

Managing Chronic Conditions

Living Well with Chronic Conditions is a 6-week (once-a-week) evidence-based intervention proven to improve well-being and decrease health care utilization through self-management in people with diabetes. The programs are delivered by trained leaders and are available in both English and Spanish.



Costs & Prevalence of Chronic Conditions in Wisconsin

80% of older adults have at least one chronic condition.

National Council on Aging (2018)

Over half of Wisconsin adults (59%) – **2.5 million people** — are living with at least one chronic condition.

Behavioral Risk Factor Surveillance System (2015)

Chronic diseases account for 75% of the money spent on health care in the U.S.

National Council on Aging (2018)

Approximately 1 in 5 (22%) people with chronic conditions are hospitalized each year in Wisconsin.

Wisconsin Hospitalization Data (2014)

Nationally, the average hospital charge for a person with 1 or more chronic conditions is \$37,311.

Hospital Utilization, Costs, and Mortality for Adults With Multiple Chronic Conditions, Nationwide Inpatient Sample (2009)



$$\begin{array}{r}
 1,307 \\
 \text{Living Well participants} \\
 \times \$714 \\
 \text{in average avoided} \\
 \text{hospitalization and ED costs per} \\
 \text{person in the first year} \\
 \text{post-intervention} \\
 \hline
 = \$933,196 \\
 \text{hospitalizations and ED} \\
 \text{charges avoided}
 \end{array}$$

In 2016 and 2017, **1,307** people took the Living Well workshop in Wisconsin.

Research has demonstrated that, on average, individuals who complete Living Well with Chronic Conditions avoid **\$714** per person in hospital and emergency department (ED) charges in the first year following the intervention.

Over the coming biennium, with the addition of the requested state budget appropriation:

Estimated increase in program participants: 10% (to **2,115**) over the biennium.

Total Emergency Department & Hospital Charges That Could Be Avoided = \$1,725,840 in the first year post-intervention