

# Utah Community Health Program Guide



Linking Utahns to Quality  
Self-Management Education



UTAH DEPARTMENT OF  
**HEALTH**





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## **ACKNOWLEDGEMENTS**

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- Montana Chronic Disease Prevention & Health Promotion Bureau

### **Utah Department of Health**

- Alzheimer's and Related Dementias Program
- Arthritis Program
- Asthma Program
- Cancer Control Program
- Healthy Living Through Environment, Policy & Improved Clinical Care (EPICC) Program
- Tobacco Prevention and Control Program
- Violence and Injury Prevention Program



## **UTAH HEALTHY COMMUNITY PROGRAM GUIDE**

Public health enhances the quality of life in Utah by supporting healthy living in your community. It touches everyone in your community – from the minute you're born, throughout your entire life. Take a closer look at what public health programs are available in your community to make your life better.

### **PURPOSE OF THE GUIDE**

This guide highlights programs that address the prevention and management of chronic diseases and health disparities experienced by Utahns. These programs offer access to health promotion and healthy lifestyle opportunities.

### **GOAL OF COMMUNITY HEALTH PROGRAMS**

These programs aim to reduce and prevent illness and death through healthy lifestyles and self-management.

### **HOW TO USE THE GUIDE**

The table on pages 4 and 5 lists the community health programs and briefly provides:

- Program description
- Time commitment of participant
- Target audience
- Website for more Information

### **FACT SHEETS ON EACH PROGRAM ARE PROVIDED FOR**

#### **MORE DETAIL ON:**

- Program description
- Program benefits
- What is provided for participants
- Resources & contact information
- Why to make a referral



<b>Program</b>	<b>Description</b>	<b>Time</b>	<b>Target Audience</b>	<b>Pg.</b>
<b>Alzheimer's and Related Dementias</b>	Educational resources available for patients, caregivers, and health care professionals. 24-hour helpline is available at 1-800-272-3900.		Adults diagnosed with Alzheimer's or related dementias	8
<b>Arthritis Foundation Exercise Program</b>	A recreational exercise program for adults with arthritis. Includes health education, exercise for any fitness level, and relaxation techniques.	1 hour class 3 classes per week	Adults with arthritis or anyone wanting to establish an exercise routine	9
<b>Asthma Home Visiting Program</b>	A program that provides 3 in-home visits. During these visits, participants will learn more about how to manage asthma and reduce asthma triggers.	3 home visits over a period of about 4 months. Each visit is between 60-90 mins.	Individuals with asthma living in Salt Lake and Utah Counties.	10
<b>BeWise Program</b>	A program that offers cardiovascular screening and health coaching.	Annual screening and 3-5 health coaching sessions over a year	Women aged 40-64 who live at or below 250% of the Federal Poverty Level	11
<b>Better Choices Better Health® (Online LWCC)</b>	Better Choices Better Health® is an online Self-Management Resource Center Program originally developed at Stanford University.	2 hours per week for 6 weeks; doesn't require real-time attendance	Adults with 1 or more chronic conditions	12
<b>Breast &amp; Cervical Cancer Screening</b>	A program that provides breast and cervical cancer screening to women.	Annual screening, follow-up, and diagnostic services when clinically indicated	Women aged 40-64 who live at or below 250% of the Federal Poverty Level	13
<b>Car Seat Education Classes</b>	Educate parents and care givers of children how to choose and install car seats from infant to seatbelt.	1-2 hours	Parents and caregivers of children 12 and younger	14
<b>Dementia Dialogues</b>	Dementia Dialogues is an interactive educational program designed for individuals, groups and organizations that interact and/or care for people diagnosed with dementia.	5 sessions; 8 hours for the entire training	Adults	15
<b>Diabetes Self-Management Education (DSME/T)</b>	Connects people with diabetes to quality diabetes education to enhance self-management and improve quality of life.	Individually tailored to each person's needs (e.g. up to 10 hours in year one, then 2 hours the following year)	People diagnosed with diabetes	16-17
<b>EnhanceFitness (EF)</b>	Helps adults with arthritis and other chronic conditions adopt and maintain an exercise routine in order to improve mobility and decrease pain.	1 hour class 3 classes per week	Adults who want to establish an exercise routine, especially those with chronic diseases	18



Program	Description	Time	Target Audience	Pg.
<b>Living Well with a Disability (LWDisability)</b>	This is a ten week peer-facilitated health promotion workshop for people with disabilities.	2 hours per week 1 class per week 10 weeks	People with disabilities	19
<b>Living Well with Chronic Conditions (LWCC)</b>	Empowers adults with one or more chronic conditions learn how to take control of their own health.	2.5 hours per week for 6 weeks	Adults with 1 or more chronic conditions and their family members or caretakers	20
<b>Living Well with Chronic Pain (LWCP)</b>	The Chronic Pain Self-Management Program (CPSMP) is a 6-session evidence-based workshop designed for those dealing with chronic pain.	2.5 hours per week 1 class per week 6 weeks	Adults who are experiencing chronic pain	21
<b>Living Well with Diabetes (LWDiabetes)</b>	Empowers adults with diabetes to learn how to take control of their own health through self-management techniques.	2.5 hours per week 1 class per week 6 weeks	Adults with diabetes and their family members or caretakers	22
<b>National Diabetes Prevention Program (National DPP)</b>	A program that offers comprehensive group-based education on healthy diet and exercise to help adults at high-risk for Type 2 Diabetes.	1 hour per week for 16 weeks; 1 hour per month for 6 months	Adults who are overweight and have risk factors for Type 2 Diabetes	23-24
<b>Otago Exercise Program</b>	Otago is an individually-tailored, home-based balance and strength program. A physical therapist will meet with you to introduce and progress this exercise and walking program.	1 year program 6 in home sessions Monthly follow-up phone calls Quarterly visits	Adults aged 80 and over, who are frail and have a high risk of falling	25
<b>Programa de Manejo Personal de la Diabetes</b>	A six-week class for people with diabetes is taught entirely in Spanish.	2.5 hours per week 1 class per week 6 weeks	Adults with diabetes, members of their family or caregivers	26
<b>Stepping On</b>	A fall prevention program that addresses medication, visual impairments, strength, balance, and the home environment.	2 hours per week 7 weeks + a 1-hour reunion class	Adults aged 60+ who are at risk for falling, have recently fallen, or have a fear of falling.	27
<b>Suicide Prevention Training</b>	Evidence based education for community members and professionals available at no cost, designed to increase participants' abilities to recognize someone at risk for suicide.	1.5-8 hours	Families and social supports of those at risk of suicide or experiencing a mental health condition	28



Program	Description	Time	Target Audience	Pg.
<b>Tai Chi for Arthritis/Health (TCA/H)</b>	Tai Chi is an enjoyable exercise that can relieve your pain, improve your health, and increase your ability to do things.	1 hour class	Anyone 65 and older is welcome to join!	29
<b>Tomando Control de su Salud (LWCC in Spanish)</b>	Tomando Control de su Salud empowers adults with one or more chronic conditions learn how to take control of their own health and taught in Spanish.	2.5 hours per week 1 class per week 6 weeks	Adults with 1 or more chronic conditions	30
<b>Traumatic Brain Injury (TBI) Fund</b>	Education to community and professionals about Traumatic Brain Injury (TBI). Provides resource facilitation to individuals with TBI and their families.		Adults and Children who have sustained a TBI and their families.	31
<b>Utah Cancer Genomics Program</b>	The Utah Cancer Genomics Program provides information and resources		General public	32
<b>Utah Tobacco Quit Line</b>	Telephone line that helps tobacco users to quit.	5 personalized telephone coaching sessions	Tobacco users, or anyone who is trying to help someone quit	33
<b>Walk With Ease</b>	Teaches participants how to safely start and maintain a regular walking routine to decrease pain and increase overall mobility.	1 hour class	Adults with arthritis pain or just want to be active	34
<b>Comparison of Programs to Support Self-Management for People with Diabetes &amp; Prediabetes</b>	Diabetes Self-Management Education/Training (DSME/T); Living Well with Diabetes (LWDiabetes); Living Well with Chronic Conditions (LWCC); National Diabetes Prevention Program (National DPP)		Adults with diabetes or prediabetes	35-36

# Alzheimer's and Related Dementias Program



UTAH DEPARTMENT OF  
**HEALTH**  
[www.livingwell.utah.gov](http://www.livingwell.utah.gov)

## PROGRAM DESCRIPTION

The Alzheimer's and Related Dementias Program provides educational resources for patients, caregivers, and health care professionals. The agencies listed below offer a variety of classes for patients, families, caregivers, and health care professionals.

## PROGRAM BENEFITS

- Increases knowledge and awareness of signs and symptoms of Alzheimer's and related dementias.
- Resources, home care, support groups, education, and events for caregivers.
- Improves the dignity and quality of life for people with dementia and their families.

