

Prevention and Management of Chronic Diseases

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Prevalence of Chronic Diseases

- Chronic conditions are among the most common, costly, and preventable of all health problems.
- 45% of all adults have a chronic health condition, and 25% have 2 or more.
- Leading cause of death and disability in the U.S.
- Risk factors for chronic diseases include poor nutrition, lack of physical activity, tobacco use, and overuse of alcohol.
- Treating people with chronic conditions accounts for 86% of our nation's health care costs.

Characteristics of Chronic Conditions

- Long duration.
- Often incurable.
- Fluctuating course – ups and downs.
- Need for special treatments.
- May entail recurrent hospitalizations.
- May affect life expectancy.
- Requires assistance from many providers.

Prevention Programs – Western Region



Nutrition Education

- *SNAP-Ed* and *EFNEP* help people eat healthier, spend food dollars wisely, and keep food safe.
- SNAP-Ed also focuses on policy, systems, and environmental change - improving school lunches, providing walking trails, addressing food deserts, etc.
- Programs are offered to adults and youth in every state in the western region.

Weight Management

- Colorado offers *Healthy You* – 6-week weight management and mindful eating program taught by a registered dietitian.
- Topics include portion control, planning ahead, eating on the go, fitting in exercise, realistic goals, and avoiding relapse.
- Self-paced printed version available in addition to weekly classes.

Diabetes Prevention

- *National Diabetes Prevention Program (NDPP)* – support group led by a lifestyle coach that meets weekly for 6 months and then monthly for 6 months.
- Focuses on eating healthy, increasing physical activity, and dealing with stress.
- Outcomes – weight loss; reduced risk of developing type 2 diabetes.
- New Mexico, Oregon, and Washington offer this program.

Physical Activity

- *Strong Women* is a strength training program targeted to midlife and older women.
- It was developed by Dr. Miriam Nelson and colleagues from Tufts University.
- Classes meet for 1 hour twice a week for 12 weeks.
- Alaska, Colorado, and Montana are 3 of 8 states with ambassadors qualified to train the trainers.
- Alaska, Colorado, New Mexico, and Oregon offer this program.

Outcomes

- Increased muscle mass and strength.
- Reduced pain and stiffness.
- Increased range of motion.
- Better balance.
- Improved sleep.



Physical Activity

- *Strong Women – Healthy Hearts* was also developed by Dr. Nelson.
- Focuses on aerobic activity and nutrition to prevent heart disease.
- Classes meet for 1 hour twice a week for 12 weeks.
- 30 minutes of each class is devoted to discussion of nutrition and hands-on cooking activities; 30 minutes devoted to dancing to a DVD or walking outside.
- Alaska, Montana, and Washington offer this program.

Outcomes

- Weight loss.
- Decreased waist circumference.
- Lower consumption of sweet foods and desserts.
- Increased physical activity outside of class.
- Increase in self-efficacy for nutrition and exercise.



Management Programs – Western Region



Chronic Disease Self- Management Program

- Developed by Stanford University.
- Meets for 2.5 hours/week for 6 weeks.
- Co-taught by 2 non-health professionals in a community setting.
- Available in English and Spanish.
- Alaska, Montana, and New Mexico offer this program.
- Alaska and New Mexico have certified trainers.

Workshop Topics

- Techniques to deal with fatigue, pain, isolation.
- Exercises to improve strength, flexibility, and endurance.
- Communicating with family, friends, and health providers.
- Appropriate use of medications.
- Nutrition.
- Decision-making.
- How to evaluate new treatments.



Outcomes

- Improved symptom management.
- Better communication with physicians.
- Less fatigue and pain.
- Increased exercise.
- Fewer limitations in social and role activities.
- Fewer days in the hospital.
- Decreased health care costs.

Return on investment
4:1

Diabetes Management

- Alaska and New Mexico offer *Diabetes Self-Management Program*.
- Montana offers *Diabetes Empowerment Education Program* (DEEP) – provides Medicare beneficiaries with 6 sessions on self-management of diabetes.
- Idaho offers *Healthy Diabetes Plate* – 4 lessons and a website that teach diabetes meal planning.
- Colorado offers *Dining with Diabetes* – 4 week program on healthy meal planning and food preparation.

Physical Activity

- *Walk with Ease* – classes meet for 1 hour for 18 sessions (3 times/week for 6 weeks or 2 times/week for 9 weeks); led by a trained, CPR-certified leader.
- In-person classes or self-guided program available in both English and Spanish.
- Goal is to help people with arthritis or other chronic diseases learn how to exercise safely and comfortably.
- Outcomes – increased balance, strength, and walking pace; improved overall health.
- Oregon offers this program.

Physical Activity

- *Better Bones and Balance* – balance and strength training program for older individuals to reduce risk of osteoporosis and falling.
- Beginning, intermediate, and advanced levels.
- Wear weighted vests while exercising to strengthen hip bones.
- In person classes and DVD option available.
- Oregon State offers this program.

Mental Health

- *Mental Health First Aid Training* – 8-hour course that teaches how to assist someone having a mental health or substance use crisis.
- Developed in Australia, now taught in 18 countries.
- Outcomes – increased knowledge of mental illness; greater awareness of professional and self-help resources; increased likelihood of helping someone in distress.
- Montana will have Master Trainers to begin offering this program soon.

Mental Health

- *Youth Aware of Mental Health (YAM)* was developed in Europe.
- 5 sessions delivered over 4-weeks, with discussions about mental health and role plays about stress and crisis situations.
- Outcomes – decreased depression and anxiety; reduced suicide ideation, plans, and attempts.
- Montana (and Texas) were the first to pilot this program in the U.S. Next, extension agents will be trained to offer the program.