

Implementing Evidenced Based Chronic Disease Programming

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Growing old is something everyone has in common.

Regardless of what people try to do, the fact of the matter is that no one can escape the aging process.



Living Well

What We Know



- Chronic Diseases are the Leading Causes of Death and Disability in the U.S.
- 7 out of 10 deaths among Americans each year are from chronic diseases. Heart disease, cancer and stroke account for more than 50% of all deaths each year.¹
- In 2005, 133 million Americans – almost 1 out of every 2 adults – had at least one chronic illness.

Living Well

What We Know

- Four modifiable health risk behaviors are responsible for much of the illness, suffering, and early death related to chronic diseases.
 - lack of physical activity,
 - poor nutrition,
 - tobacco use,
 - and excessive alcohol consumption

The Chronic Care Model



However . . .

Implementation can be
difficult if not impossible
no matter how great your
programs are!

Things that really help to ensure success and sustainability.....

- Money
- Strong Marketing Concept
- Coalition
- Time
- Patience
- Passion
- A Physician Champion
- A Strong Evaluation Plan



Where to have programs



- Faith based community
- Senior Centers
- Libraries
- Where the people are....
- People won't necessarily come to the hospital

Evaluation

- More than just number of people served
- Behavior based goals
 - Action Plans
 - SMART Goals
 - Follow-up

Successes and Opportunities

Successes

- HRSA Grant funding
- Strong Coalition
- Sustainability Plan
- Proven Health Improvements for individuals who participate

Opportunities

- Very hard to find good external evaluator
- Physician buy in
- Follow-up is time consuming and frustrating



This program is funded through a grant from the U.S. Department of Health and Human Services, Health Resources and Services Administration

Stroke Survivors

Support Group

Focus Group

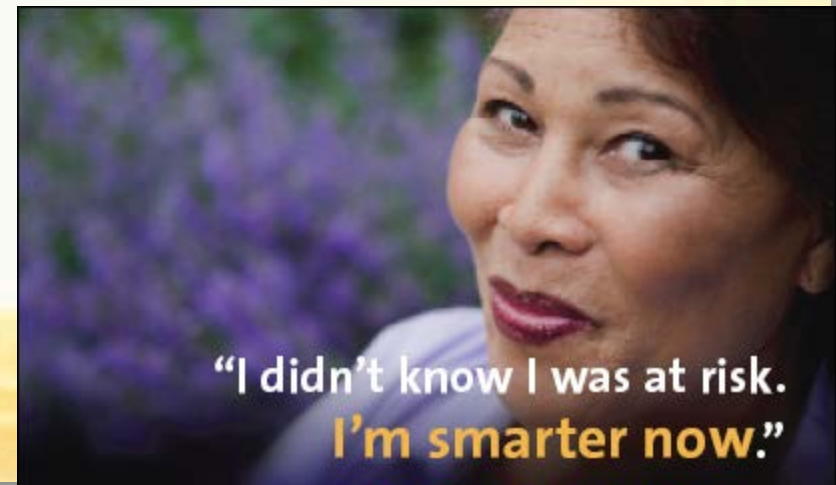
Stroke Resource Fair

Upcoming events:

May 12th 5-6pm Stroke Focus Group Dinner

6-7:30pm Stroke Resource Fair

June 8th 6:30-7:30pm Stroke Survivors support group



Living Well With Heart Failure

Quarterly programs

June 12th – 8:00 – 11:30 am

Inpatient rounds

Follow-up phone support

Distribution of scales through a grant with NIH & Suburban Hospital

Designed to reduce readmission rates for Heart Failure Patients and to improve quality of life for those living with Heart Failure



Diabetes Self Management

ADA Recognized Diabetes Education Program at SMH

Facilitated by a nurse CDE and Licensed dietitian CDE

Classes and counseling by appointment with physician referral

Quarterly Diabetes Updates

June 25th at 10 am

New Diabetes Support Group at the Northern Senior Center



Seven Healthy Habits of People with Diabetes

- 2 hour class
- Free
- Targeted to uninsured/underinsured
- Goal oriented
- 3 Month follow-up

Living Well With Chronic Conditions

Stanford University program

Lay leader model

6 week 2 ½ hours per week

Research based – participants report better self rated health,
fewer ER visits and hospitalizations,
better symptom management
improved communication with healthcare providers



Being taught in Calvert County also through the Office on Aging

Next Classes May 4th – June 8th 9:30am – 12 noon Garvey Senior Center

May 13th-June 17th 6:30pm – 9pm Health Connections

\$10.00 Registration fee includes book and cd

Better Breathers Program

Luncheon every other month for citizens with Breathing Issues specifically COPD

Support provided by the staff of the Grace Ann Dorney Cardiac/Pulmonary Rehab Center



Simple Steps to Permanent Weight Loss

- 10 weeks
- 1 hour
- \$100.00
- Three instructors rotate
 - Nutritionist
 - Behavior specialist
 - Exercise specialist

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