## RESOURCES & PROGRAMS

- Alzheimer's Association toll-free Helpline 1-800-272-3900 or [www.alz.org/utah](http://www.alz.org/utah)
- National Institute on Aging-Alzheimer's Disease Education and Referral Center [www.nia.gov/Alzheimers](http://www.nia.gov/Alzheimers)
- Local Area Agencies on Aging are charged with the responsibility of providing a comprehensive array of services to, and advocating for, the needs of seniors residing in their areas. [www.hsdaas.utah.gov](http://www.hsdaas.utah.gov)
- Caregiver Support Program assists caregivers with information and assistance, free classes, conferences and events, support groups, consultations, and limited respite services. Call 385-468-3280 for more information.
- For a list of support groups visit [www.alz.org/crf](http://www.alz.org/crf), choose Alzheimer's Association Programs and Events, click on Support Groups, and search by your location. Or call 800.272.3900. You will find both caregiver support groups as well as groups for those in the early stage of Alzheimer's, dementia, or Mild Cognitive Impairment.
- The Alzheimer's Association provides in-person workshops and online programs to help caregivers gain knowledge about the disease process and caregiving techniques. For a list of available programs visit [www.alz.org/utah](http://www.alz.org/utah) and click on Education or call 800.272.3900.
- The Alzheimer's Association TrialMatch is a free, easy-to-use clinical studies matching service that connects individuals with Alzheimer's, caregivers, healthy volunteers and physicians with current studies.  
[www.alz.org/research/clinical\\_trials/find\\_clinical\\_trials\\_trialmatch.asp](http://www.alz.org/research/clinical_trials/find_clinical_trials_trialmatch.asp)

## FOR MORE INFORMATION ON THIS PROGRAM

Lynn Meinor  
[lmeinor@utah.gov](mailto:lmeinor@utah.gov)  
(801) 538-6198

## SOURCES

1. 2016 Alzheimer's Disease Facts and Figures
2. The Healthy Brain Initiative, 2013-2018

## WHY IS THIS IMPORTANT?

- Researchers believe that early detection will be key to preventing, slowing, and stopping Alzheimer's disease.
- Active management of Alzheimer's and other dementias can improve quality of life through all stages of the disease for individuals with dementia and their caregivers.
- 75% of adults report not being knowledgeable about the disease<sup>1</sup>.
- Only 19% of people aged 60 and older who reported worsening confusion or memory loss have discussed their symptoms with a healthcare provider<sup>2</sup>.

## INFORMATION

[www.livingwell.utah.gov](http://www.livingwell.utah.gov)  
[livingwell@utah.gov](mailto:livingwell@utah.gov)  
1-888-222-2542

# Arthritis Foundation Exercise Program



UTAH DEPARTMENT OF  
**HEALTH**  
[www.livingwell.utah.gov](http://www.livingwell.utah.gov)

## PROGRAM DESCRIPTION

The Arthritis Foundation Exercise Program is a community-based recreational program specifically designed to teach adults with arthritis how to exercise safely. Trained instructors cover a variety of range-of-motion exercises, endurance-building activities, relaxation techniques, and health education topics. All of the exercises can be modified to meet participant needs and abilities.

## PROGRAM BENEFITS

Participants completing the program report experiencing:

- Improved functional ability
- Decreased depression
- Decreased pain
- Increased confidence in one's ability to exercise

## WHAT IS PROVIDED TO PARTICIPANTS

Classes meet two or three times per week for an hour. One session is typically 8 weeks long, but many locations offer ongoing classes and participants can continue attending as long as they wish. Each class offers:

- Range of motion exercises and stretches
- Endurance exercises
- Strength building exercises
- Health education
- Relaxation techniques
- Social interaction

## RESOURCES

Visit [www.livingwell.utah.gov](http://www.livingwell.utah.gov) for more information

## FOR MORE INFORMATION ON THIS PROGRAM

[livingwell@utah.gov](mailto:livingwell@utah.gov)

1-888-222-2542

## WHY IS THIS IMPORTANT?

- 1 in 5 Utah adults (410,000) report having been diagnosed with Arthritis<sup>1</sup>.
- 46.7% of adults with arthritis report being limited in their usual activities, work, or social activities<sup>1</sup>.
- 23.3% of adults with arthritis report engaging in no physical activity<sup>1</sup>.
- 48.5% of adults with arthritis report too little physical activity to meet national recommendations<sup>2</sup>.

## SOURCES

1. 2014 Utah Behavior Risk Factor Surveillance System (BRFSS) Report
2. 2013 Utah BRFSS Report

## INFORMATION

[www.livingwell.utah.gov](http://www.livingwell.utah.gov)

[livingwell@utah.gov](mailto:livingwell@utah.gov)

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# Asthma Home Visiting Program



## PROGRAM DESCRIPTION

This program is offered only in Salt Lake and Utah Counties. In this free program, two health educators from Salt Lake or Utah County Health Department will come to the participant's home for 3 in-home visits lasting between 60-90 minutes. Participants will also receive two follow up calls 6 and 12 months after completing the program. Priority is given to those that have severe or uncontrolled asthma.

## PROGRAM BENEFITS

Each in-home visit provides asthma education specific to you and your home.

- Visit one: Participants will learn more about how to manage asthma. Topics include: asthma symptoms, triggers, medications, inhaler technique, and asthma action plans. Participants will make a plan to improve asthma control.
- Visit two: Participants will walk through the home to identify asthma triggers, then make a plan to reduce these triggers.
- Visit three: Participants will review progress on controlling their asthma and reducing triggers.

## WHAT IS PROVIDED TO PARTICIPANTS

- One-on-one asthma self-management education.
- An in-home assessment to help reduce asthma triggers.
- Eligible participants may be referred to local housing agencies for assistance with remediating asthma issues in the home.
- Participants may also receive a pillow and/or mattress cover to reduce dust mite exposure.

## RESOURCES

Visit [www.health.utah.gov/asthma](http://www.health.utah.gov/asthma) for more information.

## FOR MORE INFORMATION ON THIS PROGRAM

[asthma@utah.gov](mailto:asthma@utah.gov)

## WHY IS THIS IMPORTANT?

- About 64% of those with asthma in Utah reported at least one trigger in their home<sup>1</sup>.
- About 36% of those who reported 3 or more triggers in their home also reported missing at least one school day in the past year due to asthma<sup>1</sup>.
- The asthma-related emergency department rate in Utah (2013) was 23.3 per 10,000 encounters<sup>2</sup>.

## SOURCES

1. Utah BRFSS Asthma Call-back Survey, 2009-2014 combined
2. Utah Emergency Department Encounter Database, 2013. Age-adjusted rate

## INFORMATION

[www.livingwell.utah.gov](http://www.livingwell.utah.gov)

[livingwell@utah.gov](mailto:livingwell@utah.gov)

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# BeWise (WISEWOMAN) Program



UTAH DEPARTMENT OF  
**HEALTH**  
[www.livingwell.utah.gov](http://www.livingwell.utah.gov)

## PROGRAM DESCRIPTION

The BeWise Program provides free cardiovascular risk screening to low income, underinsured, or uninsured women aged 40-64. The program also includes health coaching and is specifically designed to help women set and reach their health goals through free education and resources. Trained educators cover a variety of health topics, including exercises, diet, smoking cessation, and support options. All of the education is tailored to meet the participant's needs and abilities.

## PROGRAM BENEFITS

Participants completing the program report experiencing:

- Healthier eating
- Increased exercise
- Increased motivation to live a healthier lifestyle
- Improved blood pressure values
- Weight loss
- Reduced total cholesterol values

## WHAT IS PROVIDED TO PARTICIPANTS

Cardiovascular screenings include:

- Weight
- Height
- Body Mass Index
- Blood Pressure
- Cholesterol
- Glucose (blood sugar) or A1C

Health coaching

- An opportunity to speak one-on-one with a health coach
- Tools and resources to support health goals participants set

## RESOURCES

Visit [www.cancerutah.org/bewise](http://www.cancerutah.org/bewise) for more information.

## FOR MORE INFORMATION ON THIS PROGRAM

Resource Hotline

1-800-717-1811

## WHY IS THIS IMPORTANT?

- Cardiovascular disease is the leading cause of death of women in the United States<sup>1</sup>.
- Risk Factors for heart disease include diabetes, overweight and obesity, poor diet, and physical inactivity<sup>1</sup>. All of which are targeted through the BeWise Program.
- 60.5% of Utah adults are overweight or obese<sup>2</sup>.
- People in Utah with low household income and fewer years of formal education report higher rates of tobacco use than the general population<sup>2</sup>.

## SOURCES

1. [www.cdc.gov/dhdsp/data\\_statistics/fact\\_sheets/fs\\_heart\\_disease.htm](http://www.cdc.gov/dhdsp/data_statistics/fact_sheets/fs_heart_disease.htm)
2. 2014 Utah BRFSS Report

## INFORMATION

[www.livingwell.utah.gov](http://www.livingwell.utah.gov)

[livingwell@utah.gov](mailto:livingwell@utah.gov)

1-888-222-2542

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# Better Choices, Better Health® (Online LWCC)



## PROGRAM DESCRIPTION

Better Choices, Better Health® (BCBH), the online Living Well with Chronic Conditions (LWCC), originally developed at Stanford University, is a six-week workshop offered online. Classes consist of approximately 25 persons per workshop. BCBH does not require real time attendance (i.e., there are bulletin boards rather than chat rooms).

## PROGRAM BENEFITS

Participants' self-reported measures, one year after completing the workshop, indicate reductions in health distress, pain and disability; an increase in health behaviors, including:

- Aerobic and strength exercises
- Self-efficacy and communication with physician; and
- Reductions in health care utilization, including physician visits, emergency room visits and days spent in hospital.

## WHAT IS PROVIDED TO PARTICIPANTS

Two trained peer facilitators moderate each workshop. Each week, participants are asked to log on at least three times for a total of about two hours. The Learning Center contains the primary content of the workshop, and is where participants learn self-management techniques.

Each week, new content will be made available and past weeks' content will also remain available. The Learning Center is self-directed in that participants can control the speed and timing of their progress. In addition, it includes the following:

- Interactive discussion center
- Tools area for journals, exercise logs, etc.
- Help area
- *Living a Health Life with Long-Term Conditions* book

## RESOURCES

VISIT [WWW.LIVINGWELL.UTAH.GOV](http://WWW.LIVINGWELL.UTAH.GOV) FOR MORE INFORMATION.

## FOR MORE INFORMATION ON THIS PROGRAM

[LIVINGWELL@UTAH.GOV](mailto:LIVINGWELL@UTAH.GOV)

1-888-222-2542



## SOURCES

1. National Council on Aging (NCOA), [www.ncoa.org/healthy-aging/chronic-disease/better-choices-better-health](http://www.ncoa.org/healthy-aging/chronic-disease/better-choices-better-health)
2. Self-Management Resource Center (SMRC), [www.selfmanagementresource.com](http://www.selfmanagementresource.com)

## WHY IS THIS IMPORTANT?

- BCBH has undergone several randomized controlled trials to prove its efficacy.
- Published research on the program indicates that the online workshop achieves similar health outcome improvements as the in-person program.
- Participants who attend the 6-week online Better Choices, Better Health® (online CDSMP) program are given a 1-year membership once they complete class. This provides access to all of the program benefits they had access to during the class.

