

Celebrating 10 years of Accomplishments

JANUARY 2011



Program participants use the Chronic Disease Self-Management Program workbooks to discuss a variety of issues.

Chronic Disease Self-Management Program

The Chronic Disease Self-Management Program (CDSMP) is a workshop given once a week for six weeks in a variety of settings including churches, community centers, and hospitals. The workshops are facilitated by trained leaders, who are typically non-healthy professionals with chronic diseases themselves. Individuals with a variety of chronic disease attend the workshops together. The workshops include the following subjects: 1) techniques for dealing with emotions; 2) exercise for strength, flexibility, and endurance; 3) appropriate use of medications; 4) communicating effectively; 5) nutrition; and 6) how to evaluate new techniques.

In 2006, the Center for Community Health Development launched CDSMP in the Brazos Valley and Bexar County, and over time, other areas of Texas (Central Texas AAA, Rio Grande AAA, and Tarrant County AAA) joined the CDSMP program. Led by Dr. Marcia Ory, the CDSMP program has trained 33 Master Trainers and 171 Lay Leaders across Texas to deliver the program. A total of 1,503 individuals have participated in one of the 125 classes. CDSMP workshops have been implemented in a total of 25 unique sites including two senior centers, seven health care organizations, six residential facilities, and three community centers. The completion rate for these workshops range from 66 percent to 83 percent. Among the participants in the Brazos Valley, 36 percent of participants were over the age of 60, with an average age of participants of 66 years. When asked about their chronic conditions, 36 percent of Brazos Valley participants had hypertension, 33 percent had diabetes, 29 percent had arthritis, 18 percent had heart disease, nine percent had lung disease, seven percent had depression, and five percent reported having cancer.

For more information regarding CDSMP, contact the Center for Community Health Development at cchd@srph.tamhsc.edu.

Center for Community Health Development

160 SRPH Administration Building | College Station, TX 77843-1266 | 979.458.0937 | Fax 979.862.8371 | www.srph.tamhsc.edu

Celebrating 10 years of Accomplishments

MAKING A DIFFERENCE

“A class of this nature came to me as being the most informative. The instructors were well-understood and the input from the class was well-represented. It gave me a better understanding with how to care and react to situations at any given time concerning my illness. I recommend attending a class of this nature to anyone having to live with chronic conditions.”



“Each week the participant is encouraged to make an action plan and report back to the group the following week. We are taught how to make a measurable, specific plan and also how to problem solve. I found these two skills to be invaluable. Also, the participants are all either people with diabetes or family members of those who have this disease. It is encouraging to meet with other people dealing with the same problems and we became friends during this process.”



“The information and the presentation of activities seemed to give a confidence that diabetes can be managed successfully with knowledge and discipline. The class was well worth it.”

“I have been taking a six-week class in chronic conditions. It made a few wake-up calls for me to try and do better with my many health conditions. I have started setting small goals for myself. Also beginning to be more aware of my meds, my food intake, what I eat, and other information that I never looked into or heard of. My body is doing much better. “

“I learned to meet my goals that I had chosen in life. I changed my way of preparing foods, I exercise, and also learned to help others with their problems.”

