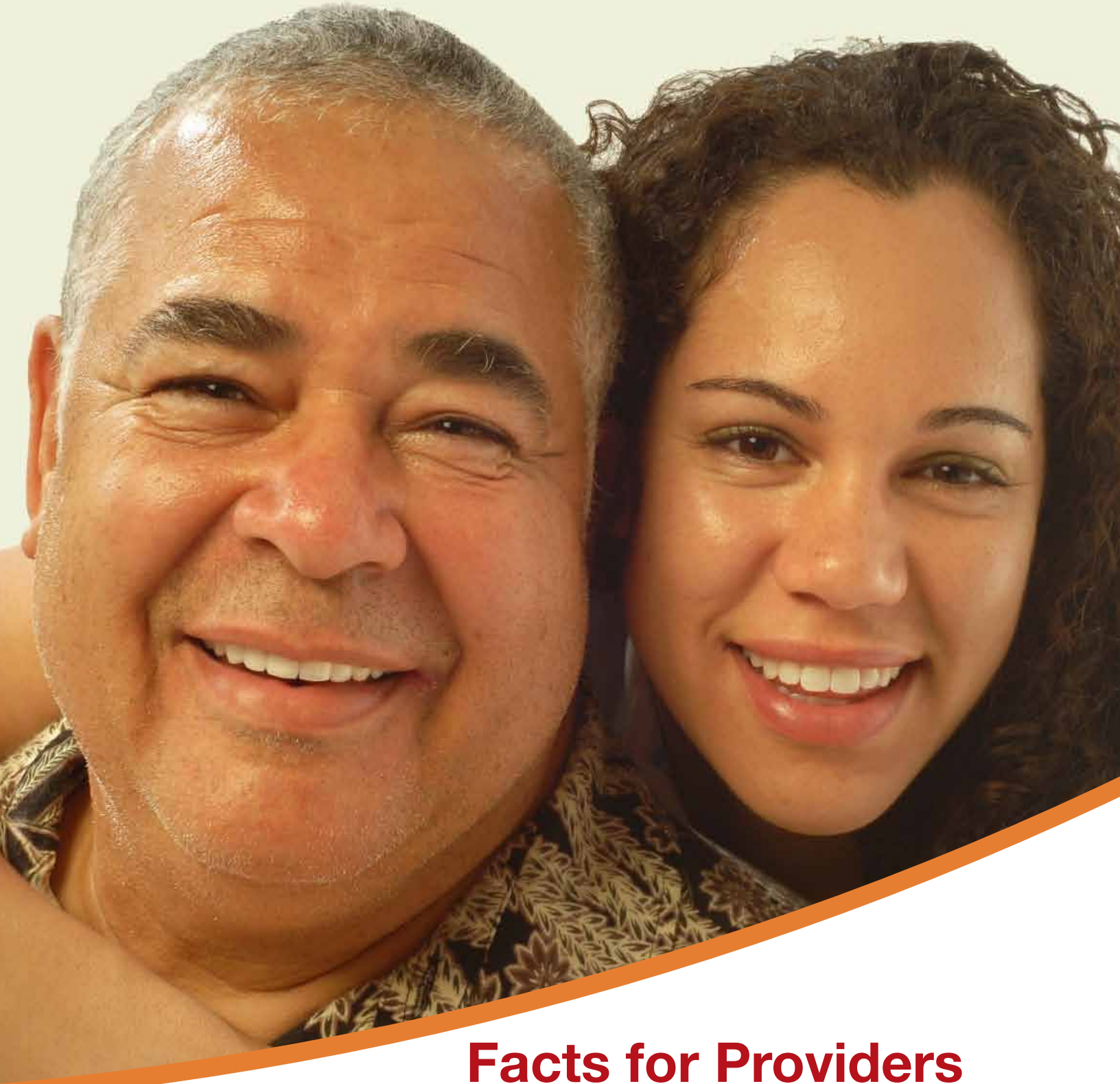


Better Choices, Better Health

Managing Chronic Disease



Facts for Providers



HEALTHTrust

Better Choices, Better Health

The Burden of Chronic Disease

Chronic disease in the United States comprises a large and every growing share of our health care costs and it disproportionately impacts older adults and minorities:

- Almost half of all Americans live with at least one chronic condition.
- Chronic diseases account for 70 percent of all deaths in the United States.*
- The medical care costs of people with chronic diseases account for more than 75 percent of the nation's \$2 trillion annual medical care costs.
- Older Americans are disproportionately affected by chronic disease; more than 80 percent of adults 65 and older have at least one chronic condition.
- Racial and ethnic minorities have experienced a disproportionate burden of death and disease from chronic illnesses.