## INFORMATION

[www.livingwell.utah.gov](http://www.livingwell.utah.gov)

[livingwell@utah.gov](mailto:livingwell@utah.gov)

1-888-222-2542

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# Breast & Cervical Cancer Screening



UTAH DEPARTMENT OF  
**HEALTH**  
[www.livingwell.utah.gov](http://www.livingwell.utah.gov)

## PROGRAM DESCRIPTION

The goal of the Utah Cancer Control (UCCP) Breast and Cervical Program is to increase the number of Utah women who receive recommended breast and cervical cancer screenings. The program provides education to help Utah women learn how they can prevent cancer, understand the importance of early detection (finding cancer early), and link them with treatment resources.

The UCCP provides breast and cervical cancer screenings to Utah women aged 40-64 who are low income, uninsured, or underinsured.

## PROGRAM BENEFITS

The program partners with local health departments, federally qualified health centers, and community clinics to provide Utah women access to affordable cancer screenings.

- Cancer caught early is easier to treat and makes it more likely that a woman will survive.
- If cancer is found early, the costs to treat it are far less than finding cancer at a later stage.

## WHAT IS PROVIDED TO PARTICIPANTS

- Clinical breast exam
- Mammogram
- Pap test (if necessary)
- Health education

## RESOURCES

Visit [www.cancerutah.org](http://www.cancerutah.org) for more information.

## FOR MORE INFORMATION ON THIS PROGRAM

Call the Resource Hotline  
1-800-717-1811

## WHY IS THIS IMPORTANT?

- 1 in 8 women in the United States will be diagnosed with breast cancer; that's one every 2 minutes<sup>1</sup>.
- Breast cancer is the leading cause of cancer death among Utah women<sup>2</sup>.
- Clinical trials and observational studies show that routine screening with mammography can reduce breast cancer mortality by about 20% for women of average risk<sup>3</sup>.

## SOURCES

1. Breast Cancer Research Foundation
2. 2012 IBIS Data
3. Benefits and Harms of Breast Cancer Screening. Journal of the American Medical Association October 20, 2015, Vol 314, No.15
4. National Cancer Institute, [www.cancer.gov](http://www.cancer.gov)

## INFORMATION

[www.livingwell.utah.gov](http://www.livingwell.utah.gov)

[livingwell@utah.gov](mailto:livingwell@utah.gov)

1-888-222-2542

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# Car Seat Education Classes



UTAH DEPARTMENT OF  
**HEALTH**  
[www.livingwell.utah.gov](http://www.livingwell.utah.gov)

## PROGRAM DESCRIPTION

Utah Local Health Departments provide education to parents and caregivers of children 12 and younger how to properly choose and install car seats and seat belts. They talk about the different stages of car seats from rear facing, forward facing, booster and seatbelt. Education may be done through a class, an individual appointment or a community checkpoint event.

## PROGRAM BENEFITS

Participants completing the program report experiencing:

- Increased ability to properly install their car seats
- Come away knowing Utah's laws regarding child safety seats and seatbelts
- Know to importance of properly installed car seats and correct harnessing
- Understand the importance of booster seats
- Understand the importance of seat belts

## WHAT IS PROVIDED TO PARTICIPANTS

- Educational information to take home
- Some Health Departments offer low-cost car seats

## RESOURCES

Visit this website for more information:

- [www.safekids.org](http://www.safekids.org)
- [www.safekidsutah.org](http://www.safekidsutah.org)

## CONTACT PERSON

Cambree Applegate  
[capplegate@utah.gov](mailto:capplegate@utah.gov)  
(801) 538-6852

## WHY IS THIS IMPORTANT?

- Preventable injuries are the number one cause of childhood death with motor vehicle accidents topping the list for children.
- We know that 3 out of 4 car seats are improperly installed, we can change this. Proper car seat use saves lives; unfortunately car seats can be complicated.
- Child Passenger Safety Technicians are trained to teach parents and care givers how to properly install their car seats and give them personal instruction on their specific car seat.
- Even if caregivers have installed seats for years they will walk away knowing something (more than likely many things) that they did not know before.

## INFORMATION

[www.livingwell.utah.gov](http://www.livingwell.utah.gov)  
[livingwell@utah.gov](mailto:livingwell@utah.gov)  
1-888-222-2542

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## SOURCES

1. [www.cdc.gov/dhdsp/data\\_statistics/fact\\_sheets/fs\\_heart\\_disease.htm](http://www.cdc.gov/dhdsp/data_statistics/fact_sheets/fs_heart_disease.htm)
2. 2014 Utah BRFSS Report



## PROGRAM DESCRIPTION

Dementia Dialogues is a 5-session training course designed to educate individuals who care for persons who exhibit signs and symptoms associated with Alzheimer's disease or related dementias. Over 21,000 individuals have been trained in at least one session and over 10,000 individuals have completed the course. Each session is approximately one and one half hours in length.

## RECOMMENDED PARTICIPANTS

- Caregivers
- Social Workers
- Certified Nursing Assistants
- Personal Care Assistants
- Public Health Professionals
- Counselors
- Nurses
- Medical Professionals
- Clergy
- Families
- Activity Directors
- Anyone who is interested, or interacts or cares for those diagnosed with Dementia.

## PROGRAM BENEFITS

- Session 1: Introduction to Dementia
- Session 2: Creating Dialogue and Keeping It Going
- Session 3: It's a Different World: The Environment and Quality of Life
- Session 4: It's Nothing Personal: Addressing Challenging Behaviors
- Session 5: Now What Do We Do? Creative Problem Solving

When all 5 sessions are completed participants are eligible for certification in the program. Each session is ideally presented in a 2 hour block of time, or one 8 hour day. The sessions may be split weekly. A total of 7.5 continuing education hours are also available upon completion of the Dementia Dialogues series. Each session is worth approximately 1.5 continuing education credit hours.

## COST/FEES

This training is provided at no cost to participants through the Arnold School of Public Health at the University of South Carolina, and the Utah Department of Health.

## RESOURCES

Visit [www.livingwell.utah.gov](http://www.livingwell.utah.gov) for more information.

## FOR MORE INFORMATION ON THIS PROGRAM

[livingwell@utah.gov](mailto:livingwell@utah.gov)

1-888-222-2542



UNIVERSITY OF  
**SOUTH CAROLINA**  
Arnold School of Public Health

## SOURCES

1. Updated soon.

## WHY IS THIS IMPORTANT?

- Research shows that patients are more likely to engage in preventive health behaviors when their health care professional recommends them.
- Recommending patients to an evidence-based lifestyle change program is smart practice.

## INFORMATION

[www.livingwell.utah.gov](http://www.livingwell.utah.gov)

[livingwell@utah.gov](mailto:livingwell@utah.gov)

1-888-222-2542

# Diabetes Self-Management Education



UTAH DEPARTMENT OF  
**HEALTH**  
[www.livingwell.utah.gov](http://www.livingwell.utah.gov)

## PROGRAM DESCRIPTION

Diabetes education is a collaborative process that helps people with diabetes learn how to successfully manage their disease. The goal of diabetes education is to help people with diabetes practice self-care behaviors every day and be as healthy as possible. Diabetes self-management education/training is provided by diabetes educators.

## PROGRAM BENEFITS

- Real-life guidance and coaching to help people understand exactly how to best manage their diabetes, and to feel supported while doing it.
- It focuses on seven self-care behaviors so that people with diabetes can be healthy and fully enjoy life:
  - » Healthy eating
  - » Being active
  - » Monitoring blood sugar levels
  - » Taking medication
  - » Problem solving
  - » Healthy coping skills
  - » Reducing risks

## WHAT IS PROVIDED TO PARTICIPANTS

- Education and support on all aspects of diabetes care by diabetes educators in individual or group settings.
- Individualized plan that includes the tools and support to help make the plan easy to follow.

## RESOURCES

Visit [www.choosehealth.utah.gov](http://www.choosehealth.utah.gov) for more information.

## FOR MORE INFORMATION ON THIS PROGRAM

[livingwell@utah.gov](mailto:livingwell@utah.gov)

1-888-222-2542

## WHY IS THIS IMPORTANT?

- In Utah, 7.1% of adults, including 12.0% of American Indians, reported being diagnosed with diabetes in 2014<sup>1</sup>.
- Diabetes self-management education results in improved A1C, blood pressure, and cholesterol levels as well as fewer complications and reduced rates of hospitalizations<sup>2</sup>.
- Diabetes can be one of the most challenging health conditions to treat.
- Diabetes is costly. One out of every five health care dollars is spent on diabetes health care<sup>3</sup>.
- Diabetes education reduces the risk of hospitalization for diabetes complications<sup>2</sup>.

## INFORMATION

[www.livingwell.utah.gov](http://www.livingwell.utah.gov)

[livingwell@utah.gov](mailto:livingwell@utah.gov)

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## SOURCES

1. Utah BRFSS 2014
2. Robbins JM, Thatcher GE, Webb DA, Valdmanis VG. Nutritionist visits, diabetes classes, and hospitalization rates and charges: the Urban Diabetes Study. *Diabetes Care*. 2008;31(4):655-60
3. The American Diabetes Association. The Cost of Diabetes. [www.diabetes.org/advocacy/news-events/cost-of-diabetes.html](http://www.diabetes.org/advocacy/news-events/cost-of-diabetes.html)

# Educación Para el Autocontrol de la Diabetes



UTAH DEPARTMENT OF  
**HEALTH**  
[www.livingwell.utah.gov](http://www.livingwell.utah.gov)

## DESCRIPCIÓN DEL PROGRAMA

La educación de diabetes es un proceso colaborativo que apoya a las personas que tienen diabetes a aprender a cómo manejar con éxito su enfermedad. La meta de la educación de diabetes es apoyar a las personas con diabetes que practiquen comportamientos diarios de cuidado personal y a ser tan saludables como sea posible. La Educación para el Autocontrol de la Diabetes y su entrenamiento es provisto por educadores de la diabetes.

