

ASSURING TRAINED LEADERS FOR CHRONIC DISEASE SELF MANAGEMENT PROGRAMS

Programs work together to expand availability of proven interventions for chronic diseases such as arthritis and diabetes

Public Health Problem

- Twenty six Missouri counties identified chronic disease as a priority in a capacity assessment of local public health agencies.
- People with chronic diseases such as arthritis and diabetes can benefit from physical activity, healthy eating and learning ways to manage their condition.
- Over thirty percent of Missouri adults have arthritis and many of them are not physically active. About seven percent of Missouri adults have diabetes.
- The evidence-based Chronic Disease Self Management Program is proven to decrease pain and depression, and improve depression and self care behaviors for people with chronic diseases. The program teaches people about physical activity and nutrition, symptom management, use of medications and communicating effectively about their condition.

Program

- The Missouri Arthritis & Osteoporosis Program partnered with the Missouri Diabetes Prevention and Control Program in a statewide effort to train leaders for the Chronic Disease Self Management Program using funding provided by the diabetes program.
- The initial goal was to broaden the reach of the self-management program by training at least two leaders for each of seven regions.
- The state contracted with seven Regional Arthritis Centers who recruited thirty-one individuals to receive training to lead this evidence-based program.
- Partners of each regional center provides in-kind support to make the classes available in the community, including donated classroom space and paid staff time to serve as leaders. Course materials and course promotion assistance are provided through the Missouri Arthritis & Osteoporosis Program and the Regional Arthritis Centers.

Impact

- All twenty-six counties that identified chronic disease as a priority now have one or more Chronic Disease Self Management Program course offerings available to residents who need it. In the most recent program year, over three hundred participants completed the course.
- The program exceeded its initial goal and now has thirty-nine trained leaders available under the Missouri Arthritis & Osteoporosis Program.

Contact

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