



**Feel better.
Be in control.
Do the things you want to do.
Put life back in your Life!**



**The *Manage Your Chronic Disease Programs (MyCD)*
Chronic Disease Self-Management Education Programs
Free Six-Week Community Workshops**

About the *MyCD*

The *MyCD* are a family of evidence-based chronic disease self-management education programs developed and tested by the Stanford University School of Medicine Patient Education Research Center and include: **Chronic Disease Self-Management Program (CDSMP)** for adults with one or more chronic health conditions; **Diabetes Self-Management Program (DSMP)** for adults with type 2 diabetes; and the newly instituted **Cancer: Thriving and Surviving Program** for adult cancer survivors. The *MyCD*/CDSMP and *MyCD*/DSMP are available in Spanish.

Who are the programs for?

The *MyCD* are for adults of all ages with chronic health conditions like diabetes, arthritis, pain, cancer, high cholesterol, asthma, heart disease, high blood pressure or any other long term chronic health condition.

The *MyCD* are peer led-education programs that are offered in various community settings like worksites, hospitals, senior centers, and churches. Participants learn new skills to coordinate all the things needed to manage their health, as well as to help keep them active in their life and relationships. Family members, friends and caregivers are welcome to attend.

Program length

Adults, generally in small groups of 10-20, meet for 2½ hours, once a week for six-weeks. All workshop sessions are facilitated by two trained Leaders, one or both of whom have chronic health conditions themselves.

Effectiveness: The CDSMP National Study (2010-2011)

A recent national study of the Stanford CDSMP found that many participants reported many positive, significant improvements in terms of meeting the **Institute of Health Care Improvement's Triple Aim framework**:

Better Health:

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

Better Care:

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

Lower Health Costs:

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



Join, learn, and take control!



Workshop sessions include skill building topics like:

- Feedback, problem solving, and goal setting
- Making an action plan
- Medication usage
- Healthy eating and weight management
- Dealing with depression
- Preventing Falls and improving balance
- The mind-body connection
- Reading nutrition labels
- Relaxation techniques and getting a good night's sleep
- Regaining fitness during and after cancer treatment
- Introduction to physical activity and exercise
- Living with uncertainty
- Preventing or delaying complications
- Positive thinking
- Dealing with difficult emotions
- Planning low fat meals
- Preventing low blood sugar
- Strategies for sick days
- Better breathing
- Pain and fatigue management and getting help
- Communication skills and working with your healthcare team
- Making decisions about treatment and complementary therapies

What participants are saying...

MyCD/CDSMP Participant Completer - *"I come out of the program with a new view of how I should live my life. I am now walking, I am drinking much more water, am learning Tai Chi and am looking at all there is to do and learn out there. I am new to this community and have just made a huge move and this program has given me many tools to adjust to my pain and live a healthy, satisfying life."*

MyCD/DSMP Participant Completer - *"What I liked best about this Diabetes Self-Management Program is everyone discussing the ups and downs of having diabetes and knowing that you are not alone."*

MyCD/CTS Participant Completer - *"I took this workshop myself as a 12-year cancer survivor. My quality of life has improved tremendously and I wish I'd taken this course sooner. I highly recommend the workshop to survivors and caregivers to make the journey from surviving to thriving."*

For information on how to attend a workshop or offer the program in your community, call **Tempa Tate** at **(505) 841-5864** or email Tempa.Tate@state.nm.us