

Ohio's Network of Evidence-Based Disease Self- Management and Prevention Programs

Ohio Departments of Aging and Health

2011 Statewide Rural Health Conference
October 19, 2011



Ohio | Department of Aging

Objectives

- Participants will:
 - Understand why evidence-based programs are necessary
 - Focus on Diabetes
 - Learn about evidence-based programs available in Ohio
 - Learn about the Stanford University Chronic Disease and Diabetes Self-Management Programs, Healthy U in Ohio
 - Understand how clients can find local EB programs
 - Become a lay leader/coach of EB programs

Evidence-based Disease Prevention

- What is evidence-based?
 - interventions based on evidence that is generated by scientific studies
- Five P's - Program design, Program evaluation, Peer reviewed, Published, Program fidelity
- Reframe our question
 - Does what we do work?
 - Can we do what is known to work?
- Focus on fidelity

What's Really Killing Us?



Focus on Diabetes

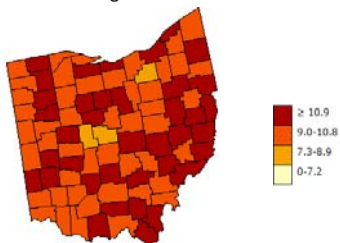
Every 24 Hours in America

- New Cases – 4,100
- Deaths – 810
- Amputations – 230
- Kidney Failure – 120
- Blindness – 55

Derived from NIDDK, National Diabetes Statistics fact sheet. HHS, NIH, 2005.

Focus on Diabetes

2008 Age-Adjusted Estimates of the Percentage of Adults with Diagnosed Diabetes in Ohio



Focus on Diabetes

Diabetes and Pre-Diabetes among people aged 18 years or older, Ohio, 2009

•895,571 persons, age 18 and older estimated to have been diagnosed diabetes.

•268,671 adults age 18 and older are estimated to have the disease and not know it.

•More than 2 million adults age 18 and older are estimated to have pre-diabetes.

Sources: 2000 U.S. Census; Ohio Behavioral Risk Factors Surveillance System, 2008; Chronic Disease and Behavioral epidemiology Section; Center for Public Health Statistics and Informatics, Ohio Department of Health (2009)

Focus on Diabetes

A huge burden of chronic disease fostered by the prevalence of diabetes

- Only 60% of persons ever report having a diabetes self-management education class
- There is a lack of available evidence – based diabetes self-management education programs
- The medical community is overburdened to be able to provide this service

Other Stats that Support the need for EBDP

- **Depression** affects more than 19 million Americans every year, regardless of race, age, gender. Estimated 15 – 30% of US adults 65+ experience depressive symptoms daily
- Among age 65+ **falls** are leading cause of injury death and most common cause of hospital admission
- Today, approximately 230,000 Ohioans have **Alzheimer's disease** and 250,000 Ohioans will have Alzheimer's disease by 2025. That's about 1,700 new cases each year. There are over 1.2 million caregivers in Ohio caring for a family member with Alzheimer's disease.

Menu of EBDP in Ohio

- Healthy IDEAS (Identifying Depression, Empowering Activities for Seniors)
- **Chronic Disease and Diabetes Self-Management Program**
 - (Healthy U)
- A Matter of Balance
- **Dining with Diabetes**
 - OSU Extension agencies
- Reducing Disability in Alzheimer's Disease
 - Ohio seven Alzheimer's Association Chapters
- Care Transitions

Chronic Disease and Diabetes Self-Management Programs ("Healthy U")



- Developed by researchers at **Stanford University**
 - Now used internationally in 18 countries and over 46 U.S. states
- Help people **gain self-confidence** in their ability to manage symptoms and **learn** how their health problems affect their lives.
- Small-group, highly interactive workshops are **six** weeks long, meeting once a week for **2 ½ hours**, and are facilitated by a pair of **lay leaders**.
- Titled **"Healthy U"** in Ohio and currently offered AAAs and local partners.
- Diabetes Self-Management Program (DSMP) is tailored to People with **type 2 diabetes**. (Healthy U: Diabetes)

Chronic Disease Self-Management Programs



Chronic Disease Self-Management Programs ("Healthy U")



- 64 CDSMP Master Trainers
- 50+ Master Trainers Cross-trained in the Diabetes Self-Management Program (DSMP)
- Introduced Tomando Control de su Salud
- CDSMP/DSMP
 - ❖ Ohio's twelve area agencies on aging have CDSMP training infrastructures in place
 - ❖ Trained 64 CDSMP Master Trainers, 50 in DSMP, 230 lay leaders, and more than 1,500 individuals have completed the workshop
 - ❖ Offered CDSMP workshops to state employees
 - ❖ Partnerships with Minority Health, Ohio's Public Retirement systems, National Church Residences, Patient-Centered Medical Homes



A short video about Chronic Disease and Diabetes Self- Management Programs

Healthy Outcomes

- Fewer hospital admissions
- Improved self-confidence to deal with health issues
- Fewer doctor visits
- Less health distress, fatigue, disability
- Increased exercise

If We Are Successful...

- If we succeed in employing a series of prevention and self-care strategies to help individuals with disabilities remain independent longer, we could reduce the number of people with a severe disability who rely on Medicaid by 1% annually.
(Scripps Gerontology Center, January 2010)
- Lessen the number of people relying on Medicaid by 11.5% by 2020 – avoid \$700 million in Medicaid LTC expenditure

How to Make Referrals

For more information about attending/referring to one of Ohio's evidence-based disease prevention programs contact your local area agency on aging by calling:

1-866-243-5678

or visit

<http://aging.ohio.gov/services/evidencebasedhealthyagingprograms/>

Brochure - Be a Healthier You

Does helping others inspire you?

•Become a trained Peer Leader for Healthy U

- It takes only 5 days
- You will be trained by Certified Master Trainers
- Training materials provide in-depth information to lead and market the classes
- Like to help others, can relate to those with chronic conditions

•Leader expectations

- Identify location to conduct program, and help market and promote the program
- Teach at least one class annually and maintain certification according to program guidelines

Ohio Association of Gerontology and Education
36th Annual Ohio Professional and Student
Conference on Aging

*Serving Underserved Populations, Images
of Aging, and Innovative Ideas in Aging*

**Keynote Speaker - Dr. Karen Roberto –
Virginia Tech - Expert on Rural Aging**

April 20, 2012
Youngstown State University
Youngstown, Ohio

Contact Information

Marcus J. Molea, AICP, Chief
Older Americans Act Programs Division
Ohio Department of Aging
50 W. Broad Street/9th Floor
Columbus, Ohio 43215-3363
614-752-9167
mmolea@age.state.oh.us
www.aging.ohio.gov

Diane Beaty-Cargile
Older Americans Act Programs Division
Ohio Department of Aging
50 W. Broad St. 9th Floor
Columbus, OH 43215-3363
614-644-2184
dbeatycargile@age.state.oh.us

Nancy D. Schaefer, R.D., L.D.
PH Nutritionist/Health Educator
Ohio Department of Health
246 N. High Street
Columbus, OH 43215
614-728-3775
Nancy.Schaefer@odh.ohio.gov

Stanford University Chronic Disease/Diabetes Self-Management Education Program:
<http://patienteducation.stanford.edu/programs/cdcmp.html>