“The United States faces an epidemic of unparalleled proportion, an epidemic that is substantiated by hard facts. Seven of 10 deaths are caused by chronic diseases. The underlying causes of these deaths are often risk factors that can be successfully modified years before they ultimately contribute to illness and death.”

— Dr. Julie Gerberding
Former Director
Centers for Disease Control and Prevention



Chronic Disease Self Management Programs (CDSMP) - The Stanford Model

Stanford University's CDSMP model has become the Gold Standard to help individuals manage their chronic disease(s).

The CDSMP model, developed by Stanford University through 20 years of federally funded research contain a series of classes designed to teach the patient how to best manage his or her chronic disease(s). Classes cover topics such as diet and exercise, developing action plans, relaxation, pain management, problem solving, positive thinking and working with the health care system to achieve optimal results.

The Stanford model has been translated in 10 different languages and is available in 19 different countries. It has been integrated into regional and governmental health organizations in the United States, as well as national

alliances, demonstration projects, and health initiatives, most notably in Australia, the United Kingdom and Canada. The program is designed to serve people with diverse medical conditions and to collaborate with a wide range of health organizations.

Nationwide, the Stanford model has received numerous accolades and endorsements. The National Association of Chronic Disease Directors (NACDD), with support from the Centers for Disease Control and Prevention (CDC) have supported its implementation in many state programs.

Kaiser Permanente, the nation's largest nonprofit Health Maintenance Organization (HMO), has adopted CDSMP as a covered benefit for all patients with chronic disease.

Evidence is growing that CDSMP leads not only to **better health**, but also to increased patient satisfaction and **lower costs** in hospital and emergency room expenses.

CDSMP Yields Better Health

- CDSMP participants experience had positive effects on their physical and mental health including significant improvements in exercise, cognitive symptom management, communication with physicians, self-reported general health, health distress, fatigue, disability, and social/role activities limitations.
- Patients who participate in CDSMP have fewer trips to the emergency room, hospitalizations and days spent in the hospital.

CDSMP Yields Lower Costs

- As a result of fewer hospital stays and outpatients visits, CDSMPs yielded a cost to savings ratio of 1:4.
- Another randomized, controlled study found expenditure savings were approximately \$750 per participant, more than 10 times the cost of the intervention.

Better Choices, Better Health

Better Choices, Better Health, offered by The Health Trust, is based on the Stanford CDSMP model. The program has a strong community focus, and solid participation from patients who are traditionally underserved in the health care system. Participants in these workshops are instructed on how to self-manage their chronic disease and provided with techniques that may

improve physical and emotional health and reduce symptoms.

Workshops are led by two trained lay leaders and divided into six 2 ½-hour sessions over a 6-week period. Typically, lay leaders have experienced a chronic disease themselves.

Classes are free and available at a variety of convenient community locations and times.

Early Signs of Success

Just two years into offering Better Choices, Better Health, early data suggests that The Health Trust has had success with these programs. A preliminary study of past participants found:

- A significant increase in their self-efficacy to manage their chronic condition;
- A significant decrease in severity of fatigue;
- A significant increase in the frequency with which they communicate with their doctors about their health concerns;
- A significant decrease in health distress due to the chronic condition.

What Can Providers Do?

- Learn more about Better Choices, Better Health
- Share information and refer clients
- Generate client lists for follow-up
- Introduce providers and physician networks to The Health Trust
- Advocate for health plans to recognize chronic disease self management as a covered benefit



Around 90 percent of the care a person needs to manage a chronic disease must come directly from the patient. Evidence is growing that self-management interventions... lead not only to improvements in health outcomes and health status, but also to increased patient satisfaction and reductions in hospital and emergency room costs.

-California HealthCare Foundation

Better Choices, Better Health may be reimbursable or supported with scholarships for certain health plans. For more information about The Health Trust's Better Choices, Better Health please contact:

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About The Health Trust

A charitable foundation, The Health Trust's mission is to advance wellness by focusing on three initiatives, Healthy Living, Healthy Aging and Healthy Communities. The Health Trust engages in policy, makes grants and continues its legacy of providing a wide variety of essential services including Meals on Wheels, AIDS Services, and Wellness Access and Education, including Better Choices, Better Health. To learn more and join us in our effort to make Silicon Valley the healthiest region in America, please visit www.healthtrust.org.

Let's make Silicon Valley the healthiest region in America!