

## WHY CHRONIC DISEASES ARE A PUBLIC HEALTH ISSUE IN NM:

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

### Diabetes

- ◆ It is estimated that over 168,000 adults have diabetes.
- ◆ People with diabetes are two to four times more likely to develop cardiovascular disease and stroke.

### Arthritis

- ◆ It is estimated that 380,000 adults have arthritis.
- ◆ Most common cause of disability.

### Cancer

- ◆ Second leading cause of death and is a major cause of illness and suffering.
- ◆ Approximately 3,000, or one in every five deaths is caused by cancer every year.

### Heart Disease

- ◆ Diseases of the heart are the leading cause of death.
- ◆ Account for over 20% of all deaths.

### Costs

- ◆ According to a Milken Institute report, "An Unhealthy America: The Economic Impact of Chronic Disease," the 2003 direct medical costs for chronic diseases were estimated at \$1.2 billion, and the costs of lost productivity was estimated at \$5.8 billion.

### Risk Factors

Tobacco use, obesity, high blood pressure, and physical inactivity are common causes of chronic diseases .

- ◆ About 2,100 people die from tobacco use annually and another 42,000 are living with tobacco-related diseases.
- ◆ The percentage of adults who are obese has more than doubled since 1990.
- ◆ 28% of adults report having high blood pressure.
- ◆ 78% of adults do not meet aerobic and muscle strengthening exercise recommendations.

## New Mexico (NM) Department of Health (DOH) Diabetes Prevention and Control Program

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### THE MANAGE YOUR CHRONIC DISEASE (*MyCD*) PROGRAM

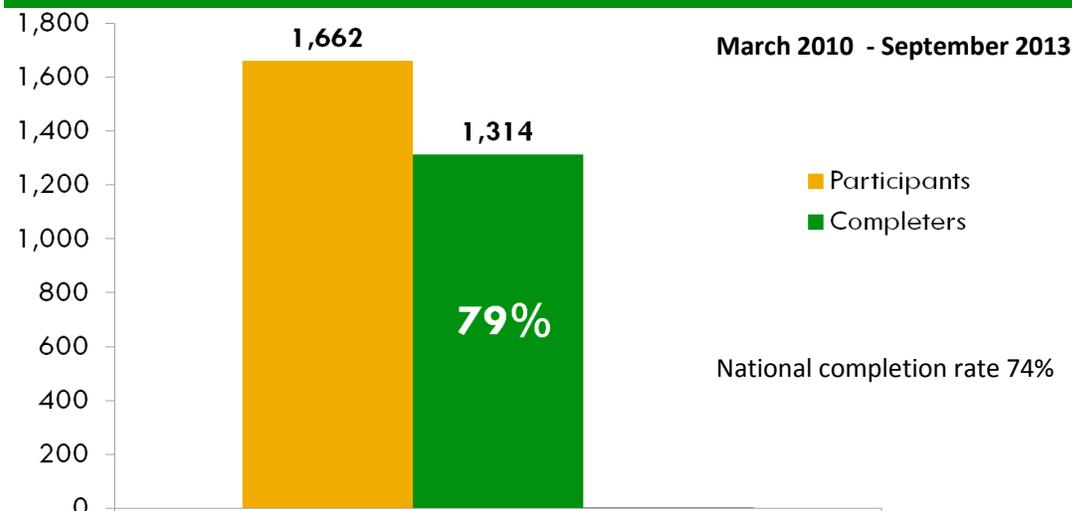
- ◆ The *MyCD* Program is the nationally and internationally known evidence-based, Chronic Disease Self-Management Program developed and tested by Stanford University.
- ◆ Available in English and Spanish.
- ◆ Peer led-education program delivered in community settings for 2 ½ hours, once a week for six-weeks.
- ◆ For adults with one or more chronic health condition like diabetes, arthritis, asthma, heart disease, chronic pain, depression, high blood pressure, or any other ongoing or long-term health condition.
- ◆ Appropriate for older adults and adults with disabilities.
- ◆ Participants learn useful self-management skills and ways to help them better manage their health problems, 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 and make informed decisions;
  - eat healthy and exercise more;
  - manage their pain, fatigue, and medications; and
  - better communicate with their doctor, family or caregiver about their health.

### PROVEN BENEFITS OF THE *MyCD* PROGRAM

Several studies document the proven benefits of the *MyCD* Program. Participants report:

- ◆ Greater energy , less pain, reduced fatigue
  - ◆ More exercise
  - ◆ Fewer social role limitations
  - ◆ Better psychological well-being
  - ◆ Enhanced partnerships with physicians
  - ◆ Improved health status
  - ◆ Greater self-efficacy
- Other benefits:
- ◆ More appropriate use of healthcare resources
  - ◆ Appears to reduce healthcare expenditures
  - ◆ Enhances regular treatment and disease specific education delivered by healthcare providers

