

# Living Well with Chronic Conditions



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

## 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>.
- 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

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