



California Department of Public Health
California Arthritis Partnership Program (CAPP)
<http://cdph.ca.gov/programs/CAPP>

Chronic Disease Self-Management Program
Healthier Living with a Chronic Condition

“There are many reasons for the relative lack of local public health activity in chronic disease prevention and control. For public health, the foremost reason may be the assumption that chronic diseases are not meaningfully amenable to public health action and that traditional public health strategies are not relevant to chronic disease. In fact, these strategies hold enormous promise. The costs of chronic disease–related care are increasing rapidly, and all of society has both an interest in and a responsibility for improving the prevention and control of such diseases.” 2004 editorial by Thomas R. Frieden, MD, MP. Appointed CDC Director, 2009

Chronic Disease Self-Management Program Evidence-Based Workshop in English and Spanish

The Chronic Disease Self-Management Program (CDSMP), as known as *Healthier Living with a Chronic Condition*, was developed by Kate Lorig, Dr.P.H., Stanford Professor of Medicine. CDSMP is an evidence-based self-management education workshop designed to help individuals develop the skills and confidence to manage their chronic conditions and related symptoms on a day-to-day basis. CDSMP is designed to serve individuals with diverse chronic conditions and to collaborate with a wide range of community based or health organizations.

Participants are adults experiencing chronic health conditions such as arthritis, heart disease, high blood pressure, stroke, diabetes, and lung disease. CDSMP workshops meet 2½ hours per week for six weeks. Workshops are facilitated by two trained leaders (health professionals or lay leaders) and offered in various settings.

Subjects covered in CDSMP include: (1) techniques to deal with problems such as frustration, depression, fatigue, pain, and isolation, (2) fitness and exercise, (3) appropriate use of medications, (4) communicating with health professionals, (5) nutrition, and (6) making treatment decisions.

It is the process in which the program is taught that makes it effective. Classes are highly participatory, where mutual support and success build the participants’ confidence in their ability to manage their health and maintain active and fulfilling lives. Workshop meetings focus on building skills, action planning, problem-solving techniques, decision-making, sharing experiences, and support. Participants who took CDSMP workshops demonstrated significant improvements in exercise, communication with physicians, self-reported general health, health distress, fatigue, disability, and social activity limitations. Workshops are designed to enhance regular treatment and will not conflict with existing programs or treatments.