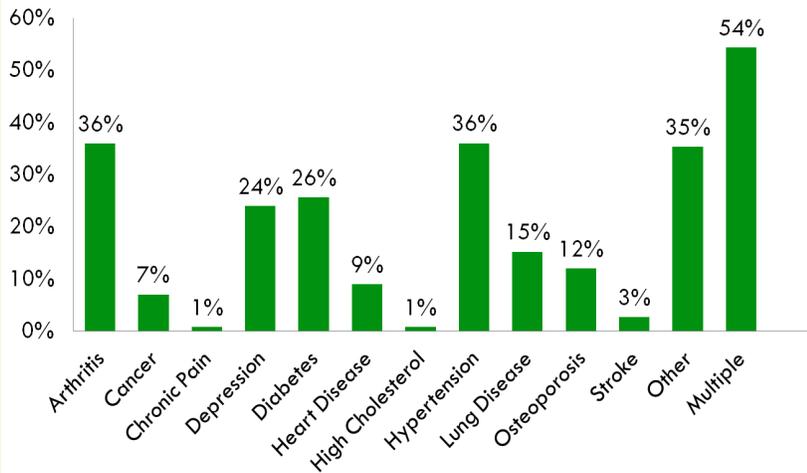
### *MyCD* PROGRAM PARTICIPANT REACH AND COMPLETION IN NM



## MyCD PARTNERSHIP NETWORK

- ◆ DOH Chronic Disease Prevention and Control Bureau
- ◆ NM Aging and Long Term Services Department
- ◆ NM Aging and Disability Resource Center
- ◆ DOH Health Systems Bureau
- ◆ Southern Area Health Education Center - NM State University
- ◆ Montañas del Norte Area Health Education Center - Luna Community College
- ◆ Department of Senior Affairs - City of Albuquerque
- ◆ NM VA Health Care System
- ◆ Los Alamos Family YMCA
- ◆ NM Chronic Disease Prevention Council
- ◆ NM Healthy Aging Collaborative
- ◆ NM Retiree Health Care Authority
- ◆ Molina Healthcare of NM
- ◆ Presbyterian Health Care Services
- ◆ NM State University Cooperative Extension Service
- ◆ Christus St. Vincent Regional Medical Center
- ◆ Non-Metro Area Agency on Aging
- ◆ ARRP of NM

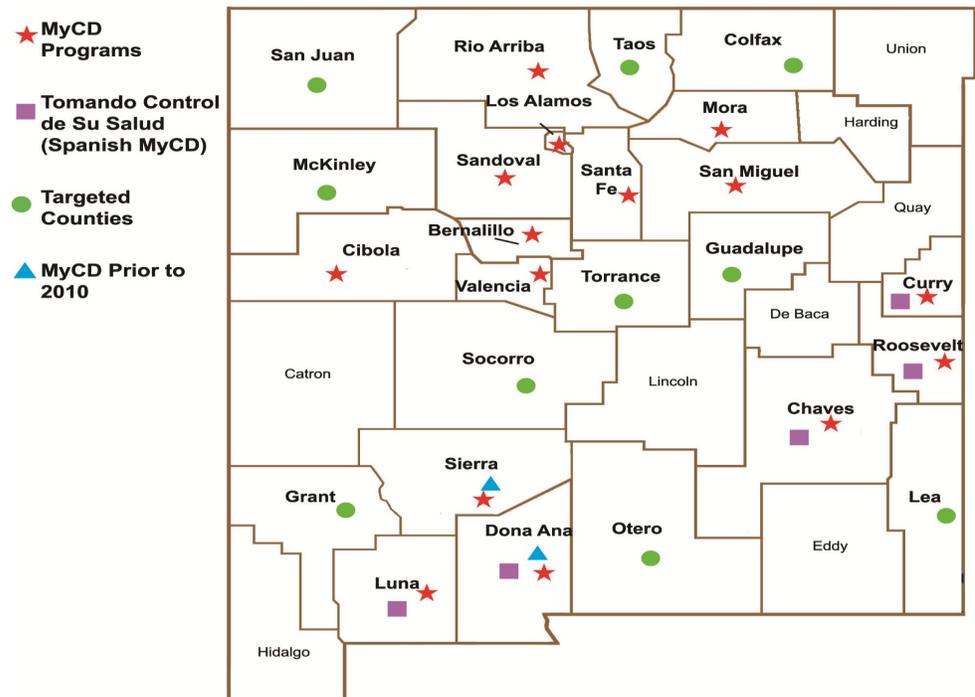
## CHRONIC CONDITIONS REPORTED BY MyCD PARTICIPANTS



*"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

## LOCATION AND AVAILABILITY OF MyCD PROGRAMS

### Counties where at least one MyCD workshop has been offered 2010 - 2013



*"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

*"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

## FUNDING

In September 2012, NM was one of only 22 states to receive funding through a competitive bid process from the U.S. Administration for Community Living (formerly known as the Administration on Aging). The DOH, lead state agency, is providing state-level leadership in collaboration with the NM Aging and Long Term Services Department (ALTSD). Funding will support the DOH and ALTSD continued efforts to work with state partners to increase availability of, and access to, the **MyCD** Program to help adults of all ages better manage their chronic health conditions. Funding is for three years and will expire August 2015. The new grant builds on a two-year grant awarded to the DOH in 2010 which expired in March 2012.