## BENEFICIOS DEL PROGRAMA

- Orientación y entrenamiento en persona para ayudar a individuos a entender exactamente cómo manejar su diabetes y para sentirse apoyado mientras lo hacen.
- Se enfoca en siete comportamientos de cuidado personal para que las personas con diabetes puedan ser sanas y disfruten de su vida plenamente:
  - » Alimentación saludable
  - » Ser activo
  - » Monitoreo de sus niveles de glucosa
  - » Tomar medicamentos
  - » Resolución de problema
  - » Afrontamiento saludable
  - » Reducción de riesgos

## ¿QUE RECIBEN LOS PARTICIPANTES?

- Educación y apoyo individual o en grupo en todos los aspectos del cuidado de la diabetes por parte de educadores de diabetes.
- Un plan individual con las herramientas y el apoyo para que el plan sea fácil de seguir.

## RECURSOS

Para más información visite: [www.choosehealth.utah.gov](http://www.choosehealth.utah.gov)

## PARA MAS INFORMACIÓN DE ESTE PROGRAMA

[livingwell@utah.gov](mailto:livingwell@utah.gov)  
1-888-222-2542

## ¿POR QUE ES ESTO IMPORTANTE?

- En Utah, 7.1% de los adultos, incluyendo 12% de Nativos Americanos, reportaron haber sido diagnosticados con diabetes en el año del 2014<sup>1</sup>.
- La educación para el autocontrol de la diabetes da como resultado mejores niveles del A1c, presión arterial, y de colesterol, así como contribuye a menos complicaciones y bajas tasas de hospitalizaciones<sup>2</sup>.
- Diabetes puede ser una de las condiciones más difíciles para tratar.
- La diabetes es costosa. Uno de cada cinco dólares de cuidado de salud es gastado en el cuidado de la diabetes<sup>3</sup>.
- La educación de la diabetes reduce el riesgo de hospitalizaciones por complicaciones de la diabetes<sup>2</sup>.

## INFORMACIÓN

[www.livingwell.utah.gov](http://www.livingwell.utah.gov)

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## FUENTE DE DATOS

1. Utah BRFSS 2014
2. Robbins JM, Thatcher GE, Webb DA, Valdmanis VG. Nutritionist visits, diabetes classes, and hospitalization rates and charges: the Urban Diabetes Study. *Diabetes Care*. 2008;31(4):655-60
3. The American Diabetes Association. The Cost of Diabetes. [www.diabetes.org/advocacy/news-events/cost-of-diabetes.html](http://www.diabetes.org/advocacy/news-events/cost-of-diabetes.html)



## PROGRAM DESCRIPTION

EnhanceFitness focuses on dynamic cardiovascular exercise, strength training, balance, and flexibility — everything older adults need to maintain health and function as they age. Led by a certified instructor, classes are held three times a week in community settings and are a great workout. Each class may include up to 25 participants and participants may either be amongst peers of their own level of fitness or a group of various fitness levels from the frail to the more fit older adult.

## PROGRAM BENEFITS

Participants completing the program report experiencing:

- Increased strength
- Greater activity levels
- Decreased depression
- Improved social function

## WHAT IS PROVIDED TO PARTICIPANTS

Classes meet three times per week for an hour. Each class offers:

- 5-minute warm-up
- 20-minute aerobics workout that gets participants moving, or a walking workout to lively music
- 5-minute cool-down
- 20-minute strength training workout with soft ankle and wrist weights (0 up to 20 pounds)
- 10-minute stretching workout
- Balance exercises throughout the class
- Social interaction

## RESOURCES

Visit [www.livingwell.utah.gov](http://www.livingwell.utah.gov) for more information.

## FOR MORE INFORMATION ON THIS PROGRAM

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## WHY IS THIS IMPORTANT?

- 1 in 5 Utah adults (410,000) report having been diagnosed with Arthritis<sup>1</sup>.
- 46.7% of adults with arthritis report being limited in their usual activities, work, or social activities<sup>1</sup>.
- 23.3% of adults with arthritis report engaging in no physical activity<sup>1</sup>.
- 48.5% of adults with arthritis report too little physical activity to meet national recommendations<sup>2</sup>.

## INFORMATION

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## SOURCES

1. 2014 Utah BRFSS Report
2. 2013 Utah BRFSS Report

# Living Well with a Disability



UTAH DEPARTMENT OF  
**HEALTH**  
[www.livingwell.utah.gov](http://www.livingwell.utah.gov)

## PROGRAM DESCRIPTION

Living Well with a Disability (LWD) is a ten week peer-facilitated health promotion workshop for people with disabilities. Participants in the program learn the life skills they need to set and achieve quality-of-life goals and the important role health plays in helping them reach their goals.

## PROGRAM BENEFITS

Participants who have completed a workshop demonstrate:

- Improved outlook
- Positive changes in daily activities
- Achieving a personal goal
- Reduced limitation due to secondary health conditions
- Reduced health care costs
- Increased awareness of disability rights/advocacy

## WHAT IS PROVIDED TO PARTICIPANTS

Workshops are facilitated by peer-trained instructors, meet once a week for ten weeks and each class lasts 2 hours. The workshop covers the following topics:

- Goal setting
- Problem-solving
- Healthy reactions to stress
- Beating the blues
- Healthy communication
- Seeking information
- Physical activity
- Eating well to live well
- Advocacy
- Maintenance of skills learned

## RESOURCES

Visit [www.livingwell.utah.gov](http://www.livingwell.utah.gov) for more information.

## FOR MORE INFORMATION ON THIS PROGRAM

[livingwell@utah.gov](mailto:livingwell@utah.gov)

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## WHY IS THIS IMPORTANT?

- Approximately 56.7 million persons (18.7%) in the United States live with one or more communicative, mental, or physical disabilities.
- Persons with disabilities are at higher risk for poor health.
- An improvement in self-management skills among persons with disabilities can lead to improved health and wellness.
- Improving personal skills can lead to an improved ability to advocate for structural changes, which can improve access to quality health care.

## SOURCES

1. Living Well and Working Well with a Disability, [www.livingandworkingwell.ruralinstitute.umd.edu/for-facilitators/resources](http://www.livingandworkingwell.ruralinstitute.umd.edu/for-facilitators/resources)
2. Living Well with a Disability, a Self-Management Program, [www.cdc.gov/mmwr/volumes/65/su/su6501a10.htm](http://www.cdc.gov/mmwr/volumes/65/su/su6501a10.htm)

## INFORMATION

[www.livingwell.utah.gov](http://www.livingwell.utah.gov)

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# Living Well with Chronic Conditions



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## PROGRAM DESCRIPTION

Living Well with Chronic Conditions (CDSMP; Chronic Disease Self-Management Program) is a program for people with chronic health problems. The workshops empowers participants to take an active role in managing their health by giving them the key skills needed to manage any chronic health condition. The program addresses common symptoms and worries from all types of chronic disease and illnesses. Family members and others who support people with a chronic health condition are also encouraged to attend.

## PROGRAM BENEFITS

Participants who have completed a workshop demonstrate:

- Increased exercise
- Increased ability to do social and household activities
- Less depression, fear, frustration, and worry about their health
- Reduction in symptoms like pain
- Increased confidence in their ability to manage their condition
- Decreased emergency department visits and hospitalizations

## WHAT IS PROVIDED TO PARTICIPANTS

Workshops are facilitated by two trained instructors and meet once a week for six weeks; each class lasts 2 ½ hours. The workshop covers the following topics:

- Pain and fatigue management
- How to make an action plan to set and achieve attainable goals
- Problem solving
- How to deal with difficult emotions
- Physical activity and exercise
- How to make decisions
- Healthy eating
- Communication skills
- Working with your health care professional

## RESOURCES

Visit [www.livingwell.utah.gov](http://www.livingwell.utah.gov) for more information.

## FOR MORE INFORMATION ON THIS PROGRAM

[livingwell@utah.gov](mailto:livingwell@utah.gov)

1-888-222-2542

## SOURCES

1. Centers for Disease Control and Prevention. Death and Mortality. NCHS FastStats Web site. <http://www.cdc.gov/nchs/fastats/deaths.htm>
2. Utah BRFSS 2014
3. Utah All Payer Claims Database, 2010

## WHY IS THIS IMPORTANT?

- Seven of the top ten causes of death in the US are caused by chronic disease<sup>1</sup>.
- Nearly 17% of Utah adults report having two or more chronic conditions<sup>2</sup>.
- In 2009, the healthcare costs associated with chronic disease exceeded \$586 million<sup>3</sup>.

## INFORMATION

[www.livingwell.utah.gov](http://www.livingwell.utah.gov)

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## PROGRAM DESCRIPTION

The Living Well with Chronic Pain (LWCP) is a 6-session evidence-based workshop designed for those dealing with chronic pain. Participants learn self-management techniques and skills needed in the day to day management of their chronic pain condition. This program has also been proven effective with family and caregivers. This program also aims to help participants better communicate with their health care providers and make healthy day-to-day decisions.

