 trillion**
an average of \$5,039 per person

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**



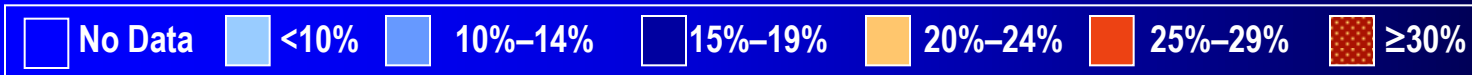
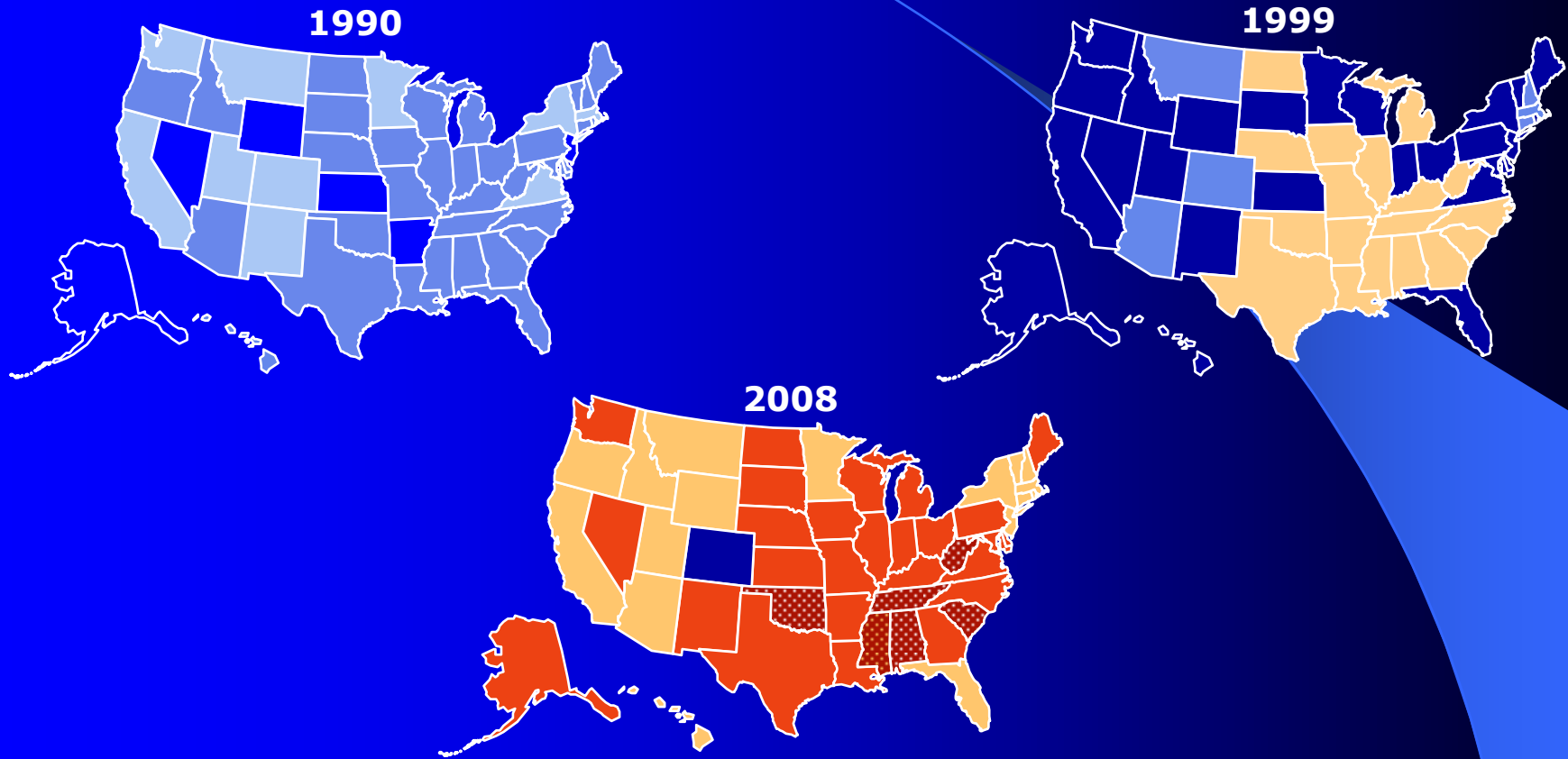
The Public Health Approach:

