

# Chronic Disease Self-Management Program (CDSMP) in Missouri

## Why CDSMP Works:

[Research](#) indicates that Stanford University's model of CDSMP results in:

Improved Health Outcomes	Reduced Healthcare Utilization
Reduced levels of pain, fatigue, and depression	Fewer outpatient visits
Increased physical activity	Fewer emergency room visits
Improved coping strategies and symptom management	Shorter lengths of hospital stay
Improved patient-provider communication	Cost savings

## The Chronic Disease Problem:

- **Chronic diseases account for nearly 7 out of 10 leading causes of deaths in Missouri.** (Missouri's Integrated Chronic Disease Prevention and Management Plan 2010-2014, 2010)
- **40.9% of Missouri's population are 45 years of age or older; 14.0% are 65 years of age or older.** (United States Census, 2010)
- **Missouri's population of individuals 65 years of age or older is estimated to grow to 21% of the state population by 2030.** (Missouri DHSS State Plan on Aging FY 2012-2015, 2011)
- **31.0% of Missouri adults have been told they have arthritis.** (BRFSS, 2009)
- **10.5% of Missouri adults with arthritis who have taken a self-management course to manage symptoms.** (BRFSS, 2009)

## About Stanford's Solution:

- **Chronic Disease Self-Management Program (CDSMP) developed by Stanford University Patient Education Research Center.**
- **A six week self-management workshop that meets once a week for 2.5 hours.**
- **Peer-led by trained instructors who have or are caregivers for individuals with chronic health conditions.**