## PROGRAM BENEFITS

Participants who have completed a workshop demonstrate:

- Increased exercise
- Increased ability to do social and household activities
- Less depression, fear, frustration, and worry about their pain
- Reduction in pain
- Increased confidence in their ability to manage their pain
- Decreased emergency department visits and hospitalizations

## WHAT IS PROVIDED TO PARTICIPANTS

Workshops are facilitated by two trained instructors and meet for 2.5 hours once a week for six weeks. The workshop covers the following topics:

- Pain and fatigue management
- How to make an action plan
- Problem-solving
- How to deal with difficult emotions
- Appropriate physical activity
- Effective decision making
- Healthy eating
- Communication skills
- Working with your health care professional

## RESOURCES

Visit [www.patienteducation.stanford.edu/programs/cpsmp.html](http://www.patienteducation.stanford.edu/programs/cpsmp.html) for more information

## FOR MORE INFORMATION ON THIS PROGRAM

[livingwell@utah.gov](mailto:livingwell@utah.gov)

1-888-222-2542

## SOURCES

1. Mehlsen M, Heegaard L, Frostholm L. A prospective evaluation of the Chronic Pain Self-Management Programme in a Danish population of chronic pain patients. *Patient Education and Counseling* 2015;(5)677-680.
2. LeFort S, Gray-Donald K, Rowat KM, Jeans ME. Randomized controlled trial of a community-based psychoeducation program for the self-management of chronic pain. *Pain* 1998;74,297-306.
3. Self-Management Resource Center, [www.selfmanagementresource.com](http://www.selfmanagementresource.com)

## WHY IS THIS IMPORTANT?

- Examples of chronic pain conditions are: chronic musculo-skeletal pain (such as neck, shoulder, back pain, etc.), fibromyalgia, whiplash injuries, chronic regional pain syndromes, repetitive strain injury, chronic pelvic pain, post-surgical pain that lasts beyond 6 months, neuropathic pain (often caused by trauma), or neuralgias (such as post-herpetic pain, and trigeminal neuralgia), and post stroke or central pain.
- The CPSMP class may also benefit those who have conditions such as persistent headache, Crohn's disease, irritable bowel syndrome, diabetic neuropathy, or those who experience severe muscular pain due to conditions such as multiple sclerosis.

## INFORMATION

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## PROGRAM DESCRIPTION

Living Well with Diabetes (LWDiabetes) teaches participants skills to manage their diabetes and other chronic conditions. In addition to addressing the physical and emotional symptoms of diabetes, this program also aims to help participants better communicate with their health care providers and make healthy day-to-day decisions. The workshop is goal-orientated and shown to improved health outcomes for people looking to better manage their diabetes.

## PROGRAM BENEFITS

Participants who have completed a workshop demonstrate:

- Increased exercise
- Increased ability to do social and household activities
- Less depression, fear, frustration, and worry about their health
- Reduction in symptoms like pain
- Increased confidence in their ability to manage their condition
- Decreased emergency department visits and hospitalizations
- Increased knowledge for dealing with diabetes specific symptoms

## WHAT IS PROVIDED TO PARTICIPANTS

Workshops are facilitated by two trained instructors and meet once a week for six weeks; each class lasts 2.5 hours. During the workshop the topics covered include:

- Pain, fatigue, and stress management
- Monitoring blood sugar and managing hyper/hypoglycemia
- How to make an action plan to set and achieve attainable goals
- Problem solving
- How to deal with difficult emotions and complications
- Physical activity and exercise
- Healthy eating
- Communication skills and working with your health care professional
- Foot care

## RESOURCES

Visit [www.livingwell.utah.gov](http://www.livingwell.utah.gov) for more information.

## FOR MORE INFORMATION ON THIS PROGRAM

[livingwell@utah.gov](mailto:livingwell@utah.gov)

1-888-222-2542

## SOURCES

1. Utah BRFSS 2014
2. Lorig K, Ritter PL, Villa FJ, Armas J. Community-based peer-led diabetes self-management: A randomized trial. The Diabetes Educator 2009 July-August;35(4):641-51

## WHY IS THIS IMPORTANT?

- In Utah, 7.1% of adults, including 12.0% of American Indians, reported being diagnosed with diabetes in 2014<sup>1</sup>.
- DSMP has been shown to improve hypoglycemia, depression, diet, communication, and self efficacy<sup>2</sup>.

## INFORMATION

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# National Diabetes Prevention Program



UTAH DEPARTMENT OF  
**HEALTH**  
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## PROGRAM DESCRIPTION

Eighty-six million Americans now have prediabetes—that's 1 out of 3 adults! Of those 86 million, 9 out of 10 of them don't even know they have it. Without intervention, 15% to 30% of people with prediabetes will develop type 2 diabetes within 5 years<sup>1</sup>. With numbers like that, it's important to learn about prediabetes and take action.

The National Diabetes Prevention Program (National DPP) is an evidence-based lifestyle change program with the goal to prevent or delay the development of type 2 diabetes and heart disease among at-risk Utahns.

## PROGRAM BENEFITS

- Empowerment through education and application
- Movement toward a healthier self, one step at a time
- Sustainability through behavior change
- Increased physical activity
- Weight loss

## WHAT IS PROVIDED TO PARTICIPANTS

This is a 12-month intensive lifestyle change program with 16 weekly and 6 monthly group sessions focusing on:

- Behavior change
- Healthy eating strategies
- Ways to become more physically active
- Getting 150 minutes of physical activity per week
- Achieving a 5-7% weight loss

The sessions are facilitated by trained lifestyle coaches that encourage, coach, and motivate participants to adopt sustainable lifestyle changes.

## RESOURCES

Visit [www.livingwell.utah.gov](http://www.livingwell.utah.gov) for more information.

## FOR MORE INFORMATION ON THIS PROGRAM

[livingwell@utah.gov](mailto:livingwell@utah.gov)

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## WHY IS THIS IMPORTANT?

- It is estimated that 35% of adults are at high risk for developing type 2 diabetes<sup>1</sup>.
- Type 2 diabetes can be prevented or delayed by lifestyle changes.
- The Diabetes Prevention Program has been shown to reduce the incidence of type 2 diabetes by 58%, and this risk reduction is sustained over time<sup>2</sup>.

## SOURCES

1. Centers for Disease Control and Prevention. National Diabetes Statistics Report, 2014. [www.cdc.gov/diabetes/prevention/prediabetes-type2/](http://www.cdc.gov/diabetes/prevention/prediabetes-type2/)
2. Knowler WC, Barrett-Conner E, Fowler SE, et al.; Diabetes Prevention Program Research Group. Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. *N Engl J Med* 2002;346:393–403. [www.nejm.org/doi/full/10.1056/NEJMoa012512#t=articleTop](http://www.nejm.org/doi/full/10.1056/NEJMoa012512#t=articleTop)

## INFORMATION

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# Programa Nacional de Prevención de la Diabetes



UTAH DEPARTMENT OF  
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## DESCRIPCIÓN DEL PROGRAMA

¡Ochenta y seis millones de americanos tienen prediabetes, eso es 1 por cada 3 adultos! De esos 86 millones, 9 de cada 10 no saben que la tienen. ¡Sin intervención, 15-30% de las personas con prediabetes desarrollarán la diabetes tipo 2 durante un lapso de 5 años! Con estas estadísticas, es importante aprender acerca de la prediabetes y tomar acción.

El Programa Nacional de Prevención de la Diabetes (National DPP) es un programa de cambio de estilo de vida basado en evidencia con la meta de prevenir o retrasar el desarrollo de la diabetes tipo 2 y de la enfermedad cardiovascular en las personas a riesgo en Utah.

## BENEFICIOS DEL PROGRAMA

- Empoderamiento a través de la educación y aplicación.
- Movimiento hacia un yo más sano, un paso a la vez.
- Sostenibilidad a través del cambio de comportamiento.
- Mayor actividad física.
- Pérdida de peso

## ¿QUE RECIBEN LOS PARTICIPANTES?

Este es un programa intensivo de cambios de estilo de vida que dura 12 meses. Las sesiones de grupo se llevan a cabo en 16 sesiones semanales y 6 sesiones mensuales enfocadas en:

- El cambio de comportamiento
- Estrategias de alimentación saludable
- Maneras de cómo llegar a ser más activo físicamente
- Conseguir 150 minutos de actividad física por semana
- Alcanzar una pérdida de peso del 5-7%

Las sesiones son facilitadas por entrenadores de estilo de vida capacitados que alientan, capacitan y motivan a los participantes a adoptar cambios de estilo de vida sostenibles.

## RECURSOS

Para más información visite: [www.choosehealth.utah.gov](http://www.choosehealth.utah.gov)

## PARA MAS INFORMACIÓN DE ESTE PROGRAMA

[livingwell@utah.gov](mailto:livingwell@utah.gov)  
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## ¿POR QUE ES ESTO IMPORTANTE?

- Se estima que el 35% de los adultos tienen un alto riesgo de desarrollar la Diabetes Tipo 2<sup>1</sup>.
- La diabetes Tipo 2 puede prevenirse o retrasarse con cambios en el estilo de vida.
- Se ha demostrado que el Programa de Prevención de la Diabetes reduce la incidencia de diabetes tipo 2 en un 58%, y esta reducción del riesgo se mantiene a lo largo del tiempo<sup>2</sup>.

## FUENTE DE DATOS

1. Centers for Disease Control and Prevention. National Diabetes Statistics Report, 2014. [www.cdc.gov/diabetes/prevention/prediabetes-type2/](http://www.cdc.gov/diabetes/prevention/prediabetes-type2/)
2. Knowler WC, Barrett-Conner E, Fowler SE, et al.; Diabetes Prevention Program Research Group. Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. N Engl J Med 2002;346:393-403. [www.nejm.org/doi/full/10.1056/NEJMoa012512#t=articleTop](http://www.nejm.org/doi/full/10.1056/NEJMoa012512#t=articleTop)

## INFORMACIÓN

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## PROGRAM DESCRIPTION

The Otago Exercise Program is an evidenced based home exercise program. It is a series of 17 strength and balance exercises delivered by a Physical Therapist that reduces falls between 35 to 40% for frail older adults. This program was developed in New Zealand, calls for Physical Therapist to assess, coach and progress patients over the course of six months to a year.

