



wCDSMP

Worksite Chronic Disease Self-Management Program



wCDSMP Program Structure

- 6-weeks
- Meet 2 times per week
- Total of 12 sessions
- 50-60 minutes session
- Need to have 2 leaders at each session
- Lunch time or after work
- Workplaces
 - Government office
 - Banks
 - Schools




wCDSMP Master Trainer

- Master Trainer must complete 1-hour webinar through SMRC
 - \$50 per Master Trainer
 - SMRC Cross-Training Webinar
 - June 28 at 10:00 PDT
- Master Trainer then train the CDSMP leaders in their own 1-hour webinar
- Any CDSMP leader can be cross-trained




wCDSMP Leader Cross Training

- Cross Training
 - 1-hour
 - Webinar
 - After the CDSMP Leader Training




Montana CDSMP Contractors

- 1-hour cross training webinar
- Current instructors are excited for the wCDSMP
- Contracts
 - Option to offer CDSMP or wCDSMP



wCDSMP Materials

- New wCDSMP Leader Manual
- Living a Healthy Life with Chronic Conditions book
- Relaxation for Mind and Body CD
- Use the same charts
 - 2 new charts
- New agenda
- 3 Handouts
 - Overview & Homework
 - Pain/Mood Diary
 - Time Management Worksheet



wCDSMP Content

- Content is very similar
- Add:
 - Work/Home Balance
 - Manage Back Pain
 - Time Management
 - Extra lessons on making healthy food choices
- Remove:
 - Prevent Falls
- Action Plan and Reporting



wCDSMP Outcomes

Journal Article Published

- Impact of a Translated Disease Self-Management Program on Employee Health and Productivity: Six-Month Findings from a Randomized Controlled Trial

Increase

- Communication
- Physical Activity

Decrease

- Physically unhealthy days
- Fatigue
- Sugar beverage consumption
- Fast food intake
- Mental work limitation



wCDSMP Pilot Site

- Butte-Silver Bow Health Department
 - 1 of 15 national pilot sites
- Buy-in from upper management
- Easier to recruit participants
- Participants more engaged
- Recruited health department and library employees
 - Total of 12 participants
 - 8-10 attend/session
 - Lunch time



State of MT Benefit Administrator

- Next Steps Discount
 - Offering the Walk with Ease program
- In the past approached to offer
 - CDSMP
 - Better Choices, Better Health
- Pilot the wCDSMP in several towns in Montana



CDC Support

- Project Officer supportive
- Kept CDC Project Officer informed
 - Pilot
 - Release of wCDSMP



Q & A

