

# Take Control of Your Health: Chronic Disease Self Management Program

In Collaboration with the NJ Division of Aging Services

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## BACKGROUND

- According to the Center for Disease Control and Prevention (CDC), 6 in 10 adults in the U.S. have a chronic disease, and 4 in 10 have two or more.<sup>1</sup>
- Chronic diseases are the leading cause of death and disability, and the leading driver of the U.S.' annual health care costs.<sup>2</sup>
- Learning to self-manage these conditions is critical to improving overall physical, mental, and emotional wellness.
- Stanford University's Chronic Disease Self-Management Program (CDSMP) teaches individuals strategies to better manage and take control of their conditions.

## PROGRAM OBJECTIVE

Foster positive self-management techniques for individuals with chronic conditions using the CDSMP method.

### Main Goals

- Improve physical activity, stamina, and pain control.
- Encourage healthy eating habits.
- Enhance communication with healthcare providers.
- Improve decision making on treatment and medications.

## PROGRAM OUTLINE

Six-week workshop (2.5 hour sessions) held at the Shirvan Family Live Well Center with 20 recruited participants.\*

### Sessions

1. Understanding and articulating one's role in chronic disease care.
2. Familiarizing oneself with problem-solving steps and identifying the benefits of exercise
3. Recognizing decision-making steps and defining healthy eating.
4. Identifying ways to choose and prepare healthier foods.
5. Utilizing resources to learn about treatments and medications.
6. Delineating strategies for effective collaboration with healthcare providers.

### Incentives

- \$25 Shoprite gift card and certificate of completion.



**Take Control of Your Health** 

Learn practical and effective strategies for people with chronic conditions or their caregivers to live a healthier life

**JOIN OUR FREE SIX-WEEK PROGRAM**  
TUESDAY, OCT. 3, 10, 17, 31, NOV. 7, & 14, 2023 | 11:30 – 1:30 PM

Healthy lunch provided!

*“I began taking more responsibility for my health. I am starting to make better choices about my diet and also my physical and mental well-being.”*

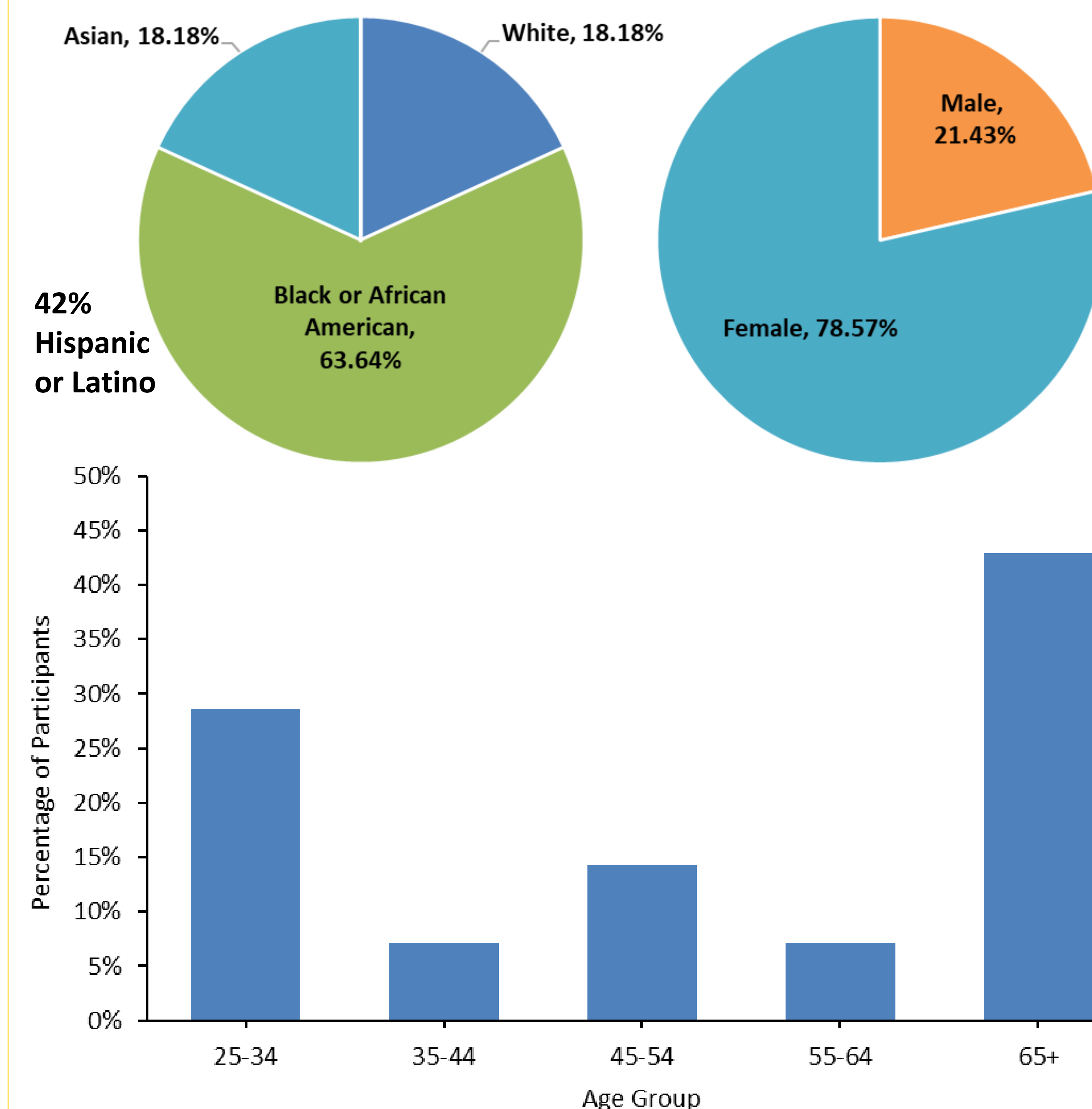
*“I now have a good amount of tools to help me take control of my life and live a better one.”*

<i>Empowering Education</i>	Participants learned effective strategies for taking control of their chronic conditions.
<i>Lifestyle Choices</i>	Participants noted positive changes in diet, physical activity, and mental well-being.
<i>Increased Confidence</i>	Participants reported feeling more confident in managing their health.

\*Out of 20 recruited community participants, average participation per session was **12**. The final program session had **12** participants in attendance.

ENGLEWOOD HEALTH

## PARTICIPANT HEALTH AND DEMOGRAPHICS



- 54% of participants reported they were in **fair** health.
- **Hypertension** was reported as the most common chronic condition (54%) followed by **diabetes** (46%).

## CONCLUSIONS

- Participant implementation of small, measurable behavioral changes that fostered healthier daily habits.
- Participants reported decrease in symptoms by workshop completion.

## LIMITATIONS

- Due to CDSMP guidelines, surveying, data collection, and communication materials were restricted.

## REFERENCES