## ELIGIBLE PARTICIPANTS

- Are 75 years or over
- Are 65 years or older with two or more chronic conditions
- Are fearful of falling or have had falls in the past year
- Have muscle weakness or balance problems
- Participants should live in the community and be able to walk with or without a walking aid

## PROGRAM BENEFITS

- 35 to 40% reduction in falls and injuries among participants
- Improve balance and leg strength
- Carry out daily activities without fear of falling
- Maintain personal independence

## WHAT IS PROVIDED TO PARTICIPANTS

A physical therapist will meet in the home with a participant 6 to 8 times over a year period to introduce and progress an exercise and walking program that is right for them. The program also includes monthly phone calls and quarterly follow-up visits to provide support to the participant.

## RESOURCES

Visit [www.health.utah.gov/vipp/older-adults/falls/](http://www.health.utah.gov/vipp/older-adults/falls/) for more information.

## FOR MORE INFORMATION ON THIS PROGRAM

1-888-222-2542

## WHY IS THIS IMPORTANT?

- Falls are the leading cause of injury-related death and hospitalization for Utahns aged 65+
- Every week 200 Utahans aged 65+ are injured severely enough from a fall to seek treatment in an emergency department, 63 are admitted to a hospital, and three die from fall -related injuries.
- According to the Center for Disease Control and Prevention (CDC), doing strength and balance exercises is one way to prevent falls.

## SOURCES

1. <http://www.med.unc.edu/aging/cgec/>
2. Utah Death Certificate Database, Office of Vital Records and Statistics, Utah Department of Health: 2004-2017 data queried via Utah's Indicator-Based Information System for Public Health (IBIS-PH) [cited 2018 May].
3. Centers for Disease Control and Prevention, National Center for Health Statistics. Underlying Cause of Death 1999-2016 on CDCWONDER Online Database, released December, 2017. Data are from the Multiple Cause of Death Files, 1999-2016, as compiled from data provided by the 57 vital statistics

## INFORMATION

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# Programa de Manejo Personal de la Diabetes

(Spanish Diabetes Self-Management Program)



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## BENEFICIOS DEL PROGRAMA

Además de abordar los síntomas físicos y emocionales de la diabetes, este programa también tiene como objetivo ayudar a los participantes a comunicarse mejor con sus proveedores de atención médica y tomar decisiones saludables del día a día. El taller está orientado a objetivos y se muestra a mejores resultados de salud para las personas que buscan mejorar el manejo de su diabetes. Las personas que han completado un taller demuestran:

- Aumento en el ejercicio
- Aumento de la capacidad para participar en las actividades sociales y del hogar
- Menos depresión, miedo, frustración, y inquietud sobre sus salud
- Reducción de los síntomas negativos, como el dolor
- Mayor confianza en su capacidad para manejar su condición
- Disminución de las visitas al Departamento de emergencias y hospitalizaciones
- Aumento del conocimiento para tratar los síntomas específicos de la diabetes

## ESTE TALLER OFRECERÁ

Los talleres son impartidos por dos instructores hispanohablantes, y se reúnen una vez a la semana durante seis semanas. Cada clase tiene dos horas y media de duración. Este taller abarca los siguientes temas:

- Manejo del dolor, fatiga, y estrés
- Monitoreo del azúcar en la sangre y Manejo de hiper/hipoglucemia
- Cómo hacer un plan de acción para establecer y lograr metas alcanzables
- La resolución de problemas
- Cómo lidiar con emociones difíciles
- Actividad física y ejercicio
- Alimentación saludable
- Habilidades de comunicación y trabajo con su profesional de atención médica
- Cuidado de los pies

## RECURSOS Y PROGRAMAS

Ver [www.livingwell.utah.gov](http://www.livingwell.utah.gov) para más información

## DESCARGAR HOJA INFORMATIVA

Para más información sobre este programa

[livingwell@utah.gov](mailto:livingwell@utah.gov)

1-888-222-2542

## LAS FUENTES

1. Utah BRFSS 2014
2. Lorig K, Ritter PL, Villa FJ, Armas J. Community-based peer-led diabetes self-management: A randomized trial. *The Diabetes Educator* 2009 July-August;35(4):641-51

## RECURSOS ADICIONALES

### RECURSOS DE UTAH DEPARTMENT OF HEALTH

- Healthy Living Through Environment, Policy and Improved Clinical Care (EPICC) Program, [www.choosehealth.utah.gov](http://www.choosehealth.utah.gov)
- Utah Arthritis Program, [www.health.utah.gov/arthritis](http://www.health.utah.gov/arthritis)

### RECURSOS DE SOCIOS

- American Diabetes Association, [www.diabetes.org](http://www.diabetes.org)
- American Association of Diabetes Educators, [www.diabeteseducator.org](http://www.diabeteseducator.org)
- CDC's list of National Diabetes Prevention Program Organizations in Utah
- Prediabetes information, [www.DoIHavePrediabetes.org](http://www.DoIHavePrediabetes.org)

## INFORMATION

[www.livingwell.utah.gov](http://www.livingwell.utah.gov)

[livingwell@utah.gov](mailto:livingwell@utah.gov)

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## PROGRAM DESCRIPTION

Stepping On is an evidence-based fall prevention program that reduces falls among participants. Falling is not an inevitable result of aging. Through practical lifestyle changes and community partnerships, we can substantially reduce fall risks, keeping older adults living independently with a good quality of life. Stepping On addresses known risk factors and promotes behavior change. Professional guest experts include a pharmacist, optometrist, physical therapist, and community safety officer.

### ELIGIBLE PARTICIPANTS:

- Are age 60 years or over
- Are at risk for falling, have fallen in the past year, or are fearful of falling
- Are living in a home or apartment
- Are not suffering from dementia

### PROGRAM BENEFITS

- 31% reduction in falls among participants<sup>4</sup>
- Decreased fear of falling
- Increased performance of safe behaviors

### WHAT IS PROVIDED TO PARTICIPANTS

Classes meet once a week for two hours. One session is 7 weeks long. Classes include interactive discussion and storytelling to promote adult learning. Education topics include: falls and risks, strength and balance exercises, medication review, home hazards, safe footwear, vision and falls, community mobility, and safety in public places.

### RESOURCES

Visit [www.health.utah.gov/vipp/older-adults/falls](http://www.health.utah.gov/vipp/older-adults/falls) for more information.

### FOR MORE INFORMATION ON THIS PROGRAM

[livingwell@utah.gov](mailto:livingwell@utah.gov)

1-888-222-2542

### WHY IS THIS IMPORTANT?

- Falls pose a major threat to the health and independence of aging adults.
- Falls are the leading cause of fatal and nonfatal injury for older adults<sup>1</sup>.
- The combined direct costs of fall-related hospitalizations and emergency department visits in Utah are \$123 million annually<sup>2</sup>.
- Evidence-based programs, such as Stepping On, can prevent falls by addressing risk factors, such as muscle weakness, balance deficits, vision impairment, and home safety<sup>3, 4</sup>.

### SOURCES

1. Utah Death Certificate Database. Utah Department of Health: 2010-2012
2. Utah Inpatient Hospital Discharge Data & Utah Emergency Department Encounter Database. Utah Department of Health; 2009-2011
3. Updated American Geriatrics Society/British Geriatrics Society Clinical Practice Guideline for Prevention of Falls in Older Persons. *Journal of the American Geriatrics Society* 2011;59:148-157
4. Clemson L, et.al. *Journal of the American Geriatrics Society* 2004;52:1487-1494

### INFORMATION

[www.livingwell.utah.gov](http://www.livingwell.utah.gov)

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# Suicide Prevention Training



UTAH DEPARTMENT OF  
**HEALTH**  
[www.livingwell.utah.gov](http://www.livingwell.utah.gov)

## PROGRAM DESCRIPTION

Evidence based education for community members and professionals available at no cost, designed to increase participants' abilities to recognize someone at risk for suicide, engage them in a conversation about their thoughts of suicide, and support them in seeking professional care and staying safe. These trainings are targeted toward family members, social supports, and professionals engaging with a person at risk of suicide. Family members and friends often don't know how to help their loved one or what to say when thoughts of suicide are present or when a loved one survives a suicide attempt. This training can provide practical conversation tips, methods to keep a loved one safe, and resources to get crisis intervention or outpatient help when needed. Individuals can request a training for a group (work site, church, youth group, etc), or they can request to participate in an already scheduled training.

## PROGRAM BENEFITS

### PARTICIPANTS COMPLETING THE PROGRAM CAN EXPECT TO HAVE:

- Increased knowledge about myths and facts surrounding suicide
- Increased skills and confidence in how to identify and help a person at risk for suicide
- Increased skill in engaging in conversation with a person at risk for suicide
- Increased knowledge about crisis resources for suicide and when to seek them out
- Increased skills in keeping the individual safe by removing access to lethal means and taking other safety precautions when appropriate

## WHAT IS PROVIDED TO PARTICIPANTS

- Information about what it means to have thoughts of suicide
- How to identify warning signs that someone might be thinking about suicide
- Practical advice and practice in asking a person directly about thoughts of suicide
- How to listen non-judgmentally and persuade the person to get help
- How to make their environment safe and where to refer them to professional help

## RESOURCES

Visit [www.utahsuicideprevention.org/education-training](http://www.utahsuicideprevention.org/education-training) for more information.

## FOR MORE INFORMATION ON THIS PROGRAM

Violence and Injury Prevention Program

[vipp@utah.gov](mailto:vipp@utah.gov)

(801) 538-6864

## WHY IS THIS IMPORTANT?

- Family members and friends often don't know how to help their loved one or what to say when thoughts of suicide are present or when a loved one survives a suicide attempt.
- This training can provide practical conversation tips, methods to keep a loved one safe, and resources to get crisis intervention or outpatient help when needed.
- 45% of individuals who die by suicide visited their primary care provider in the month before their death, often to discuss complaints or health problems other than suicide.
- Physicians can be part of the solution to prevent suicide by identifying patients at risk and referring them to treatment.