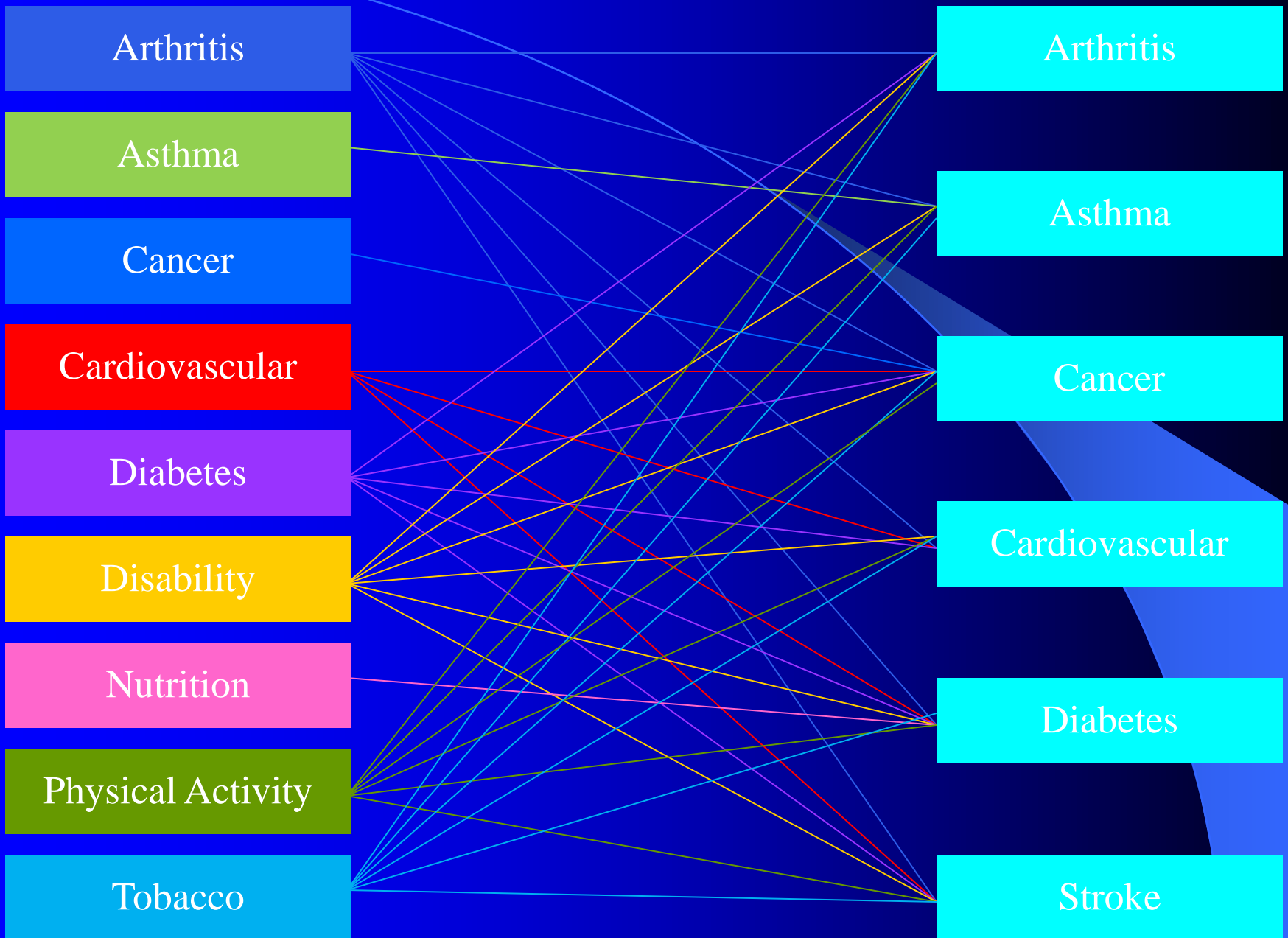
- **Promote activities to both measure and respond to health problems or risk factors in a population group**
- **Implement strategies to improve the health and quality of life for broad segments of the population**
- **It is NOT the treatment of the individual person**
- **Look for system changes to influence quality**

