

## Stanford Univ. Model:

### Chronic Disease Self-Management Program Meets Triple Aim Goals

*A recent (2012) national randomized study shows that participants in CDSMP workshops experienced improvements in the following triple aim goals: improving the health of populations; improving the individual experience of care; and reducing the per capita costs of care for populations.*

Better Health	Better Care	Lower Health Care Cost
<ul style="list-style-type: none"> <li>✓ Active lives: 41% improvement in time spent engaged in moderate physical activity.</li> <li>✓ Less depression: 21% improvement in depression.</li> <li>✓ Fewer sick days: 15% improvement in unhealthy physical days and 12% improvement in unhealthy mental days.</li> <li>✓ Better quality of life: 6% improvement on health-related quality of life.</li> <li>✓ Feel healthier: 5% improvement in self-reported health.</li> <li>✓ Improved symptom management in 5 indicators:               <ul style="list-style-type: none"> <li>• sleep problems (16%)</li> <li>• shortness of breath (14%)</li> <li>• pain (11%)</li> <li>• fatigue (10%)</li> <li>• stress (5%)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>✓ Medication compliance: 12% improvement in medication compliance.</li> <li>✓ Communication: 9% improvement in communication with doctors.</li> <li>✓ Health literacy: 4% improvement in confidence filling out medical forms.</li> </ul>	<ul style="list-style-type: none"> <li>✓ 32% reduction in emergency room visits.</li> <li>✓ \$740 per person saving in emergency room visits and hospital utilization.</li> <li>✓ Potential saving of \$4.2 billion by reaching 10% of Americans with one or more chronic conditions.</li> </ul>
<b>References</b>		
<ul style="list-style-type: none"> <li>• U.S. Administration for Community Living. Evidence-Based Disease and Disability Prevention Programs. Retrieved October, 2013 from <a href="http://www.aoa.gov/AoARoot/AoA_Programs/HPW/Evidence_Based/index.aspx">http://www.aoa.gov/AoARoot/AoA_Programs/HPW/Evidence_Based/index.aspx</a></li> <li>• U.S. Administration for Community Living. 2012 Prevention and Public Health Funds: Empowering Older Adults and Adults with Disabilities through Chronic Disease Self-Management Education Programs. Retrieved October 2013 from <a href="http://www.aoa.gov/AoARoot/AoA_Programs/HPW/ARRA/PPHF.aspx">http://www.aoa.gov/AoARoot/AoA_Programs/HPW/ARRA/PPHF.aspx</a></li> <li>• Institute for Healthcare Improvement. IHI Triple Aim Initiative. Retrieved July, 2013 from <a href="http://www.ihl.org/offering/Initiatives/TripleAim/Pages/default.aspx">http://www.ihl.org/offering/Initiatives/TripleAim/Pages/default.aspx</a></li> <li>• Whitelaw, N., Lorig, K., Smith, M. L., &amp; Ory, M. G. (March 19, 2013). National Study of Chronic Disease Self-Management Programs (CDSMP). Retrieved July, 2013 from <a href="http://www.ncoa.org/improve-health/center-for-healthy-aging/content-library/CDSMP_Grantee_Webinar_03_19_2013_ALL_FINAL.pdf">http://www.ncoa.org/improve-health/center-for-healthy-aging/content-library/CDSMP_Grantee_Webinar_03_19_2013_ALL_FINAL.pdf</a></li> </ul>		