

Why chronic disease is a public health issue in NM:

- Responsible for over 60% of all deaths in the state.

Diabetes

- An estimated 204,000 adults have diabetes.
- People with diabetes are two to four times more likely to develop cardiovascular disease and stroke.

Arthritis

- An estimated 378,400 adults have arthritis.
- Most common cause of disability.

Cancer

- First leading cause of death and a major cause of illness and suffering. One in every four deaths is caused by cancer every year.

Heart Disease

- Second leading cause of death.
- Account for 24% of all deaths.

Costs

Estimated 2003 chronic disease costs:

- Direct medical costs \$1.2 B
- Lost productivity \$5.8 B

[Milken Institute, "An Unhealthy America: The Economic Impact of Chronic Disease", 2007]

Risk Factors

Tobacco use, obesity, high blood pressure, physical inactivity and low income increase the risk of having a chronic disease.

- One in five (19.2%) adults still smoke.
- About 2,100 people die from tobacco use annually and another 42,000 are living with tobacco-related diseases.
- Over one-fourth (26%) of adults were obese.
- 28% of adults report having high blood pressure.
- 78% of adults do not meet aerobic and muscle strengthening exercise recommendations.
- Over one-fourth (27.5%) of adults have annual household income of less than \$20,000.

New Mexico (NM) Department of Health (DOH) Manage Your Chronic Disease Programs (MyCD)



Diabetes Prevention and Control Program
810 West San Mateo, Suite 200 E
Santa Fe NM 87505
1-888-253-2966



MyCD Programs

- NM's **MyCD Programs** are a family of evidence-based self-management programs designed and tested by the Stanford School of Medicine Patient Education Research Center and include the following: Chronic Disease Self-Management Program (CDSMP), Diabetes Self-Management Program (DSMP), and the new Cancer: Thriving and Surviving Program.
- The **MyCD/CDSMP** and **MyCD/DSMP** are available in Spanish.
- Peer led education programs offered in community settings such as senior centers, churches and hospitals for 2 ½ hours, once a week for six-weeks.
- For adults of all ages with chronic health conditions like diabetes, cancer, arthritis, asthma, heart disease, high blood pressure, or any other ongoing or long-term health condition.
- Adults learn useful skills and techniques, including how to:
 - gain confidence and motivation to better manage their health;
 - make a step-by-step action plan to improve their health;
 - problem solve, make informed decisions, and manage their medications;
 - eat healthy and exercise safely to maintain and improve strength and endurance;
 - deal with frustration, stress, pain, fatigue, poor sleep, depression, stress, living with uncertainty; and
 - better communicate with their doctor, family or caregiver about their health.

The CDSMP National Study (2010 - 2011)

Many study participants reported many positive, significant improvements in terms of meeting the Institute of Health Care Improvement's Triple Aim framework:

Better Health:

- Feel Healthier
- More active lives
- Less depression
- Better quality of life
- Fewer sick days

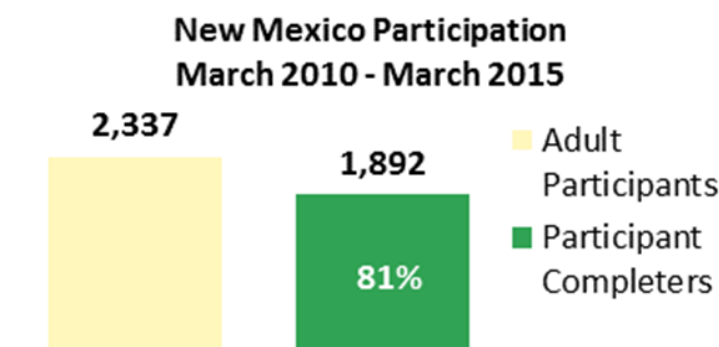
Better Care:

- Improved communication with doctors
- Improved medication compliance
- Improved health literacy

Lower Health Cost:

- \$714 per person saving in emergency room visits and hospital utilization
- Potential saving of \$6.6 billion by reaching 10% of Americans with one or more conditions

Program Participation and Completion in NM



"The changes I made throughout the course were to know the dangers of eating unhealthy foods. I now have a healthier diet that helps with my disease and I also exercise."

