

**CHRONIC DISEASE SELF-MANAGEMENT PROGRAM**

The Stanford Chronic Disease Self-Management Program (CDSMP), called Healthy Living in Arizona (including *Tomando Control de su Salud* in Spanish), is an evidence-based health promotion program for people living with chronic conditions. Healthy Living workshops are delivered in six weekly sessions of two-and-a-half hours each, and are primarily in community settings led by lay leaders living with chronic conditions. Participants meet in small groups of 10-15 people, and may have chronic conditions, or multiple conditions. Utilizing federal funding, Arizona Department of Health Services Bureau of Tobacco and Chronic Disease administers this program through the Arizona Living Well Institute (AZLWI).

**Building Capacity and Infrastructure**

Although workshops have taken place in 14 of the 15 Arizona counties, there is a substantial variation in the number of workshops conducted within each county. Currently, the counties with the greatest capacity (i.e. number of lay leaders) to deliver workshops are Maricopa, Yavapai, Pima, and Coconino County.

AZLWI is in the process of building infrastructure and capacity throughout Arizona to provide training and technical assistance to community agencies. The next step is to increase the number of leaders to facilitate Tomando Control de su Salud workshops. CDSMP has encountered barriers reaching the Hispanic population and seeks to overcome these. This community-based self-management program is an important resource for adults to manage their chronic conditions.

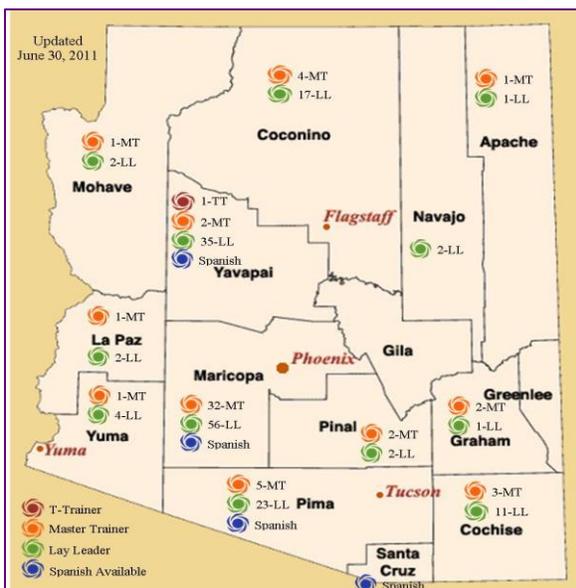


Figure 2 Current County CDSMP Capacity

	N	% of Known
<b>Age</b>		
Under 64	125	27.0
65+	333	73.0
Unknown	49	10.0
<b>Sex</b>		
Female	376	77.0
Male	113	23.0
Unknown	18	4.0
<b>Race</b>		
American Indian	7	1.6
Asian	3	1.0
Black	10	2.0
White	401	92.0
Other Race	10	2.0
Multi-racial	6	1.0
Unknown	70	14.0
<b>Ethnicity</b>		
Hispanic	59	13.0
Non-Hispanic	403	87.0
Unknown	45	9.0
<b>Conditions</b>		
Arthritis	237	45.0
Cancer	76	14.0
Depression	127	24.0
Diabetes	130	25.0
Lung Disease	116	22.0
Heart Disease	95	18.0
Hypertension	211	40.0
Stroke	28	5.0
Osteoporosis	93	18.0
Multiple	352	67.0

Figure 1 CDSMP Demographics, 2011

**CDSMP Demographic Information**

To date, 527 participants attended one of the six Healthy Living workshops. Of those, 377 (72%) have completed four of the six workshops; however, 507 provided individual level data, and the following list is the most current demographic data, which are based on these participants.

- The majority of participants self-identify as non-Hispanics (87%).
- Most of the participants were 65 years old or older (73%).
- More women than men have attended any workshop.
- The majority of participants (67%) have more than one chronic condition, with arthritis and hypertension predominating.
- The average number of participants per workshop was 11.5.