



# CHRONIC DISEASE BURDEN UPDATE

■ This update focuses on the Chronic Disease Self-Management Program and Diabetes Self-Management Program workshops.

There are an estimated 25.8 million people with diabetes and 79 million people with pre-diabetes in the U.S., according to the U.S. Centers for Disease Control and Prevention (CDC). Data from the 2011 Behavioral Risk Factor Surveillance System (BRFSS) shows 9.0 percent of adults nationwide and 9.7 percent of adults in Illinois have been told they have diabetes. Many cases of diabetes and pre-diabetes are undiagnosed. Proper treatment and lifestyle changes are essential to manage diabetes and to prevent the associated health effects, as well as reduce the risk of acquiring pre-diabetes.

The Illinois Department of Public Health (IDPH), Diabetes Prevention and Control Program (DPCP), funds evidence-based Chronic Disease Self-Management Programs (CDSMPs) and Diabetes Self-Management Programs (DSMPs) throughout the state that include a series of free workshops offered to the public. They provide information, direction and tools participants can use to manage or prevent diabetes. Participants can also learn the steps to take to receive screenings for diabetes and pre-diabetes.

## DIABETES WITHIN ILLINOIS

The rate of diabetes varies greatly between counties in Illinois. From 2007-2009, diabetes prevalence ranged from as low as 4.4 percent in DeKalb County to as high as 17.3 percent in Pulaski County. Data from the 2011 Illinois BRFSS indicates a higher diabetes prevalence associated with the following populations:

- Older age
- Non-white
- Hispanic/Latino
- Lower income
- Lower level of education

## WORKSHOP DESCRIPTION

The CDSMP and DSMP workshops are interactive programs developed by Stanford University School of Medicine. Both programs consist of a two-hour class once a week for six weeks. Participants learn:

- Techniques to handle the emotional effects, fatigue and pain associated with chronic conditions.
- Recommended exercises to increase strength, flexibility and endurance.
- Information about medicines.
- How to increase communication between family, friends and health care providers.
- Nutrition
- Decision making skills

Participants also are provided a book, *Living a Healthy Life with Chronic Conditions*, which is used in the classes. The workshops are held in community settings, such as churches, community centers, health care centers and local public health departments. The workshops are taught by two trained lay-leaders, who may not have a medical background, but do suffer from one or more chronic illnesses. The leaders must be trained and certified to teach the workshops.



The IDPH DPCP began awarding grants in 2011 to local agencies to implement CDSMP and DSMP. Currently, there are 18 grantees that serve 24 counties. Table 1 displays information about each funded agency, the counties served and diabetes prevalence within that county.

**Table 1. Funded DSMP and CDSMP Agency Profiles**

<b>Funded Agency</b>	<b>County(s) Served</b>	<b>Diabetes Prevalence (%)</b>
Asian Human Services	Cook	9.4
Age Options	Cook	9.4
Rush University	Cook	9.4
Coordinated Youth & Human Services	Madison	9.1
Ford-Iroquois Public Health Department	Ford, Iroquois	Ford (9.7), Iroquois (10.3)
Jefferson County Health Department	Jefferson	13
Livingston County Public Health Department	Livingston	10.2
Macoupin County Health Department	Macoupin	11.1
Presence St. Mary's Hospital	Kankakee	8.6
Presence Health (Provena Champaign)	Champaign	6.3
Sangamon County Department of Public Health	Sangamon	7.8
Whiteside County Health Department	Whiteside	8.6
Shelby County Health Department	Shelby	8.1
Cass County Health Department	Cass	12.7
Clark County Health Department	Clark	12.9
DeWitt-Piatt Bi-County Health Department	DeWitt, Piatt	DeWitt (8.8), Piatt (12.9)
Jersey County Health Department	Jersey	12.5
Southern 7 Health Department	Alexander, Hardin, Johnson, Massac, Pope, Pulaski, Union	Alexander (15.6), Hardin (12.5), Johnson (10.6), Massac (10.7), Pope (11.2), Pulaski (17.3), Union (10.2)

Table 2 displays the reach of the DSMP and CDSMP programs. The IDPH DPCP tracks the number of participants who attended a class, the number of participants who completed the workshops and number of workshops. The retention rate (the number of participants who complete a workshop divided by the number of participants who enrolled in the workshops) is about 72 percent. The average number of participants in a class is 13.

**Table 2. DSMP and CDSMP Reach**

<b>Participants who attended a workshop</b>	1,820
<b>Participants who completed the workshops</b>	1,303
Retention Rate	71.6%
<b>Number of workshops</b>	140
Average class size	13

## Participant testimony:

*“I enjoyed this class. I needed this class to take charge of my diabetes. I learned a lot and thank you for having this class.”*

**POST-WORKSHOP SURVEYS**

At the end of every workshop, the participants are asked to complete a post-workshop participant satisfaction survey. These surveys provide feedback that can be used to measure the effectiveness of the program, how the participants feel they have benefitted from the workshops and improved their ability to live a healthy lifestyle, and what can be done to improve implementation of the program.

**Table 3. Participant Satisfaction Survey**

Statement	Strongly Agree	Agree	Disagree	Strongly Disagree
I have more self confidence in my ability to manage my health than I did before taking this workshop.	64.5%	33.6%	0.5%	0.2%
The <i>Living a Healthy Life with Chronic Conditions</i> book used in our Take Charge of Your Diabetes course was very helpful.	68.6%	27.3%	1.6%	0.2%
I learned how to set an action plan and follow it.	65.1%	28.2%	0.8%	0.2%
I now have a better understanding of how to manage the symptoms of my chronic condition(s).	59.3%	36.3%	1.7%	0.3%
I feel more motivated to take care of my health since I took this workshop.	71.9%	25.2%	0.7%	0.3%

Note: Statement totals do not equal 100% due to unanswered responses.

- 94 percent of participants agree or strongly agree they have more confidence in their ability to manage their health than before they took the workshop.
- 96 percent of participants agree or strongly agree the *Living a Healthy Life with Chronic Conditions* book was very helpful. The book is a valuable tool that can enable them to continue learning and practicing a healthy lifestyle.
- 92 percent of participants agree or strongly agree they learned how to set an action plan and follow their action plan.
- 95 percent of participants agree or strongly agree they now have a better understanding of how to manage the symptoms of their chronic condition(s).
- 97 percent of participants agree or strongly agree they feel more motivated to take care of their health since they took the workshop.

The positive statements serve as a testimony to how successful the CDSMP and DSMP workshops can be in enabling and improving the ability of people with chronic conditions to take better care of themselves physically and emotionally.

## Participant testimony:

*“This class helped me go from being a patient upon which the medical system worked to where now I’m the team leader relying on their advice to help me plan my future.”*