

INCREASING REFERRALS TO EVIDENCE-BASED PROGRAMS FOR CHRONIC DISEASE

State program collaboration increases awareness and improves access to proven programs

Public Health Problem

- Many Missouri adults with chronic diseases such as heart disease and diabetes also have arthritis.
- Rural Missouri counties have had limited access to vital evidence-based programs for chronic disease self-management and the programs in urban areas have had low attendance.
- State chronic disease programs maximize program dollars when they collaborate to ensure mutually-beneficial goals such as widespread referral to the proven interventions that help prevent and control chronic disease.

Program

- The Missouri Arthritis & Osteoporosis Program has an established delivery system for four evidence-based self-management interventions including the Chronic Disease Self Management Program, Arthritis Foundation Self Help Program, Arthritis Foundation Exercise Program, and EnhanceFitness.
- They collaborated with three key chronic disease programs within the state health department – Heart Disease and Stroke, Diabetes Prevention and Control, and WISEWOMAN – to increase access to the four evidence-based interventions for residents who would benefit.
- A memorandum of agreement between the Arthritis & Osteoporosis Program and the three state chronic disease programs led to contractual agreements with local public health agencies and federally qualified health centers to increase referrals to the proven intervention programs.
- The Heart Disease and Stroke Program funds local public health agency contractors to provide one of the four evidence-based programs and actively refer clients to other available interventions. WISEWOMAN adds funding to existing contracts between the Arthritis & Osteoporosis Program and Regional Arthritis Centers to support referral of its clientele.

Impact

- Four state chronic disease programs are maximizing program dollars by collaborating to reach a mutual goal of increasing access to chronic disease self-management programs.
- Chronic Disease Self Management Program courses have tripled and attendance is up – providing greater opportunities for improved quality of life for those with chronic disease.
- Awareness of the value of self-management and physical activity for people with chronic disease is increased among members of the Missouri health care delivery system.

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