## INFORMATION

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## SOURCES

1. Utah Death Certificate Database. Utah Department of Health: 2010-2012
2. Utah Inpatient Hospital Discharge Data & Utah Emergency Department Encounter Database. Utah Department of Health; 2009-2011
3. Updated American Geriatrics Society/British Geriatrics Society Clinical Practice Guideline for Prevention of Falls in Older Persons. *Journal of the American Geriatrics Society* 2011;59:148-157
4. Clemson L, et.al. *Journal of the American Geriatrics Society* 2004;52:1487-1494

# Tai Chi for Arthritis/Health



UTAH DEPARTMENT OF  
**HEALTH**  
[www.livingwell.utah.gov](http://www.livingwell.utah.gov)

## PROGRAM DESCRIPTION

Tai Chi for Arthritis/Health is a 1-hour class led by a trained instructor. Tai Chi is an enjoyable exercise that can relieve your pain, improve your health, and increase your ability to do things. It's easy and fun to learn. Tai Chi consists of slow continuous whole-body movements, strung together in a form. Like dance, the movements are learned and follow one after the other.

Tai Chi for Arthritis/Health incorporates exercises that improve muscular strength, flexibility and fitness. The Tai Chi for Arthritis/Health program also focuses on weight transference, which improves balance and prevents falls. Anyone 65 and older is welcome to join!

## PROGRAM BENEFITS

Tai Chi for Arthritis/Health incorporates exercises that improve muscular strength, flexibility and fitness. The Tai Chi for Arthritis/Health program also focuses on weight transference, which improves balance and prevents falls.

## WHAT IS PROVIDED TO PARTICIPANTS

Participants will learn Tai Chi movements in a fun, non-threatening environment.

## RESOURCES

- Tai Chi for Health Institute website:  
<https://taichiforhealthinstitute.org/programs/tai-chi-for-arthritis>
- Tai Chi for Arthritis and fall prevention;  
<https://taichiforhealthinstitute.org/tai-chi-for-fall-prevention>

## FOR MORE INFORMATION ON THIS PROGRAM

Violence and Injury Prevention Program

[vipp@utah.gov](mailto:vipp@utah.gov)

(801) 538-6864

## WHY IS THIS IMPORTANT?

- Tai Chi for Arthritis/Health is an excellent exercise program for older adults who are at low to moderate fall risk.
- It is a great class for adults who may not be regular exercisers because the small group format is non-threatening, and the moves are easy and fun to learn.

## SOURCES

1. Tai Chi for Health Institute program information and research:  
<https://taichiforhealthinstitute.org/programs/tai-chi-for-arthritis/>  
<https://taichiforhealthinstitute.org/tai-chi-for-fall-prevention/>
2. National Council on Aging Tai Chi for Arthritis/Health Program Information:  
<https://www.ncoa.org/resources/tai-chi-arthritis-program-information-guidance/>

## INFORMATION

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# Tomando Control de su Salud (CDSMP en español)



UTAH DEPARTMENT OF  
**HEALTH**  
[www.livingwell.utah.gov](http://www.livingwell.utah.gov)

## DESCRIPCIÓN DEL PROGRAMA

Tomando Control de su Salud es un Programa de Manejo Personal de Condiciones Crónicas para personas con condiciones crónicas del salud, se enseña completamente en Español. Este taller motiva los participantes hispanohablantes a ser más activos en sus salud. Los participantes aprenderán estrategias para manejar cualquier afección crónica. Este programa aborda los síntomas y preocupaciones comunes de todos los tipos de condiciones crónicas. Las miembros familias, traductores, y las otras que apoyan a hispanohablantes con afecciones crónicas, también son bienvenidas.

## BENEFICIOS DEL PROGRAMA

Las personas que han completado un taller demuestran:

- Aumento en el ejercicio
- Aumento de la capacidad para participar en las actividades sociales y del hogar
- Menos depresión, miedo, frustración, y inquietud sobre sus salud
- Reducción de los síntomas negativos, como el dolor
- Mayor confianza en su capacidad para manejar su condición
- Disminución de las visitas al Departamento de emergencias y hospitalizaciones

## ESTE TALLER OFRECERÁ:

Los talleres son impartidos por dos instructores hispanohablantes, y se reúnen una vez a la semana durante seis semanas. Cada clase tiene dos horas y media de duración. Este taller abarca los siguientes temas:

- Manejo del dolor y fatiga
- Cómo hacer un plan de acción para establecer y lograr metas alcanzables
- La resolución de problemas
- Cómo lidiar con emociones difíciles
- Actividad física y ejercicio
- Alimentación saludable
- La habilidad de comunicación
- Trabajar con su profesional de la salud

## RECURSOS

Ver [www.livingwell.utah.gov](http://www.livingwell.utah.gov) para más información.

## PARA MÁS INFORMACIÓN

[livingwell@utah.gov](mailto:livingwell@utah.gov)

1-888-222-2542

## ¿POR QUÉ ESTÁ IMPORTANTE?

- Después de sólo cuatro meses, los participantes informaron un mejor estado de salud y menos visitas a la sala de emergencias.<sup>2</sup>
- Siete de las diez principales causas de muerte en los Estados Unidos son causadas por enfermedades crónicas.<sup>1</sup>
- El 17% de los adultos de Utah reportan tener dos or más afecciones crónicas.<sup>3</sup>

## LAS FUENTES

1. Centers for Disease Control and Prevention. Death and Mortality. NCHS FastStats Web site. <http://www.cdc.gov/nchs/fastats/deaths.htm>
2. Self-Management Resource Center Website. [www.selfmanagementresource.com/programs/small-group-spanish/](http://www.selfmanagementresource.com/programs/small-group-spanish/)
3. Utah BRFSS 2014
4. Utah All Payer Claims Database, 2010

## INFORMATION

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# Traumatic Brain Injury Fund



UTAH DEPARTMENT OF  
**HEALTH**  
[www.livingwell.utah.gov](http://www.livingwell.utah.gov)

## PROGRAM DESCRIPTION

The Utah TBI Fund is used to contract for resource facilitation services; neuro-psychological assessments; education of professionals and the public regarding understanding, treatment, and prevention of TBI; and to support an information and referral system for persons with a TBI and their families. Resource facilitation is a process that helps individuals and families by providing short term support with problem solving and linking people in need with available and appropriate resources to assist with a successful return to school, work, or community reintegration.

TBIs resulted in nearly \$95 million in hospitalization charges in 2013; a 10.5% increase from \$86 million in 2011. This does not include costs for disability and long-term care, nor lost wages.

## PROGRAM BENEFITS

- Participants completing the program report experiencing:
- Improved quality of life
- Decreased depression
- Better understanding of TBI for individuals and their families.
- Better family understanding of TBI
- Better treatment from medical providers

## WHAT IS PROVIDED TO PARTICIPANTS

- Free initial assessment to see if one qualifies
- Participants are provided with a resource facilitator that is specially trained in the unique problems of individuals who suffer from TBI.
- Neuro-psychological assessment from a qualified provider.
- Family training

## RESOURCES

Visit this website for more information:

[www.health.utah.gov/tbi/](http://www.health.utah.gov/tbi/)

## CONTACT PERSON

Violence and Injury Prevention Program

[vipp@utah.gov](mailto:vipp@utah.gov)

(801) 538-6864

## WHY IS THIS IMPORTANT?

TBI's in Utah

- Every day in Utah, 68 people are treated in an emergency department for a TBI: six people are hospitalized, and one person dies from a TBI.
- Falls (52%) were the leading cause of TBI hospitalizations, followed by transportation (24%) and sports or recreation (21%).
- TBI hospitalization rates increase with age; older adults aged 75+ have the highest rates of TBIs.
- The age-adjusted rate of TBI hospitalizations had a statistically significant increase from 2011 (816 per 100,000 population) to 2013 (826 per 100,000 population).

## SOURCES

1. [www.health.utah.gov/vipp/pdf/TBIFund/TBI%20SCI%20Legislative%20Report%20SFY%2016.pdf](http://www.health.utah.gov/vipp/pdf/TBIFund/TBI%20SCI%20Legislative%20Report%20SFY%2016.pdf)

## INFORMATION

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# Utah Cancer Genomics Program



UTAH DEPARTMENT OF  
**HEALTH**  
[www.livingwell.utah.gov](http://www.livingwell.utah.gov)

## PROGRAM DESCRIPTION

The Utah Cancer Genomics Program provides information and resources on hereditary breast/ovarian cancer (HBOC), and hereditary colon cancer due to Lynch syndrome. These resources and information are provided to healthcare professionals, healthcare systems, high risk individuals, and the general public.

## PROGRAM BENEFITS

- Individuals participating in this program benefit by:
  - Increased knowledge about family health history (FHH)
    - » The importance of FHH
    - » How to collect/assess an appropriate FHH
    - » How to talk with their family/doctors about family health history
  - Increased knowledge about genetic counseling
  - Increased knowledge about genetic services

## WHAT IS PROVIDED TO PARTICIPANTS?

- Family health history education
- Family health history tool kit
- Genetic counseling education and locations

## RESOURCES

- [www.cancerutah.org](http://www.cancerutah.org) (Hereditary cancers)
- [www.cancerutah.org](http://www.cancerutah.org) (Genomics)

## FOR MORE INFORMATION ON THIS PROGRAM

Utah Cancer Control Program

[cyhealth@utah.gov](mailto:cyhealth@utah.gov)

(800) 717-1811

## WHY IS THIS IMPORTANT?

- Over one million Americans are at an increased risk for early-onset cancer due to one of two genetic conditions: BRCA (associated hereditary breast, ovarian, and other cancers), and Lynch syndrome (hereditary colorectal, endometrial, ovarian, and other cancers).
- Most people with these conditions are not aware they have them. Early detection and intervention could save their lives (CDC2017).

## SOURCES

1. Centers for Disease Control and Prevention, Office of Public Health Genomics, Implementing Evidence-based Genomics Tests and Family Health History, 2017

## INFORMATION

[www.livingwell.utah.gov](http://www.livingwell.utah.gov)

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## PROGRAM DESCRIPTION

Quitting tobacco isn't easy. The Utah Tobacco Quit Line (1-800-Quit-Now) is a free telephone coaching program that can help tobacco users end their addiction. [Waytoquit.org](http://Waytoquit.org) has information about the quit line as well as online coaching. Health professionals can make referrals by going to [waytoquit.org/refer-patients](http://waytoquit.org/refer-patients).