Obesity Trends* Among U.S. Adults

BRFSS, 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

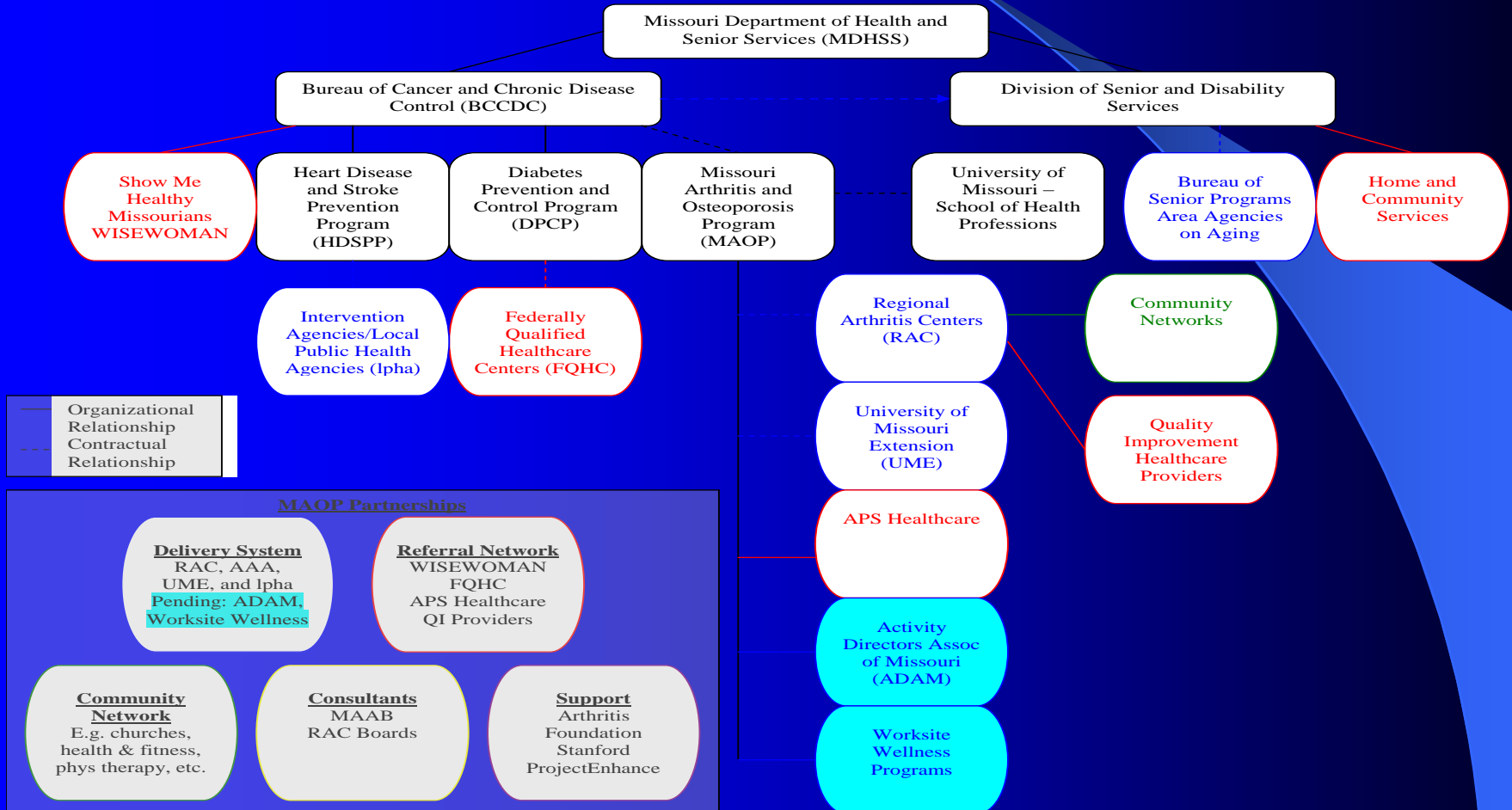
- Individual; self-directed arthritis self management program;
- Mix of materials from both AF Self Help Program and CDSMP;
- Check-out method with option to purchase;
- Tracking and reporting

