**PROGRAM**

Living Well with Chronic Conditions is a 6-week (once-a-week) evidence-based intervention that decreases health care utilization through self-management in people with chronic conditions. The program is delivered by trained leaders and is also available in Spanish in Wisconsin as Tomando Control de su Salud.

**HEALTH FOCUS | INCIDENCE & COST | REACH IN WISCONSIN**

- **Focus: Chronic Disease Self-Management** – e.g., arthritis, diabetes, heart disease, chronic obstructive pulmonary disease and others

  **Incidence and Cost:**
  - 80% of older adults have at least one chronic condition; 77% have 2 or more
    (National Council on Aging-NCOA)
  - Chronic diseases account for 75% of the money spent on health care in the U.S. (NCOA)
  - 2 of 3 deaths in the U.S. are attributable to heart disease, stroke, cancer, and diabetes (NCOA)

**Reach in Wisconsin through 7/2018 (instituted in 2007)**

- 10,242 participants in workshops
- 1,538 workshops held statewide
- 66 counties and 3 tribes have held workshops

**PROVEN OUTCOMES & SAVINGS**

People who participated in the 6-week intervention demonstrated:

- **28% reduction in average emergency department (ED) visits** in the first six months following the intervention; **21% reduction** in average ED visits in first twelve months following the intervention.\(^1\)

- **22% reduction** in average number of hospitalizations in first six months post intervention.\(^1\)

- **Total average health care costs averted (ED and hospital visits) per participant:** **$714**\(^2\)

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Summary: Meta-analysis of data collected at baseline, 6-month and 12-month assessments, using 3 types of mixed-effects models to provide unbiased estimates of intervention effects from 1,170 community-dwelling program participants nationwide. Triple Aim-related outcome measures: better health (e.g., self-reported health, pain, fatigue, depression), better health care (e.g., patient-physician communication, medication compliance, confidence completing medical forms), and better value (e.g., reductions in emergency department (ED) visits and hospitalizations in past six months. Results showed significant improvements for all better health and better health care outcomes measures from baseline to 12-month follow-up. Odds of ED visits significantly reduced from baseline to 12 month follow-up. Significant reductions in hospitalization from baseline to 6-month follow-up.

View abstract: www.ncbi.nlm.nih.gov/pubmed/24113813


See article: bmcpublichealth.biomedcentral.com/articles/10.1186/1471-2458-13-1141

See also:
- Lorig, Kate, DPH, Sobel DS, Stewart AL, et al., “Evidence Suggesting That a Chronic Disease Self-Management Program Can Improve Health Status While Reducing Hospitalization: A Randomized Trial,” Med Care, 1999;37:5-14