## WHAT IS PROVIDED TO UTAH'S TOBACCO QUIT LINE PARTICIPANTS

- A trained coach will talk with a participant to help them develop a personalized quit plan
- Receive up to five individually tailored sessions with a coach
- Get a self-help booklet and information about online resources
- Opt in for text messaging reminders and support
- Receive information about how to help a friend or family member to quit
- Discuss options for medications, including free Nicotine Replacement Therapy to eligible callers (youth are not eligible for NRT)

## WHAT IS PROVIDED TO ONLINE COACHING PARTICIPANTS

- A personalized quit plan
- A quitting coach
- Guided processes for setting a quit date, conquering urges, choosing a medication, or getting social support
- Interactive lessons, worksheets, videos, articles, and podcasts
- Track progress and monetary savings
- Free Nicotine Replacement Therapy for eligible participants

## RESOURCES

- Visit [www.waytoquit.org](http://www.waytoquit.org) or [smokefree.gov](http://smokefree.gov) for more information
- English: Call toll-free 1-800-QUIT-NOW (1-800-784-8669)
- English hours of operation 24 hours a day, 7 days a week
- Spanish: Call toll-free 1-855-DÉJELO-YA (1-855-335-3569)
- Spanish hours of operation 6 a.m. to 10 p.m. MST, 7 days a week

## WHY IS THIS IMPORTANT?

- Patients are more likely to quit when advised by a health care provider.
- Quit Line coaching can more than double a tobacco user's chances of quitting. Quit Line coaching combined with medication (such as NRT) can more than triple the chances of quitting.
- Those who successfully quit reduce their risk for stroke, heart disease, and a number of cancers and other diseases.
- Those who successfully quit save money.

## INFORMATION

[www.livingwell.utah.gov](http://www.livingwell.utah.gov)  
[livingwell@utah.gov](mailto:livingwell@utah.gov)  
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## PROGRAM DESCRIPTION

The Walk With Ease Program is a community-based, group walking program specifically designed to help individuals start and maintain a safe walking routine. Trained instructors cover how to warm up and cool down, stretch, and set personal exercise goals. Each class also includes health education topics related to arthritis and exercise. Participants must be able to stand for at least five minutes.

## PROGRAM BENEFITS

Participants completing the program report experiencing:

- Improved functional ability
- Decreased depression
- Decreased pain
- Increased confidence in one's ability to exercise

## WHAT IS PROVIDED TO PARTICIPANTS

Classes meet three times per week for an hour. One session is 6 weeks long. After the initial session, participants are encouraged to maintain their walking routine by forming independent walking groups. Each class offers:

- Pre-walk discussion covering topics related to exercise and arthritis
- Warm-up and stretches
- Self-paced 10- to 40-minute walk
- Cool down and stretches
- Social interaction

Walk With Ease can also be delivered in a self-directed format with a workbook and weekly interaction with a trained leader to guide the participant.

## RESOURCES

Visit [www.livingwell.utah.gov](http://www.livingwell.utah.gov) for more information.

## FOR MORE INFORMATION ON THIS PROGRAM

[livingwell@utah.gov](mailto:livingwell@utah.gov)

1-888-222-2542

## WHY IS THIS IMPORTANT?

- 1 in 5 Utah adults (410,000) report having been diagnosed with arthritis<sup>1</sup>.
- 46.7% of adults with arthritis report being limited in their usual activities, work, or social activities<sup>1</sup>.
- 23.3% of adults with arthritis report engaging in no physical activity<sup>1</sup>.
- 48.5% of adults with arthritis report too little physical activity to meet national recommendations<sup>2</sup>.

## INFORMATION

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## SOURCES

1. 2014 Utah BRFSS Report
2. 2013 Utah BRFSS Report



## COMPARISON OF PROGRAMS TO SUPPORT SELF-MANAGEMENT FOR PEOPLE WITH DIABETES & PREDIABETES

Diabetes Self-Management Education/Training (**DSME/T**); Living Well with Diabetes (**LWDiabetes**); Living Well with Chronic Conditions (**LWCC**); National Diabetes Prevention Program (**National DPP**)

<b>DSME/T (ADA-recognized or AADE-accredited)</b>	<b>LWDiabetes (Living Well with Diabetes)</b>	<b>LWCC (Living Well with Chronic Conditions)</b>	<b>National DPP (National Diabetes Prevention Program)</b>
Specific to diabetes	Specific to diabetes	Addresses all chronic conditions	Specific to those with prediabetes or at high risk for type 2 diabetes
Participants all have diabetes; family members welcome	Participants all have diabetes; family and others who assist can attend	Participants have a variety of chronic conditions; family and others who assist can attend	Participants have a diagnosis of prediabetes, or are at high risk for type 2 diabetes
Focuses on knowledge/skills	Focuses on action planning/ problem solving	Focuses on action planning/ problem solving	Focuses on nutrition, physical activity, stress management; goal is 5- 7% weight loss
Licensed Health Professional (Nurse, dietitian, pharmacist and/or a certified diabetes educator) coach	Two lay leaders (at least one with diabetes)	Two lay leaders (at least one who has a chronic condition)	Lifestyle coach, can be a lay leader or Licensed Health Professional
Focuses on the medical management of the disease and 7 self-care behaviors: healthy eating, being active, monitoring, taking medication, problem solving, healthy coping, and reducing risks.	Focuses on management of lifestyle behaviors & emotional management	Focuses on management of lifestyle behaviors & emotional management	Focuses on lifestyle change (nutrition, physical activity)
Medicare, Medicaid, and private insurance reimbursement and allows for 10 hours (1-2 hours individual counseling; 8-9 hours in a group)	15 hours, all in group (2.5 hours/week for 6 weeks; approximately 5 hours of diabetes content)	15 hours, all in group (2.5 hours/week for 6 weeks)	Medicare reimbursement Year-long program consisting of 16 sessions (1 hour/week) during the first phase and 6 follow up sessions (1 hour/month) during the second phase
There is variation among ADA recognized/AADE accredited DSME/T program content	No variation in content; scripted & timed content and processes for each session; random control trial tested	No variation in content; scripted & timed content and processes for each session; random control trial tested	Follows a CDC-approved curriculum

CONTINUED ON THE NEXT PAGE...



<b>DSME/T</b> <b>(ADA-recognized or</b> <b>AADE-accredited)</b>	<b>LWDiabetes</b> <b>(Living Well with</b> <b>Diabetes)</b>	<b>LWCC</b> <b>(Living Well with</b> <b>Chronic Conditions)</b>	<b>National DPP</b> <b>(National Diabetes</b> <b>Prevention Program)</b>
<p><b>Content areas include:</b></p> <ul style="list-style-type: none"> <li>· Diabetes disease process &amp; treatment options</li> <li>· Incorporating nutrition management, physical activity, &amp; utilizing medications</li> <li>· Monitoring blood glucose &amp; using results to improve control</li> <li>· Preventing, detecting, &amp; treating acute &amp; chronic complications</li> <li>· Goal setting and problem solving</li> <li>· Integrating psychosocial adjustment</li> <li>· Preconception care and management during pregnancy (if applicable)</li> </ul>	<p><b>Content areas include:</b></p> <ul style="list-style-type: none"> <li>· Diabetes disease process &amp; treatment options</li> <li>· Incorporating nutrition management, physical activity, &amp; utilizing medications</li> <li>· Monitoring blood glucose &amp; using results to improve control</li> <li>· Preventing, detecting, &amp; treating acute &amp; chronic complications</li> <li>· Goal setting and problem solving</li> <li>· Integrating psychosocial adjustment</li> </ul>	<p><b>Content areas include:</b></p> <ul style="list-style-type: none"> <li>· Techniques to deal with problems such as fatigue, pain, difficult emotions</li> <li>· Physical activity</li> <li>· Appropriate use of medications</li> <li>· Communicating effectively with family, friends, &amp; health professionals</li> <li>· Healthy eating, weight management</li> <li>· Decision making</li> </ul>	<p><b>Content areas include:</b></p> <ul style="list-style-type: none"> <li>· Healthy eating</li> <li>· Physical activity</li> <li>· Problem solving</li> <li>· Taking charge of your environment</li> <li>· Difficulties of lifestyle change</li> <li>· Stress management</li> <li>· Staying motivated</li> </ul>
<p>ADA recognized and AADE accredited DSME/T programs must the National Standards for Diabetes Self- Management Education and Support</p>	<p>Uniform content &amp; processes allow for data aggregation across programs in different geographic areas. Reduced A1C demonstrated.</p>	<p>Uniform content &amp; processes allow for evaluative data aggregation across programs in different geographic areas. Improved self-efficacy demonstrated.</p>	<p>Participant data, including weight and physical activity minutes, are tracked and reported to the CDC Diabetes Prevention Recognition Program (DPRP); organizations applying for CDC-recognition must achieve participant outcomes as outlined in the DPRP National Standards</p>
<p>Physician referral is <b>required</b></p>	<p>No physician referral is required</p>	<p>No physician is referral required</p>	<p>No physician referral is required</p>

DSME/T addresses more content in fewer hours, typically engaging consumers soon after diabetes is diagnosed. DSME/T and LWCC or LWDiabetes complement each other, and provide disease-specific knowledge and skills along with practical problem-solving and action planning. LWCC can complement the DSME/T programs. Compared to diabetes support groups, the LWCC has more structure and accountability.

LWCC and LWDiabetes have not been evaluated for impact on prediabetes. The National DPP's lifestyle change program is not designed for people with a diagnosis of diabetes. It is an evidence-based program for people with prediabetes (documented blood-based diagnostic test – blood glucose or A1c), a history of gestational diabetes, or those at high risk for type 2 diabetes identified through a self-administered Prediabetes Screening Test.









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