Walk With Ease

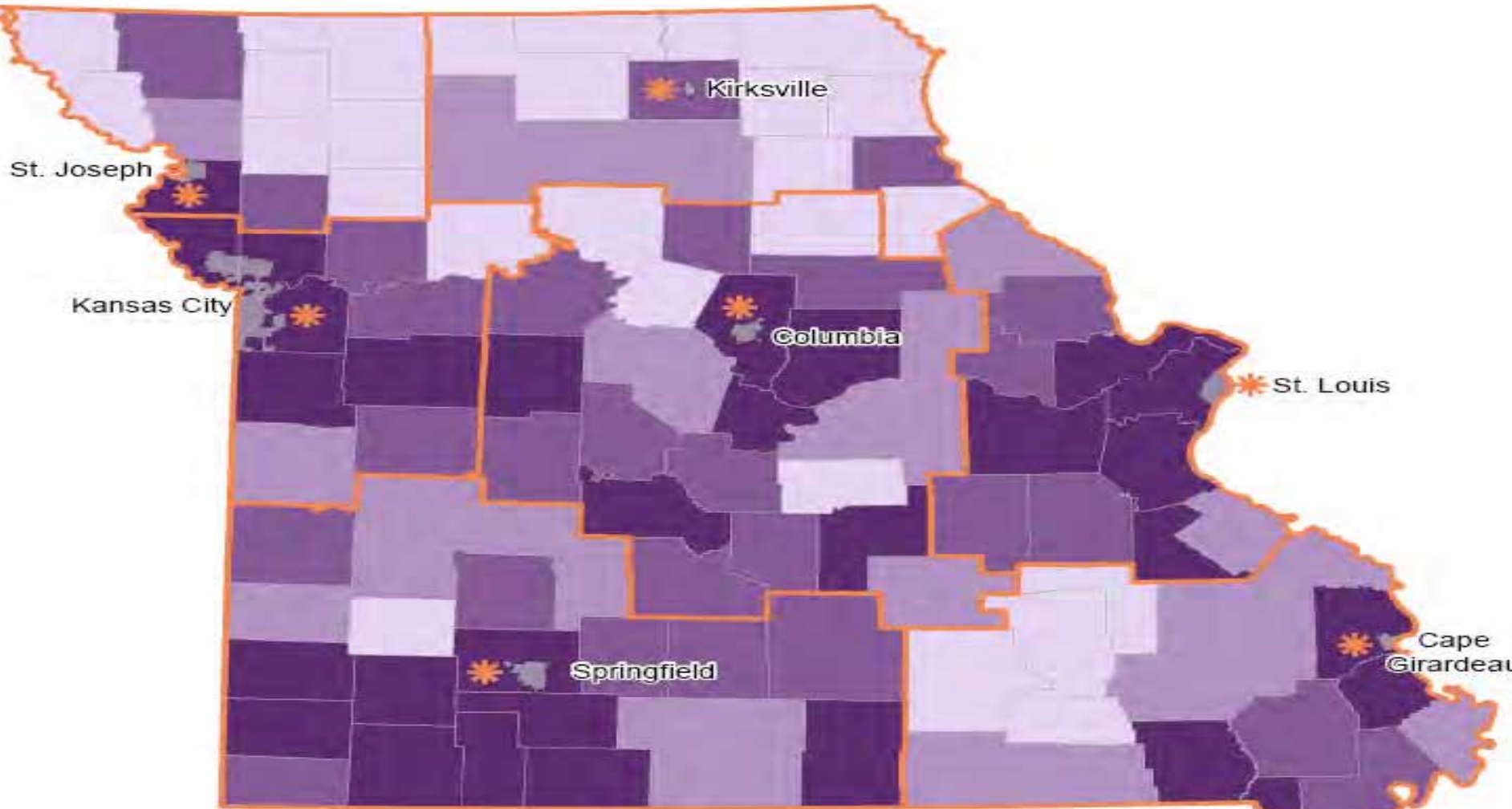
- Physical activity and self-management education program
- Individually or led by trained group leader
- Structured 6 week program; 3 times per week; 45-90 minutes per class

MAOP Partnership ORG Chart (See Handout)

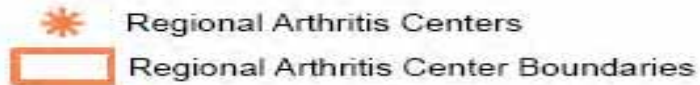
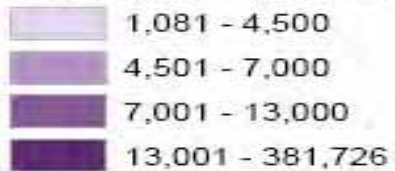
MAOP PARTNERSHIP INFRASTRUCTURE



Older Adult Population in Missouri by County



Population over age 45



Questions?



**Beth Richards, CTRS, Director
Missouri Arthritis & Osteoporosis Program**

richardsjo@missouri.edu

www.moarthritis.org