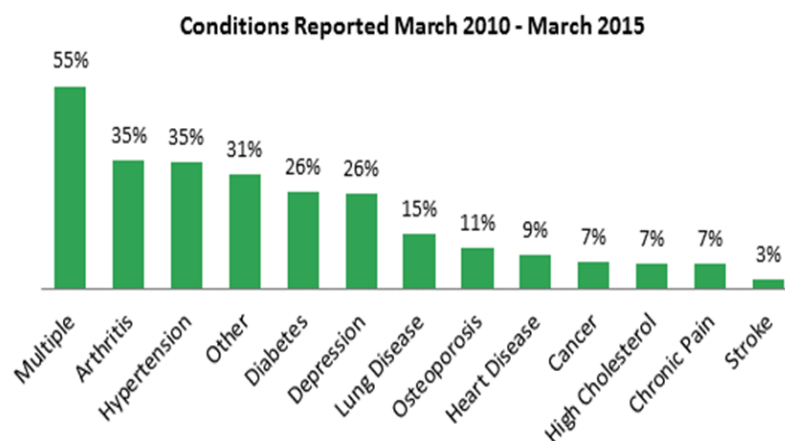
~ L. Chairez, Vado

National Participant Completion Rate = 74%

Partnership Network:

- DOH Chronic Disease Prevention and Control Bureau
- DOH Health Promotion Regions
- NM Aging and Long Term Services Department
- NM Aging and Disability Resource Center
- Department of Senior Affairs - City of Albuquerque
- Southern Area Health Education Center - NM State University
- Montañas del Norte Area Health Education Center - Luna Community College
- Non-Metro Area Agency on Aging
- NM Veterans Affairs Health Care System
- Molina Healthcare of NM
- Presbyterian Healthcare Services
- Blue Cross Blue Shield of NM
- NM Retiree Health Care Authority
- NM State University Cooperative Extension Service
- Christus St. Vincent Regional Medical Center
- Nor-Lea Hospital District
- NM Association for Home and Hospice Care
- La Casa Family Health Center
- Las Clinicas del Norte
- First Choice Community Healthcare in Albuquerque
- Albuquerque Public Schools
- HealthInsight NM

Chronic Health Conditions Reported by Participants

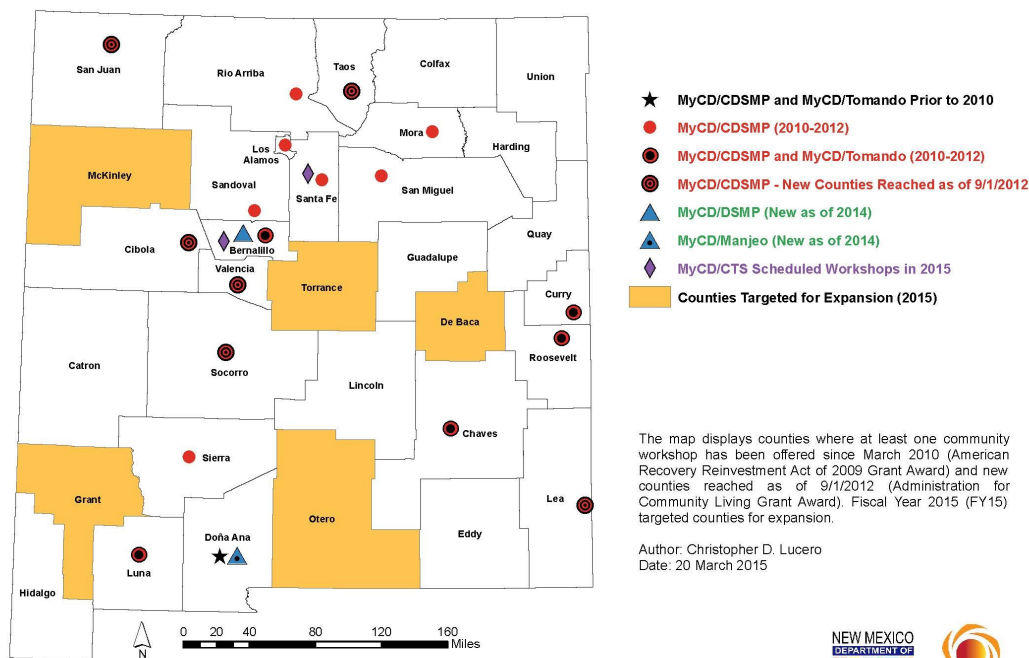


"I really believe in the Program, I have benefitted from the program at many levels. I have learned ways to continue to enjoy retirement."

~ J. Payette,
Albuquerque

Counties Reached (2010-2015)

New Mexico Counties Reached Manage Your Chronic Disease Programs (MyCD) - 2010-2015



Funding

In September 2012, the U.S. Administration for Community Living awarded NM funding for three years to increase availability of, and access to, the **MyCD Programs**. NM was one of 22 states to receive funding, which extends the work started with a two-year grant awarded to the DOH in 2010. The DOH provides state-level leadership, in collaboration with the NM Aging and Long Term Services Department and other statewide partners, to grow and ensure the long term success of the **MyCD Programs**.

"I would highly recommend this program to those who suffer from chronic pain. This program was very educational and fun without being judgmental, condescending, or critical." ~ M. Soledad Martinez, Las Cruces